

Onions, bunions, athlete's with athlete's foot, wart, what?

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Does cutting a "V" on and ingrown nail help to make it better? If not, a "B" or a "C"? In my opinion; no. It would help more by cutting the nail straight across. If it does become ingrown then seek professional help.

What is a bunion? Bunion is something like an onion. Both can sometimes make you cry. Bunions are joint deformities in which the big toe is deviated towards the smaller toes and forms a bony enlarged protrusion on the inside of the foot. This bunion formation may be mild, moderate or severe. Only in the more severe cases do I advise my patients to consider a surgical operation. However, your family physician may decide differently depending on your specific case.

An athlete's foot is not something that strong athletic people have. It is a fungal infection of the foot. It is a good idea to control this infection quickly while it is still on the skin. Once the nails become infected, achieving a cure can become very hard and sometimes impossible. Nail infections seem to respond only to strong oral medications and again not always. New laser treatments have often proved effective. On the other hand, skin infections are quite easy to control. The most important point to remember here is to break the cycle so that once you are cured, you do not re-infect yourself.

How about flat feet in children? Should you be concerned? In many cases no. Children have a thick fibro-fatty padding on the soles of their feet and as they grow, a normal arch will often develop. What about "in toeing" (Pigeon-toes) in a 3 year old? Do not be alarmed. "Many preschoolers walk pigeon-toed, and most of them outgrow the condition by the age of 8 or 9" says Thomas Kling Jr., M.D., professor of orthopaedic surgery and chief of paediatric orthopaedics at Indiana school of medicine, in Indianapolis. Walking in-toed usually results from a slightly rotated shinbone or thighbone. As the child grows, the bone gradually straightens. Seek a second opinion if you are unsure of the intervention being suggested to you.

Should you be soaking your feet daily in water because you have very dry skin, which tends to crack? Too many foot soaks may actually dry your skin even more as the water takes away essential oils from your skin. A good idea is to apply creams on your feet daily, alternating with occasional footbaths. However, it is wise to have a good check-up to rule out any systemic problems or fungal infection of the skin (if you have a fungal infection, applying non-fungal creams may make things worse).

Finally, what are orthotics? Besides being a mouthful, they are also known as insoles. A biomechanical orthotic is a prescription device that fits into your shoe and controls your foot motions and distributes weight as you walk. You may need orthotics to address such problems as heel pains, collapsed arches, corns, calluses, bunions etc. Just like your prescription glasses, they have to be custom-made so as not to overcorrect or under-correct your specific foot problem. Happy Walking!

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