



secrets for healthier feet



Podiatrist Dr. Lauren Kishman, Akron General Orthopedics, knows the most common foot complaints and lets you in on some secrets to get your feet summer-ready.



Sweaty, smelly feet?

Use antiperspirant on your feet. Why? Because you have sweat glands on your feet too. Change out your socks often and try a clear roll-on antiperspirant on the bottom of your feet. Apply after showering and drying your feet. If an over-the-counter antiperspirant doesn't work, you can try a prescription-strength antiperspirant.

Avoid fungus.

Wear sandals around the pool. If you have athlete's foot, over-the-counter antifungal medications are generally successful. Nail fungus, though, is typically more difficult to treat and often will require prescription medication to recover completely.



Don't leave nail polish on all summer.

The chemicals and dyes in nail polish can discolor or crack nails. Remove nail polish after about 2 weeks and give your toes a break before reapplying.

Apply sunscreen all over your feet.

Skin cancer can affect the feet. If you notice any suspicious or dark spots on your feet—on your skin or underneath the nails—see a doctor to get them checked out. If you have cracking or dry skin, lotions that contain urea or ammonium lactate can help.