

# IMAGE

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HEALTH, BEAUTY

LIFESTYLE

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JOWLS, PLEASE**  
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NATURAL BEAUTY

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# OH! MY ACHING FEET

It is *Not* Normal For Your **Feet To Hurt**

OUR FEET TAKE A BEATING ALL DAY EVERY DAY. WE TAKE SOMEWHERE IN THE RANGE OF 5,000 TO 10,000 STEPS IN A SINGLE DAY

**W**e have all seen those commercials on television for "custom" orthotics, quickly measured and fitted while you wait at the drug store. Just a stroll through a chain drug store will reveal an entire aisle dedicated to just your feet. So why is there so much advertising, research and merchandise dedicated to the health of our feet?

Quite simply, our feet take a beating all day every day. We take somewhere in the range of 5,000 to 10,000 steps in a single day. Moreover, some of the most common reasons patients visit doctors or emergency rooms in this country are related to sprains, strains and other foot and ankle trauma. That said, many people with general aches and pains in their feet assume there is nothing really to be done for them. They don't mention their feet when talking with their primary care doctor during a routine physical, nor do they call a podiatrist. Instead, they might go to the drug store and

try some over-the-counter padding or insert, or ignore their problem all together and just suffer with it.

A doctor, when taking a basic medical history, may uncover that the problem has existed for months or years. When asked why the patient waited so long, the most common response is, "I thought it was normal for my feet to hurt." This could not be further from the truth. Our feet are a complex structure with many small bones, muscles and tendons organized to comfortably and effectively support and move us. Deviations in alignment, general wear-and-tear, as well as infections and even more complex orthopedic deformities may impede their function and leave us ailing.

However, years of research have afforded us a plethora of both diagnostic tools and treatments to restore alignment, regain function and prevent future problems. If you have pain in your heels when you get up in the morning, aches in your joints when you exercise or even nails that grow into your skin, these are all both treatable and preventable. Seeing a podiatrist as soon as a problem arises can increase the chances of a full re-

covery, decrease healing times and help to develop long term solutions.

If you are suffering with foot and ankle problems, a generic foot scan in a drug store will give you an idea of the pressure points on the bottom of your feet. However, the scan cannot talk to you about your activities, medical history and expectations. It can't examine you and formulate a specific and detailed

## SEEING A PODIATRIST AS SOON AS A PROBLEM ARISES CAN INCREASE THE CHANCES OF A FULL RECOVERY

treatment plan. Don't leave any aspect of your health solely up to the expertise of a computer. Seeing your podiatrist will allow you to be treated as the unique patient you are, not just another pair of feet. **IMAGE**

*Dr. Evan A. Vieira practices at Associated Podiatrists, with offices in Roslyn, Huntington, and Connecticut. For more information, visit [www.greatfootcare.com](http://www.greatfootcare.com).*