

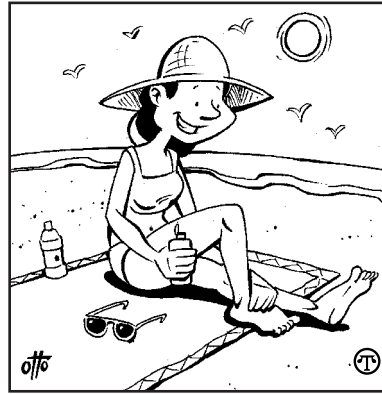
Summer Foot Care Tips For Toes

(NAPSA)—As the warm weather arrives, toes that have been kept well covered for many months start to make their appearance for the first time.

Many people wonder how to get their toes into tiptop condition for the summer.

The American Podiatric Medical Association (APMA) offers these summer foot care tips:

- Treat your feet well: Massage them, soak them in lukewarm water and keep them elevated for ten minutes a day to take some of the stress off your circulatory system.
- Trim toenails straight across, leaving nails slightly longer than the ends of your toes. It is best to trim nails every three to four weeks after a shower or bath.
- To moisturize the feet, apply vitamin E cream at the end of the day.
- Remember your feet when applying sunscreen—especially the tops. Apply a broad spectrum (UVA/UVB-blocking) sunscreen with an SPF of at least 15.
- If you get a professional pedicure be sure the establishment that you are visiting is clean and has licensed technicians.
- Bring your own equipment/tools, including emery boards, pumice stones, cuticle clippers, buffers, etc. Using your own equipment will ensure the tools are clean and will decrease the chances of fungus infections.
- DO NOT have the technician scrape your feet. It is against the



Pamper your feet by massaging them and keeping them elevated for ten minutes a day.

law to use razors/credo blades/callus blades to remove dead skin from the bottom of the feet, heels, toes, etc. If technicians go too deep, they can cause serious infections.

- If you have pedicures frequently, have toenails filed rather than clipped.
- If you are polishing toenails to disguise thick or discolored nails, you are likely making an existing problem worse. Nail polish does not allow the nail to breathe. If nails are thick and discolored, consult with a podiatric physician.
- Keep nail polish on for a short period of time.

For more information on foot health, visit the APMA's Web site at www.apma.org or call 1-800-FOOTCARE to request a free brochure.