

Watch what you put on your feet

There are many foot care products that are out there. Many work, some don't and some will damage your feet if not used correctly.

As an example, over the counter inserts are marketed to treat a variety of problems. But one must be sure that the size is correct, there is enough room in the shoes for the toes and arch and that the appropriate shoes are worn. Many people wear insole with sandals or clogs and it just does not work.

A popular product line that is over the counter includes corn removers, either in liquid or patch form. Most of these have an acid component that burns away the layers of corn or callus. If one is lucky, the corn will fall out. If one is unlucky enough to have peripheral arterial disease or diabetes, the acid will cause damage to the skin.

There are regularly printed articles in magazines and newspapers that offer valuable medical advice and most of the writers stress evidenced based research to back up the recommendations. But for some reason, some of the writers find foot advice trite and amusing. As a result, they publish advice based on hearsay, testimonials or word of mouth. A popular recommendation floating around is placing a bar of soap under the sheets to help leg cramps. Do not take this advice if the writer does not take the subject seriously enough.

If you have any questions on over the counter remedies, ask your podiatrist or family doctor.