

COMMON FOOT PROBLEMS (AND WHAT TO DO ABOUT THEM!)

WARTS

Common warts, which can appear anywhere on the body, are rough little bumps. Plantar warts, which occur on the bottom of the feet, are typically hard, flat, and rough.

All warts are caused by a virus. Warts aren't harmful, but they can be uncomfortable and unsightly. If you have warts on your feet, keep your feet clean and dry. (Viruses flourish in dark, wet environments).

SMELLY FEET

Feet sweat. You can cut down on odors by keeping your feet clean and dry at all times. (It's OK to stash some extra socks at school!) Rubbing powder on the bottom of your feet before putting on your socks and shoes can help too. If possible, let shoes air out for 24 hours before wearing them again. Foot doctors, called podiatrists, can help people with particularly smelly feet.



DID YOU KNOW?

THE AVERAGE PERSON TAKES BETWEEN 8,000 AND 10,000 STEPS EACH DAY. IN A LIFETIME, THAT EQUALS 4 TRIPS AROUND THE GLOBE!

INGROWN TOENAILS

Symptoms of an ingrown toenail include redness, swelling, and tenderness around the nail. Sometimes you can even see the nail digging directly into the toe. Try soaking the affected foot in lukewarm water and Epsom salts for 20 minutes three or four times a day. If the redness and pain doesn't improve after a couple days, see a doc. Podiatrists can easily treat ingrown toenails.

ATHLETE'S FOOT

Athlete's foot, an itchy foot condition that causes the skin to flake and peel, is caused by a fungus. Keeping your feet clean and dry can help. So can over-the-counter athlete's foot medication. Just be sure to use the medication until the fungus is completely gone. With current medications, two to three weeks of treatment may be enough to treat athlete's foot fungus. Stubborn cases of athlete's foot may require a doctor's care.