

Aching feet? Here's the fix!



trick: Apply inexpensive paper tape (sold in drugstores) to blister-prone areas daily. The tape is proven to prevent blisters so well in marathon runners, researchers say it can work on anyone! "The smooth layer of paper tape lowers friction that can lead to a blister," says lead study author Grant Lipman, M.D., author of *The Wilderness First Aid Handbook*.

● Arches aching? Take D!

Lack of the "sunshine vitamin"—needed to shuttle calcium into bones—can lead to painful stress fractures in your metatarsals, reveals Brant McCartan, D.P.M., a spokesperson for the American College of Foot and Ankle Surgeons. And USDA research shows 40% of us don't get the recommended daily 600 mg. of vitamin D. Easy fix: Take a multivitamin and/or get 15 minutes of daily sun exposure!

● Got an ingrown toenail? Try saltwater soaks!

Having an ingrown toenail—which occurs when a toenail grows under the skin rather than over it—can cause ultra-painful redness, swelling and infections. Rx: Soak your foot two to four times daily in a tub of very warm water with Epsom salts for 20

● Prone to blisters? Try the paper tape technique!

Tried powders, adhesive pads and antiperspirants to prevent the painful blisters that can crop up when donning new shoes, exercising or trekking long distances to no avail? Stanford researchers have discovered a more effective

Lift away heel pain!

Doctors have a new treatment for the most common cause of heel pain, plantar fasciitis, an inflammation of the connective tissues on the bottom of your foot: higher heels! "I recommend a wedge heel with a wide platform that gives some stability while taking strain off the heel," says Dr. Coscolluela.

minutes, then gently massage the affected area. If symptoms worsen, see your doctor.

● Bunions? Skip pointy shoes!

"Pointy shoes force your toes into a cramped area, increasing stress on the big toe, which can eventually lead to a bunion," notes Pedro Coscolluela, M.D., an orthopedic surgeon with the Houston Methodist Specialty Physician Group. "It can also trigger pain on the outside border of your foot causing what's known as a 'tailor's bunion' or 'bunionette.'" To prevent one: "Switch to a shorter heel, which shifts weight to the center of the foot as opposed to the front," he advises. "And wear a wider toe box." Also, relieve the pressure on your feet with a shoe insert from your local pharmacy. If the bunion still bothers you, see your doctor.

—Leigh Farr

Good-Health News!

⊕ Rx-alcohol interactions alert!

A whopping eight in 10 people age 65 and older who regularly drink alcohol are also taking an Rx, upping their already greater risk (because of age-related physiological changes) of an alcohol-drug interaction, reports the journal *Alcoholism: Clinical & Experimental Research*. Check with your doctor or pharmacist before combining the two.



⊕ Drinking water lowers calorie intake

Drinking just three more cups of water each day can cut approximately 205 calories from your daily diet, reveals a new University of Illinois at Urbana-Champaign study of more than 1,800 people. That's enough to lose about 20 pounds a year!

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