

Foot Safety Tips Around The Water

(NAPSA)—When the summer heat becomes unbearable many people head to their local pools for a chance to cool off. The American Podiatric Medical Association would like to remind all swimmers to wear shoes, flip flops or aqua shoes around the pool, locker room and beach to keep feet safe. The two most common foot ailments that affect water lovers are athlete's foot and warts. Both are often contracted by going barefoot, and thrive in warm, moist environments.

Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes. The warmth and dampness of areas around swimming pools, showers and locker rooms are breeding grounds for fungi. Some tips for preventing athlete's foot include:

- Avoid walking barefoot; use shower shoes.
- Reduce perspiration by using talcum powder.
- Wear light and airy shoes.
- Wear socks that keep your feet dry, and change them frequently if you perspire heavily.
- Don't share towels, bed linens, or clothing with anyone who has athlete's foot as the disease can easily be spread.

Warts are caused by a virus, which generally invades the skin through small or invisible cuts and abrasions. If left untreated warts can grow and spread into clusters all over the foot. Warts



are spread by touching, scratching, or even contact with skin shed from another wart. To prevent getting a wart:

- Avoid walking barefoot, except on clean, sandy beaches.
- Change shoes and socks daily.
- Keep feet clean and dry.
- Avoid direct contact with warts—from other persons or from other parts of the body.
- Do not ignore growths on, or changes in your skin.

Athlete's foot and warts should be evaluated and treated by your podiatrist, who can diagnose the ailment, and then prescribe medication or another appropriate treatment. 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.