

Be Careful In Barefeet

Health Tips From The APMA

(NAPSA)—Even people who protect themselves with sunscreen, lip emollients and sunglasses sometimes forget to look after two of the most important yet neglected parts of the body—the feet.

Fortunately, the experts at the American Podiatric Medical Association (APMA) offer these steps for saving your feet:

1. Remember to apply sunscreen to feet, especially the tops and fronts of ankles. Don't forget to reapply after you've been in water.

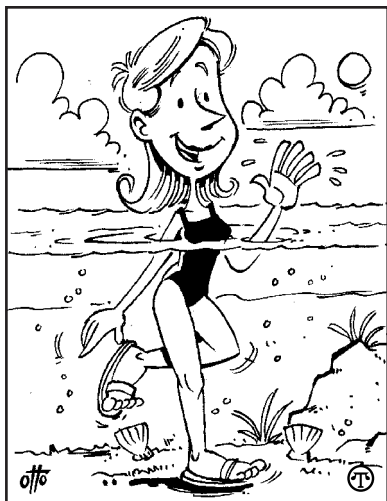
2. When out of the water, wash and dry feet thoroughly, especially between the toes, and apply a topical anti-fungal medication on any cracked or itchy skin. Clean, dry feet resist disease.

3. Pass up sharing towels to avoid developing athlete's foot and other diseases.

4. Take special care of toenails, which are vulnerable in damp areas. Injury to the nail bed may make it more susceptible to infection so see a podiatrist at the first sign of discoloration or infection.

5. To avoid toe and ankle injuries, wear shoes that are specific to the activity in which you're participating. Don't play volleyball in sandals. Do wear boots when working outside or mowing the lawn.

6. Give yourself plenty of time to break in new shoes before going on trips where you'll be doing a lot of walking. When trying on new shoes, make sure you have on the same kind of hose or socks you'll



Keep sandals or water shoes on at all times when swimming to prevent stings, cuts and other injuries.

wear with them.

7. When in the ocean, be cautious of jellyfish that can sting at feet and ankles and sharp coral that can cut the undersides of feet.

8. Watch out for prickly sea urchin spines when walking on the beach. Avoid walking barefoot; wear an old pair of running shoes or flip-flops to protect yourself from jagged rocks, shells, spikes and debris that can float ashore.

9. Exercise your feet. Walking is one of best ways and swimming is a great alternative for those with tendonitis or plantar fasciitis.

For more facts on foot health, call 1-800-FOOTCARE for a free