

**HEALTHY FEET
ARE OUR
TOP PRIORITY**

Newsletter

Summer 2016

Our Offices

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Do You Suffer from Smelly Feet?

Warm weather can worsen a common but embarrassing personal problem - smelly feet.

Medically called bromodosis, smelly feet are mostly caused by sweating. There are more sweat glands in our feet than any other place in our bodies! Most sweat glands keep the skin moist and supple and regulate temperature when exercising or in hot weather.



Sweat glands in the feet work differently.

They are on the job secreting sweat all the time. Bacteria break down the sweat as soon as it comes from the pores, creating a cheesy smell.

What Causes Feet that Smell?

The main causes of smelly feet are poor personal hygiene and wearing the same shoes every day. Sweat can soak into the material of the shoes and can cause odor if they are worn before drying out completely.

Hormonal changes can cause feet to sweat more, so teenagers and pregnant women may have sweaty and smelly feet.

Some individuals suffer from a condition called hyperhidrosis where they sweat more than usual in the underarm area or the palms and soles of the feet.

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History FootNote

Soldiers fighting in the trenches of World War I often suffered from trench foot, a painful and dangerous medical condition caused by long exposure to cold, wet and unsanitary environments.

Celebrity Foot Focus

Model Hailey Baldwin broke her foot at the Met Gala 2016 in New York City - exactly one year after she broke the same foot at the Met Gala 2015!

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Smelly Feet Can Be Prevented

For most people, preventing smelly feet is easy. Be sure to wash your feet every day with antibacterial soap and dry carefully, especially between the toes. Then alternate your shoes so you wear dry shoes each day. Wear clean cotton or wool socks each day too, as these wick moisture away from the feet.

Here are some home remedies to try if your feet remain unusually sweaty:

- Apply spray antiperspirant to the feet every night.
- After washing and drying your feet, use a cotton ball to apply a small amount of rubbing alcohol between your toes.
- Add over-the-counter medicated insoles to your shoes.
- Choose shoes made of breathable material like canvas or leather. Wear open-toed sandals that keep feet ventilated.
- Scrub your feet with a pumice stone every time you bathe to remove excess dead skin.
- Wash your socks inside-out to remove more dead skin cells.

If these home remedies aren't working, we can prescribe stronger treatments. Come and see us to solve these problems.

Athlete's foot can also cause foot odor. Please see us for effective, long-lasting treatment of this foot fungus.

Summer Foot Care Essentials

Summer means wearing the lightest shoes as possible - sandals are in and boots are out. But carefree living doesn't mean not taking care of your feet.



Warm weather brings its own set of potential foot problems. Here is a quick checklist to keep your feet happy and healthy during the warmest months of the year:

- ✓ Limit walking barefoot to protect feet from sunburn and contagious foot diseases like plantar warts and athlete's foot. *...contd. on page 3*

Joke of the month



What did one flag say to the other flag?

Nothing, it just waved!

Trivia

What is the birthstone for July?

- A. Pearl
- B. Peridot
- C. Emerald
- D. Ruby
- E. Sapphire

Answer: D

- ✓ Always wear flip flops or shower shoes in public areas like swimming pools, showers, locker rooms and even hotel rooms to avoid picking up bacteria.
- ✓ Apply sunscreen liberally to feet and ankles whenever you use it. Reapply after being in the water.
- ✓ Keep hydrated by drinking water to minimize water retention in the feet.
- ✓ Wear the right shoes for each activity. Flip flops are great poolside but don't have enough support or protection for hiking. Do a little research to make sure you're properly equipped for each adventure.
- ✓ Be sure to tote along an extra pair of dry shoes if your sneakers or shoes will be getting wet to reduce the risk of fungal infections.
- ✓ Get treatment quickly from a podiatrist for any foot or ankle problem even when you're away on vacation.

Tuck a small foot care kit into your luggage, including:

- Flip flops
- Sterile bandages
- Antibiotic cream for injuries
- Emollient-rich foot cream
- Moleskin or blister pads
- Toenail clippers and emery board
- Pumice stone to soften calluses
- Sunscreen

Take care of your feet and enjoy the summer!

Recipe of the Month

Watermelon Salad with Feta and Basil

Here's a great summer salad that's delicious, healthy, and easy to prepare!

Ingredients

- 1 small seedless watermelon (or 1/4 of a large one)
- 1/2 of a red onion, thinly sliced
- 16 leaves fresh basil
- 1/4 cup (2 ounces) crumbled Feta
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lime juice
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper



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....continued from page 3 **Recipe of the Month**

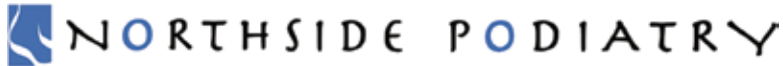
Directions

Cut the watermelon in half. Using a large spoon, scoop out bite-size pieces of the watermelon and add to a large bowl or platter (you should get about 8 cups).

Slice the onion into thin half moons and scatter over the watermelon. Then scatter the basil leaves over the top.

Crumble the Feta over the salad. Drizzle with the oil and lime juice and sprinkle with the salt and pepper.

Recipe courtesy of doitdelicious.com



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