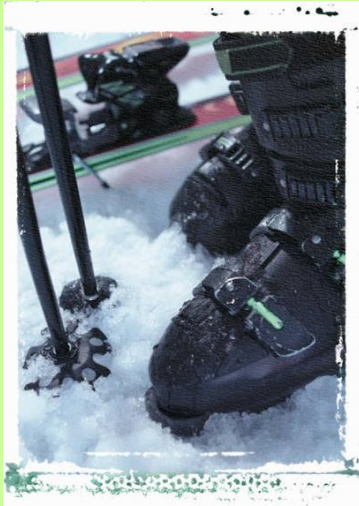


# Foot Notes

## December 2013

Oregon Foot Care Centers

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### Boots: A Perfect Fit, Please

Downhill skiing provides an exhilarating feeling and an excellent workout, too. But as with most winter sports, skiing requires proper equipment and footwear to prevent foot and ankle injuries. Don't ruin your ski holiday with ill-fitting ski boots. Choosing the right kind of ski boots will enhance your skiing will enhance your skiing experience and make it more enjoyable.

When choosing ski boots to buy or rent, it's important to remember that boots should be comfortable. Ski boots should be snug and have an accurate fit. If the boots are too loose, your foot and ankle can slide inside the boot, potentially leading to sprains, strains and fractures caused by the constant forward and lateral movement of skiing. If boots are too tight, they will rub and blister your foot. The boots must be rigid enough to keep your feet and ankles firmly in place. The toe box should be snug but not too tight.

Ski boots are available in a forward-entry style, a rear-entry style or a hybrid style that incorporates both designs. Skiers who use custom orthotics to correct biomechanical imbalances can transfer orthotics to ski boots to help maintain the best possible foot position. To find the right boot, work with ski shop technicians who are familiar with different foot types. If you have purchased new boots, bring them to your podiatric physician so your foot can be evaluated with the boot. Finally, a good pair of socks is crucial for winter sports like skiing. Socks will keep your feet dry, warm and comfortable in your boots. Take socks along with you when having your ski boots fitted.

Courtesy of APMA

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## Foot Myths: Don't Believe the Hype

People have used home remedies for foot ailments for many years. Many of these "cures" are not medically sound. Below are some foot myths, debunked.

**Listerine and Vicks Vaporub will cure toenail fungus.** The claim is that these chemicals will cure toenail fungus and provide a safe alternative to proscriptio antifungal pills and a cheaper alternative to topical medications. These chemicals cannot effectively penetrate the skin underneath the nail where the nail fungus is located. Nail fungus should be diagnosed and treated properly by a podiatric physician.

**Vinegar can cure foot odor.** People often mix a water and vinegar soak to treat foot odor. Vinegar contains acetic acid and may contribute indirectly to reducing foot odor. The most effective way to kill odor-causing bacteria is by using antiperspirants on the skin of the foot. Antiperspirants reduce the sweating that leads to the bacteria in the first place. So, while a vinegar soak for foot odor may be helpful in the indirect way, there is a better, more efficient solution to this problem.

**Aspirin and ibuprofen are good treatments for plantar fasciitis (heel pain).** Taking non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen is believed to help heel pain. However, these medications provide only temporary pain relief and do not treat the underlying condition. Seeking medical attention from your podiatric physician is the first line of defense in treating heel pain.

Courtesy of APMA

## Recipe Corner

These are a splurge but you just have to try a little piece!

### Peanut Rocky Road

1- 12oz. package milk chocolate chips

1 can sweetened condensed milk

2T. butter

2 cups dry roasted peanuts

1-10.5oz. bag marshmallows

Melt chocolate chips, milk and butter in a saucepan over medium heat, stirring often. When melted remove from heat. Stir in peanuts and marshmallows. (Make sure this cools slightly or the marshmallows will melt.) Spread mixture in a buttered 9x13 pan. Allow to cool and cut into squares.

Simply divine!!!

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Oregon  
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want to  
wish you  
and yours  
a very  
happy,  
healthy  
holiday!**

