

Eyewitness News

- 7 On Your Side
- 7 On Call
- The Investigators
- Our Schools
- Life Around Here

Accu-Weather

Lottery

Sports

Entertainment

Health

Technology

Metro Traffic

7 Community

Event Calendar

About ABC7

- News Bios
- Contact Us

Automotive

Summer Foot Care

(New York-WABC, May 22, 2004) — With sandal season just around the corner, it's time to get your feet ready for summer. But you should be paying close attention to your feet all year round, especially if you notice brown spots or other problems on the soles of your feet.

NYC FootCare, LLC
Dr. Oliver Zong
29 John Street
Suite 201
New York, NY 10038
phone: 212 385 2400

New York Podiatrist, Dr. Oliver Zong tells us about the importance of keeping your feet healthy.

CANCER HOT SPOTS ON THE FEET

Don't Forget Your Feet!

With summer around the corner, it's important to remember that skin cancer can affect any part of the body, including the feet. Unfortunately, people often forget their feet when protecting their skin from the sun. Fewer think to check their feet for suspicious moles or markings. According to Dr. Zong, malignant melanoma of the lower extremities usually occurs on the soles of the feet, in the spaces between the toes, and in the areas around the nails. The best way to prevent skin cancer is to stay out of the sun and to wear sunscreen. It is also equally important to do self-examinations. If you detect any changes to a mole or skin lesion, Dr. Zong recommends visiting with your doctor as soon as possible.

ORTHOTICS

A Prescription for Support and Proper Alignment

With summer right around the corner, many people will be hitting the gym, lifting weights and pounding the treadmill and stair master. Generally, when you are first beginning a fitness routine, there is an increased risk of injury. Your body can feel strained during the first few months and you may experience aches and pains. It is important to take the necessary precautions to prevent injuries by using orthotics, a shoe insert that can be custom-made to support the foot, ankle, knee, hips, and back. Orthotics help maintain a properly aligned posture. Orthotics can be designed for almost any function including rollerblading, power walking, running and tennis. According to Dr. Zong, many people have alleviated their aches and distress with orthotics.

FUNGAL NAILS

Get The Fungus Under Control Before Hit the Beach

According to a new survey on Nail Health and Care Reports, more than half

of all Americans are symptomatic of highly contagious nail fungus and infections. Although fungal nails are highly contagious, very few people ever discuss nail infections with their physicians. Dr. Zong is not surprised that the incidence of fungal nails is so high and sees patients each week who are trying to alleviate the problem before the summer months hit. Nails infected with a fungus may be discolored and thickened with crumbling edges. The best way to prevent nail fungus or infection is better hygiene, including regular cleaning of grooming tools. Other preventative measures include: wearing shoes in public showers, using an antifungal powder in socks and shoes, and wearing clean, cotton socks. Treating fungal nails can be extremely difficult and it is best to attack the problem early. Some treatments include: trimming and thinning the nail plate, taking an antifungal medication and removing the nail to treat the area underneath.

DIABETES & FOOT CARE

Signs You Can't Afford to Miss

According to Dr. Zong, people who are diagnosed with diabetes must remember to look for signs of foot problems that can stem from their illness. Because a common symptom of diabetes is diabetic neuropathy, a condition of numbness or loss of sensation in the feet, foot infections and ulcers may go undetected and can lead to serious health problems. In fact, foot infections related to diabetes often result in hospitalization. Diabetic patients should watch for the following when inspecting their feet: skin color changes, elevation in skin temperature, open sores that are slow to heal, ingrown or fungal toenails, swelling, pain in the legs, bleeding corns and calluses or dry cracks in the skin. With daily foot inspections and regular foot checkups with a podiatrist, diabetic complications may be averted.

TOE SURGERY

The Long and Short of It

With all of the recent media coverage about cosmetic toe shortening, there is yet another twist. Sure there are women having their toes shortened to fit into high heels, but consider the opposite situation. Are there men and women who are dissatisfied with the appearance of their toes because they are too short? "You bet there are" says Dr. Oliver Zong. "And these men and women are having procedures performed to lengthen their toes." The condition is called Brachymetatarsia. It can happen in both men and women and usually will be present in both feet. Not purely cosmetic, having a short toe can be painful since the surrounding toes must take up the weightbearing. Having all the toes at the proper length can help alleviate painful symptoms. Dr. Zong has performed numerous toe procedures on both men and women. "Vanity is not a commodity owned solely by women," jokes Dr. Zong. One day we are shortening toes, the next lengthening them."

WIDER FEET

It's Not Just Our Waists That Are Getting Bigger

Dr. Oliver Zong is seeing an increasing number of patients who complain of foot problems related to wide feet. The question arises, "Are people's feet really wider these days?" Although no study has been formally performed, Dr. Zong believes the answer is yes. Two of the reasons for increasing widths include a cultural shift and an aging population. Because feet can change size as people get older or wider, feet should always be measured prior to buying new shoes. Wider feet, should be accommodated with wide width shoes. Lace up shoes will also provide increased flexibility. Once feet have widened, the only real corrective measure is surgery. Foot slimming procedures can be performed to eliminate bunions, including tailor's bunions.

After having surgery, patients will often come back to Dr. Zong's office an entire shoe size smaller. In order to help prevent your feet from getting wider, remember to always wear comfortable shoes, with extra toe space for movement.

BEACH FEET

Getting Your Feet Ready For The Beach

Whether you are heading to the beach or just anxious to slip out of those winter shoes , it's time to get your feet looking great for the summer. According to Dr. Zong, prepping feet for the warm weather may, in some cases, mean having a "foot facelift." A foot facelift encompasses varying cosmetic surgeries performed to correct foot deformities including, bunions, curled up toes (hammer toes), and toes that are too short or too long. Toes can be shortened and fifth toes made slimmer and trimmer to fit more comfortably into shoes. Think of it as a "toe tuck" for the feet. Another cosmetic procedure that can do wonders for the state of your feet is microdermabrasion. Microdermabrasion is a technique that immediately resurfaces and smoothes the skin. Feet feel soft and skin looks radiant. Additional procedures that can ensure beach ready feet include: treating fungal nails, exfoliating with a pumice stone or foot file to eliminate dead skin, moisturizing and trimming toe nails with the proper tools. By following some of Dr. Zong's advice, your feet will be ready for the sun in no time.