

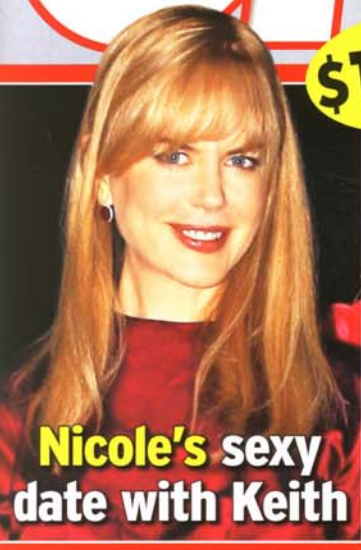
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OK!

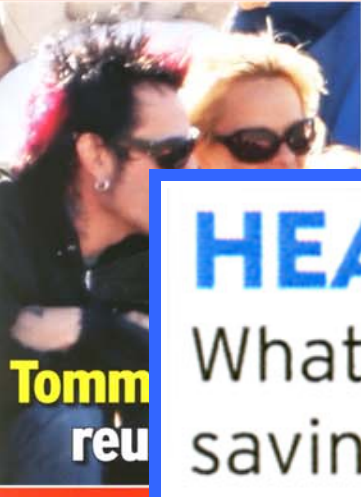
WEEKLY

Britney Exclusive

\$1.99



Nicole's sexy date with Keith



Tommy reunion



Ange's winter wedding

HEALTH Happy Feet

What you need to know about saving your soles.

Brit's outrageous behavior has friends scared she's heading for a breakdown



HAPPY FEET

Shopping all day and partying all night can wreak havoc on your feet. Here's how to keep them stylish and comfy

STILETTOS CAN LEAD TO:



- Stress fractures (tiny breaks in the bone)
 - Ingrown toenails (the nail cuts into the skin on the side of the toe)
 - Hammer toes (deformity of one or more of the toes)
 - Bunions (a bulge on the joint between the foot and big toe)
 - A neuroma (thickening of the tissue surrounding the nerve leading to the toes)
- * Your shoes don't cause bunions and hammer toes (they're hereditary), but they can cause the pain that's associated with them by rubbing on the area. The wrong shoes exacerbate the symptoms.

The thermometer is dropping and the lights are going up. The holiday season is upon us, and that can mean running around all day and then slipping into high heels for festive parties at night. Our poor feet are used and abused this time of year and often neglected. New York podiatrist Dr. Lori Weisenfeld explains that as we get older, the natural cushioning in the balls of our feet becomes thinner, causing more pain. That could explain why cute strappy heels hurt now more than ever! American Podiatric Medical Association member Dr. Erika Schwartz adds that many of us are just wearing the wrong size. But it goes beyond that.

According to Dr. Schwartz, heel pain known as plantar fasciitis is the most common foot pain. Although it depends on foot type, she says the discomfort is caused by "the fascia [bands of tissue connecting the heel bone to the toes] pulling at the heel while walking" and "can be exacerbated by shoes." Pretty shoes with thin, high heels may make your legs look long and lean,

DID YOU KNOW?
Most podiatrists don't recommend pedicures unless you bring your own sterilized instruments.

DO!
Wear shoes with round toe beds and low, wide heels like PARIS HILTON.





DON'T!
Wear pointy shoes with stiletto heels like EVA LONGORIA.

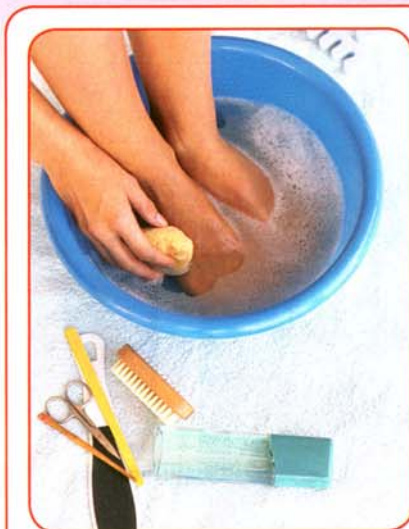
but they can really damage your feet. And stilettos “have that height that puts a lot of pressure on the front of the foot and tend to have narrow toe boxes,” says Dr. Schwartz. “It’s the combination of those things that can lead to symptoms of many existing foot problems.”

IF THE SHOE FITS

Although many of us wish we could live in our sneakers, there’s a time and place for everything. When picking out shoes for your next event or outing, a round, wide toe is key. “Pointy shoes are definitely the ones you want to avoid,” says Dr. Weisenfeld. And Dr. Schwartz adds that you want to go for a “wide heel that’s less than two inches high.” But all this isn’t the most important part of selecting shoes. According to Dr. Schwartz, you’d be amazed at how many people are walking around with the wrong size shoe. Know your size! If you feel throbbing or tightness, it’s probably too tight! If your feet hurt even *after* you’ve taken off your shoes, then guess what? It’s time to toss the shoes. And don’t be afraid to have your feet measured. “Or even trace your foot onto a piece of paper before going to the store,” advises Dr. Schwartz. That way you can compare the drawing to the size you’ve been trying to shove your foot into. Another rule of thumb? Shop in the afternoon. Our feet swell up as the day goes on, and you want to try on shoes when your feet are at their largest.

THESE SHOES ARE MADE FOR WALKING

Some people may think that flats are always better, but that’s not the case. “A flat shoe with a narrow toe box can be really painful,” explains Dr. Schwartz. Comfort definitely doesn’t depend solely on the height of the heel. People with tight Achilles tendons will feel better in shoes that have a little bit of a heel, because these will take some of the



DO IT YOURSELF

Most women would love a foot massage every night from their boyfriend or husband. But how many of us are really that lucky? Dr. Weisenfeld recommends other pampering we can do as well.

- Soak your feet in a warm whirlpool.
- Use a pumice stone daily.
- Use foot-exfoliating creams in the shower.
- Leave foot cream on at night.

pressure off the tendon. You have to know your feet and what shoes are comfortable on you. Be realistic! “If you have pain, your shoes are not good for your feet, so take it in moderation,” says Dr. Schwartz. Don’t be like Jessica Simpson, who says she walks around the house in high heels, or Lindsay Lohan, who takes out her frustration on her feet. “If I’m having a bad day, I put on a pair of stilettos and I go shopping!” says Lohan. According to Dr. Schwartz, that’s just not wise. “If you’re smart about your shoe choices, it can really help you later on.” **OK!**

INSERTS

Podiatrists make custom inserts and orthotics, but for over-the-counter products, refer to apma.org, which has a list of items (and shoes!) that have been approved and accepted by a panel of podiatrists.



Foot cushioning

Arch support

Ball-of-the-foot support