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### Foot Pain: Avoid These 5 Shoe Types



Do you have sore, aching feet or toe stiffness and pain, or have you developed blisters in unusual spots on your feet? The problem may be your shoes.

Our feet take a beating from walking, running or even just standing. Wearing the wrong shoes can cause foot pain and any number of temporary or even chronic foot problems.

Here's our list of 5 shoe types to avoid - or at least wear in moderation!

**Ballet Flats.** The down side is these shoes can be *too* flat without adequate arch support, cushioning or shock absorption. But wearing these flexible shoes can also make your feet work harder, creating stronger muscles. Be aware that these shoes can cause tendonitis, heel pain, stress fractures and injuries from stepping on sharp objects.

**Converse-style Sneakers.** These shoes provide cushioning and shock absorption but not much arch support. The flexible material can help those who suffer from hammertoes and bunions. Wearing these shoes for too long can result in tendonitis, heel pain and stress fractures.

**Flip-Flops.** Save these flimsy sandals for protection from burning sand at the beach or to prevent a fungal infection at public places like pools, spas and locker rooms. Flip-flops have no arch support, and your toes have to work hard to keep them on your feet. The lack of cushioning means a really hard heel strike which can cause heel pain. Flip-flops can cause many problems including heel pain, tendonitis, strains and fractures.

**High Heels, Stilettos and Platform Wedges.** A heel that is too high shifts your weight forward onto the balls of your feet and squeezes your toes. Shoes with high heels can even cause a balance problem as they force your hips and knees forward. Platform wedges are less harmful as they have a reduced incline and more cushioning. Problems from wearing stilettos and platform wedges include ankle sprains, neuromas or nerve tumors, pinched nerves, hammertoes and bunions.

**Rainboots.** These are fun and certainly help keep your feet dry but they are not meant to wear for long periods of time. Bacteria and fungi love them because they are water-proof, and the top of the boot can irritate your calf. Wearing rain boots for too long can cause bacterial and fungal infections, wart viruses and blisters.

### Best Footwear for Walkers



Walking for exercise is one of the best workouts to help maintain a healthy weight, strengthen muscles and bones, and even prevent or manage some serious health conditions like type 2 diabetes and heart disease.

It's easy to fit in the recommended 30 minutes of walking even if you have a busy schedule. Try walking to work or using part of your lunch break to walk outside. Make your dog walk a little bit longer.

Walking for exercise is very low cost - all you need is a good pair of walking shoes! Here are some tips on investing in your feet and choosing the right walking shoe:

- **Make sure the shoe supports your individual arch type.** For a **low arch**, sometimes called flat feet, look for a shoe with a straight last (a "*last*" is the shape of the sole - its footprint) and motion control that will help stabilize your feet. Those with **high arches** will benefit from lots of cushioning and a curved last. With a **neutral arch**, walking shoes should have firm midsoles and straight to semi-curved lasts.
- **Get a good fit.** Your walking shoes must be long enough - 1/2" between your longest toe and the shoe - so your toes aren't jammed against the front of the shoe. Look for a high toe box with plenty of toe room. Shop at an athletic shoe store later in the day when your feet are largest and ask to have both feet measured. Try the shoes on with your own socks and walk around the store to make sure the shoes fit well and are comfortable right away.
- **Look for good walking shoe features.** Look for an Achilles tendon protector around the heel; a mesh, leather or synthetic upper to let your foot breathe; a well-cushioned insole; extra gel or foam midsole cushioning; grooves and treads on the outsole to help with traction; and a roomy and rounded toe box with plenty of toe space to prevent calluses.
- **Consider your walking surface.** Asphalt roads have a little "give" so your favorite walking shoes will be fine. Walking on concrete sidewalks may require more cushioning. If you're hitting the trail for a more natural scene, look for more rugged hiking shoes especially if you're carrying a backpack.

### Recipe of the Month Banana Split Kebobs



Here's a great healthy summer dessert -- fresh fruit kebobs. Make it fun for the kids with a drizzle of chocolate and crushed peanuts (if there are no allergies!).

#### Ingredients

- 2 bananas, cut into 1" pieces
- 24 1" pieces pineapple
- 12 large strawberries, rinsed, dried, and halved

#### Optional

- 2 c. chocolate chips
- 1/2 c. peanuts, chopped

#### Directions

1. Make kebobs: Thread two pieces each banana, pineapple, and strawberry onto skewer. Repeat process to assemble all skewers. Place all on parchment-lined baking sheet.

#### Chocolate and peanut option:

2. In a microwave-safe bowl, melt chocolate in the microwave in 30-second intervals, stirring in between, until completely smooth.
3. Drizzle chocolate over fruit kebobs and top with chopped peanuts. Freeze until ready to serve.

*Recipe courtesy of Delish.com*

### History FootNote

Rubber shoes with canvas tops, or sneakers, were invented in 1892 by the U.S. Rubber Company. They got their name because they were so quiet that a person wearing them could "sneak up" on someone.

### Celebrity Foot Focus

Many celebrities sport sneakers with anything from tough leather pants to ladylike pencil skirts, preferring traditional flat soles to the faded-out wedged sneaker fad.

### Trivia

**All of these countries celebrate their Independence Day in July except which one?**

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

**Answer: B**

### Joke of the Month



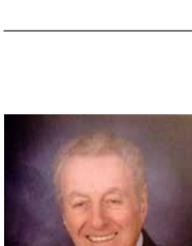
Q: Why are frogs so happy?

A: They eat whatever bugs them.

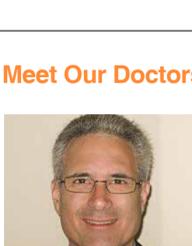
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### Meet Our Doctors



Harvey D. Lederman, D.P.M.

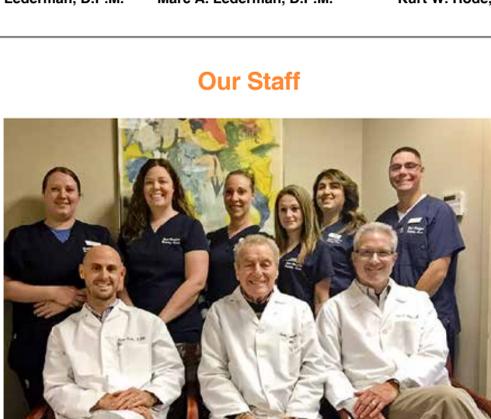


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