



spotlight on health

Walking Away From Blisters—Even In Heels

(NAPSA)—It's a good idea for people from all walks of life to take steps to prevent blisters.

That's because you don't have to be a weekend warrior on the basketball court or a high-heeled diva dashing to catch a cab to suffer from the painful foot affliction. In fact, wearing new shoes—and a number of new-shoe styles—often results in blisters, making them among the most common foot problems.

The good news is you don't have to shy away from fashionable footwear to keep feet feeling good. Here's a look at preventing and treating blisters:

Know The Enemy

Blisters generally form when the skin rubs against another surface, causing friction. They start with a small tear within the upper layer of the skin that then forms a space between skin layers, while leaving the surface intact. Fluid seeps into the space and a blister forms.

Keeping Blisters At Bay

The key to stopping blisters is to prevent friction—and that starts with choosing shoes that fit properly. Shoes should always feel comfortable on your feet and there should be about a thumb's width of space between your little toe and the tip of the shoe. Remember, shoes that are too narrow almost always result in blisters.

Of course, most people wear their favorite shoes, regardless of how well they do (or don't) fit.

That's where blister prevention products come in. For instance,



Best Foot Forward—There are ways to prevent blisters before they start.

BAND-AID® Brand ACTIV-FLEX™ BLISTER BLOCK® Stick helps prevent blisters before they start. It glides on discreetly and prevents rubbing from shoes—a leading cause of blisters. Plus it's invisible once applied, meaning it won't ruin the look of open-toe shoes or other fashionable footwear.

Treating Blisters

If you do develop a blister, keep it clean, dry and bandaged. Also, watch for signs of infection, and if the blister doesn't heal after a few days or becomes worse, call your doctor.

For more information, visit www.band-aid.com.