

IMAGE

DECEMBER 2012
JANUARY 2013

HEALTH, BEAUTY

& LIFESTYLE

www.ImageMagOnline.com

CHERYL TIEGS

HEALTHY LIVING/HAPPY LIFE

MY MIRACLE BABY

TRUSTING THE RIGHT
DOCTOR CAN MAKE ALL
THE DIFFERENCE

SECOND TIME
AROUND
REVISION FACELIFT
MAINTAINS YOUR YOUTHFUL
APPEARANCE

BEWARE OF
PEDICURES'
HIDDEN DANGERS

PEDICURE
EXPERIENCES
CAN TURN
PROBLEMATIC

NEW
YEAR
NEW YOU

BRING OUT YOUR NEW IMAGE FOR THE NEW YEAR
THE BRAZILIAN BUTT LIFT-BUTTOCKS AUGMENTATION
HOW BEAUTIFUL ARE THY SANDALED FEET





BEWARE OF PEDICURES' HIDDEN DANGERS

Enjoyable **Pedicure** Experiences Can Turn **Problematic**

A NAIL FILE HAS PORES THAT CAN COLLECT DEBRIS FROM EVERYONE IT HAS TOUCHED, AND SPREAD ALL SORTS OF GERMS LEADING TO SKIN AND NAIL INFECTIONS

These days, pedicures are among the most popular indulgences women allow themselves. In fact, many get a pedicure multiple times a month, usually without incident. However, there are risks involved with this seemingly benign and enjoyable activity.

Here are a few tips to help you stay stylish, but also healthy and safe!

Infections:

Salons may have dozens upon dozens of customers in any given day, each one being treated with the same instruments, soaking in the same baths and painted with the same polishes. The highest quality salons use sterile instruments, cleaned in a special machine, and packaged separately for each use. However, many establishments use the same instruments repeatedly throughout the course of the day. A nail file, for example, has pores that can collect debris from everyone it has touched. This can spread all sorts of germs that can lead to skin and nail infections. With the spread of more dangerous forms of bacteria, it is extremely important to be

aware of each individual salon's practices. If you aren't sure, then ask!

Cuticles/Shaving:

Many women have their cuticles cut or removed from their nail plates to allow for even distribution of the polish and general aesthetics. However, you have cuticles for a reason. They serve as a barrier at your nail fold, and keep out germs. Once the seal is broken, you open up your toes to all sorts of problems. Another common source of infection are freshly shaved legs. When you shave you may create small nicks or cuts in your skin which also provide an opening for germs.

Calluses:

A lot of pedicurists use actual blades to remove dead skin. Do not let anyone other than a doctor touch you with a blade. The risks here are obvious, and in some states this practice is even illegal. If you do want them to remove a callus, it should be done with nothing more than a pumice stone.

Ingrown Nails:

When your nails are trimmed by the pedicurist, be sure that they are not cut round, but rather, left with a square edge. This can help prevent ingrown toenails, which can be painful and can result in infections too. If you start to feel pain, contact your doctor as soon as possible. It is a lot easier to deal with an ingrown nail earlier on, before infection and other issues set in.

Toxic Chemicals/UV Light:

The newer gel coatings that are applied to nails require that the nails set under UV light for extended periods of time. This carries inherent risks, and over a period of time can have effects similar to over-exposure from the sun. Another problem with gel coatings is that they last longer and can conceal nail infections or more serious conditions from both patients and doctors. The gel also requires thorough scrubbing with acetone, which can also cause skin irritation. Be sure to use gel sparingly and keep it on the nail itself.

So, having an occasional pedicure is generally harmless and can be a very enjoyable experience. However, be aware of the risks, ask the right questions and go to the right salons to avoid problems.

There is no substitute for regular follow-ups with your podiatrist though. Problems such as infections, nail diseases and even more serious conditions should be screened by a doctor on a regular basis, to avoid problems down the line. If you have any questions or need a recommendation of a quality, licensed pedicurist please contact us for a visit.

IMAGE

Dr. Evan A. Vieira practices at Associated Podiatrists, with offices in Roslyn, Huntington, and Connecticut. For more information, visit www.greatfootcare.com.