

Foot Notes

Tips On Protecting Your Feet From The Heat

(NAPSA)—“Even if you are just lying still on your back soaking up the rays, your feet are still vulnerable,” says American Podiatric Medical Association member Dr. Jane Andersen. “You can seriously sunburn your feet, and no matter how upscale your hotel, athlete’s foot can lurk in all public pool areas.”

These tips will help you spend more time collecting seashells rather than doctor’s bills:

- Limit walking barefoot, as it exposes feet to sunburn as well as plantar warts, athlete’s foot, ringworm and other infections, and also increases risk of injury to your feet.

- Wear shoes or flip-flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room to prevent injuries and limit the likelihood of contracting any bacterial infections.

- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don’t forget to reapply after you’ve been in the water.

- Stay hydrated by drinking plenty of water throughout the day. This will not only help with overall health, but will also minimize any foot swelling caused by the heat.

- Keep blood flowing with periodic ankle flexes, toe wiggles and calf stretches.



Drinking plenty of water will minimize any foot swelling caused by the heat.

- Some activities at the beach, lake or river may require different types of footwear. To be safe, always pack an extra pair of sneakers or a pair of protective water shoes. If your shoes will be getting wet, they should be dried out completely before your next wear to prevent bacteria or fungus from growing.

- In case of minor foot problems, be prepared with antibiotic cream to treat any skin injury, sunscreen to protect against the scorching sun and aloe vera to relieve sunburns.

- If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you’re away from home. You can find an American Podiatric Medical Association podiatrist in your travel area by calling (800) FOOTCARE or by logging on to www.apma.org.