

New Year's Footwear Resolutions

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Every year, we draft resolutions and then we break them, every one, because we set ourselves up for failure. Let's resolve to be realistic this year. We asked a variety of notable local experts to suggest feasible, achievable lifestyle changes that can improve your relationships, your health — your life. Isn't that what it's all about? Here's some from DeKalb Medical podiatrist **Dr. Ingie El-Khashab**:

Wearing shoes that don't fit properly is one of the most common reasons people (especially women) suffer foot problems such as calluses and bunions. Women are notorious for getting shoes that are too tight — not to mention those high heels. Limit heels to one inch and shop for shoes in the afternoon when your feet are at their largest due to swelling. And don't stop there. Flip-flops and those uber-popular rubbery shoes with holes are OK for the pool or beach but otherwise not good for the footsies. (They don't provide enough support.)

Source: Helena Oliviero, The Atlanta Journal-Constitution [12/29/08]

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