

Summer Heat: Cruel To The Feet

(NAPSA)—When the summer sun heats up, sweaty feet can quickly become a problem for many Americans. The increase in the temperature causes excessive perspiration from the more than 250,000 sweat glands in the foot, and foot odor is often the result.

Bromhidrosis is the term used to describe smelly feet. It is caused by an increase in perspiration as a result of increased body temperature. Closed shoes aggravate sweaty feet and set up the perfect environment for bacteria to grow, leading to more sweat and more odor.

“Foot sweating disorders are common in all age groups,” says Dr. Arnold Ravick, member of the American Podiatric Medical Association. “Increased temperatures are often the reason, but sometimes there is an abnormality in the way the nerves supply the sweat glands with information. Also, some high blood pressure medications may be responsible. Diseases such as athlete’s foot and dermatitis usually result from excessive foot sweating,” Dr. Ravick says.

The American Podiatric Medical Association (APMA) has issued the following recommendations for controlling smelly, sweaty feet:

- Daily hygiene is essential. Wash your feet often and dry them meticulously.
- Change your shoes daily to let each pair air out. In the summer months wear sandals to let your feet breathe.
- Change your socks, perhaps even twice a day, and wear light colored or white all-natural fiber socks or stockings.



A TIP FOR TOES—In warm weather stay away from rubber-soled shoes, which don’t allow your feet to breathe easily.

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- Foot powders and antiperspirants can help lessen sweating and odor.

If you have tried these recommendations and have not seen any improvement, it is important to see a podiatrist for further consultation. He or she might prescribe a prescription medication to lessen sweating, or a topical antibiotic gel that can lower the bacteria count on the foot and combat the odor problem.

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.