

Foot Facts

Put Your Best Feet Forward

(NAPSA)—The average person can take between 8,000 and 10,000 steps daily, which add up to about 115,000 miles during a lifetime.

With all the hard work your feet do, it's likely that they may develop some problems. Thankfully, the most common of foot problems including blisters, sweating and dry skin can be remedied without a trip to the podiatrist.

Dry, Cracked Skin: According to a recent survey among 750 women, 76 percent described their feet as very dry, rough, callused or cracked. Most people attempt to resolve these problems with daily body lotions, but these moisturizers are not designed for skin on feet that can be three to five times thicker than skin on the rest of the body.

A more intensive moisturizer is needed to soften dry feet, such as dermatologist-recommended Eucerin Plus Intensive Repair Foot Creme, which is clinically proven to restore smooth, healthy-looking feet in just two weeks. With a combination of alpha hydroxy and effective moisturizers, it quickly helps heal rough skin and cracked heels.

Blisters and Calluses: Avoid blisters by buying shoes that fit properly. If blisters continue, wear a bandage on vulnerable areas to combat friction. If you do experience a blister, don't pop it, as that could lead to infection.

Persistent rubbing between shoes and feet can cause calluses. Pads and solvents are available to treat calluses, but the best preven-



The skin on your feet is three to five times thicker than the skin on the rest of your body and may require special moisturizers.

tion is to wear proper fitting footwear and to use foot emollients.

Ingrown Toenails: An ingrown nail is not only unsightly, it can even make walking painful. Many blame inadequate cutting of the nail for this condition, but a nail that curves too much or excessive pressure from tight shoes is usually to blame. If this happens, seek the advice of a podiatrist who can remove the ingrown toenail safely.

Footwear that Fits: One of the easiest ways to avoid many common foot problems is to wear proper fitting footwear. To ensure an appropriate fit, have your feet measured by a trained shoe salesperson who will use a Brannock device to measure toe length, arch length and foot width. Most people have one foot larger than the other. Fit to the largest foot.

A little care and attention for your feet will go a long way toward making sure your feet look and feel their best.