

See The Podiatrist



It Happens 28,000 Times In A 26-Mile Marathon

(NAPSA)—Runners know their feet take a lot of punishment, but athletes and weekend warriors are not the only ones who abuse their feet. You probably take about 8,000 steps each day. Ill-fitting shoes, pointed toes, high heels and sweaty shoes subject feet to everyday torture that can contribute to painful health problems.

Foot Health Is Important

When it comes to painful feet, what appears to be minor may grow into a serious issue if left untreated. Seek out a podiatrist if you notice:

- Blisters, calluses or thickening skin on the foot
- Bumps on the toes
- Peeling skin on heels, sides of feet or between the toes
- Any wound or sore that resists healing
- Thick, brittle, discolored or flaking toenails
- Warts

Feet are susceptible to fungal infections that can result in itching and burning. Fungal infections under toenails can make walking, standing and wearing shoes miserably painful. Contact a podiatrist to prevent serious discomfort.

10 Steps To Healthy Feet

To keep your feet healthy and comfortable, follow these easy foot tips:

- See your podiatrist and follow his or her directions.
- Wear properly fitting shoes.
- Keep feet cool and dry.
- Wash and thoroughly dry feet daily, even between toes.



A podiatrist can soothe the agony of the feet.

- Avoid wearing the same shoes two days in a row.
- Always wear shoes in public areas including hotel rooms and health clubs to avoid contracting an infection.
- Disinfect shoes regularly with a disinfectant spray.
- Clip toenails straight across or have your podiatrist do so.
- Use sterile pedicure instruments.

Remember, foot and toenail infections are contagious. They can be spread on floors, carpets and even in the bathtub or shower.

Foot pain, itching or ugly toenails should never be ignored. Your feet are feeling the impact of tremendous pressure with each step. If this abuse is causing you discomfort, do not assume it is unimportant—visit a podiatrist.