

## ***Treated and healthy feet: how, when and why. A small guide***

In the past months many articles that talked about feet were published on many journals, especially in the USA: totally re-done feet, collagen pads or hyaluronic acid implanted under the sole of the feet in order to be able to wear high heels, filing the lateral bones to wear shoes that are very tiny.. those operations often lead to problems and pains!



In Italy, fortunately, the foot is still seen as an "accessory" and not as an aesthetic emblem. Walking comfortably and with suitable shoes is still a must for men and women, and this is more obvious during the summer, when feet are shown all day long.

### ***A FUNDAMENTAL STEP FOR OUR WELL-BEING***

Many of you do not know that neglecting the care and health of feet can lead to negative postural and vascular repercussions. And the majority of women wear high heels, which are very sexy, but they are not aware of the damage they will have in the future.

Shoes remain important to correct, when necessary, the plantar support. We can take care of asymmetries of the pelvis or shoulders, painful symptomatology of cervical and lumbar column, apparently unsolvable chronic headaches, and bad dental malocclusion. Not to talk about bone deformities, trophic alteration of skin and nails of the hyper keratosis areas, edemas of the back of the foot and nails.. An apparently healthy foot can work when it does not move, but it can be bad while walking: this determines venous alterations responsible for varicose diseases. And also.. a chronic lymphedema (which is a swelling of the leg, of the back of the foot and nails) and that does not respond to common therapies that acts on the lymphatic system, can be caused by onychomycosis (mycosis of nails). In these cases nothing will solve the problem until a pharmacological therapy is adopted for the single pathology, often by mouth.

Different aesthetic pathologies of legs, as some forms of the so-called "cellulite", need combined therapies including the ones based on the correction of the altered plantar support.

The anamnesis, the objective exam and the use of instrumental methods that evaluate the correct position of the foot in statics and dynamics, remains the duty of the doctor who has to accurately follow them and then prescribe a specific plantar that contributes to the resolution of the pathology.

In all these circumstances, the collaboration between the different specialists (podiatrist, angiologist, orthopedic and aesthetic doctor) plays an important role.

### ***WHEN IS THE AESTHETIC FACTOR FUNDAMENTAL?***

What can we say about a healthy foot, not from an aesthetic point of view?

It should be a regular habit to take an appointment with a **qualified beautician**, who has the ability to solve the problems responsible for the indisposition due to shoes, and pain sensation while walking (for example callosity, soft corn between toes, ingrown nails..). Not to talk about the fact that an uncared foot is sign of negligence and disorder.

So, use scrub with minerals that keep the skin smooth, moisturizing and nutrient lotions for an ultra smooth skin, masks with paraffin for a polish and smooth skin.

Nail should be perfectly filed and shaped. And do not square your nails that were high fashion few years ago. Real and natural nails are always the best!



Only for those people who are not so fortunate to have great nails, there are some special treatments of restructuring: tips (faked nails to apply and glue on the real one), transparent gel, resins that endure and have a very natural look. You can apply some nail polish on your nails (natural or

reconstructed) or you can do the "French manicure" coloring only the free end of the nails with white nail polish in the classical version or different colors if you want to exaggerate!

So, have fun and do not forget to ask your beautician a massage with essential oils.. you will fell in heaven!!!

**Plastic surgery** in some difficult cases can do a lot to improve the well being of our feet and to fix small and big problems. Syndactylia, for example, a congenital malformation of fingers of feet that are together in groups of two or three fingers, can find solution. In this case, the plastic surgeon operates by himself, if the problem is at the level of soft tissue, or with the help of orthopedic if the bone apparatus is involved. The opposite problem is the polydactyly, which means we have more fingers than usual. Even in this case the plastic surgeon or the orthopedic operates eliminating the finger and restore the correct shape of the foot. In this case the rest after the operation is fundamental, the duration depends on the intervention.

There are also less complicated problems, in a way, that always require a surgical operation as in the case of mycosis of nails rebel to topic and systematic cares or in the case in which the nails are ingrown. In all these cases the surgeon removes a part of the nail, together with the matrix stuck in the soft tissues, accelerating the recovery and without having the need of the nail to grow. Often the plantar warts are present and they can be very bothersome if they grow under the feet and develop in depth. Those are very easy operations, done with local anesthesia and with a minimum discomfort for the patient.

But do not forget that feet receive signs and solicitations from inside the body, since they are the most declivous and more "used" by the human body and their health and well being should be always a priority for each one of us. If we realize that, at the end of the day, our feet are swollen, there is sometimes wrong in our lifestyle or, more rarely, we have a real pathology that suggests going to see an **angiologist or a vascular surgeon**.

### **What do to then?**

First of all, if it is possible, we can improve our lifestyle. There are general rules for everyone that should be followed such as lift the end of your bed (with two bricks for example) 5 or 10 centimeters, so that your feet are above the rest of your body. If you have a sedentary job or you stand or sit down all day, remember to walk for at least half an hour every day. And if our activity makes us stand still (if you do the ironing or you are a surgeon) it is good to stand on your tiptoes every once in a while, but regularly, to favor the flow of blood.

### **And the shoes?**

Never abuse of too high heels or too tiny shoes. They could limit the flow of blood and provoke drawback over the time. Even the self-supporting thighs-highs have to be used moderately because they excessively thigh the legs. Thighs and graduated compression thighs are better; you can buy them in specialized shops of orthopedics or in a pharmacy, where they are going to suggest you with the right size. And plus, they last more the normal thighs!



### **And the sport?**

It is really useful to prevent phenomena linked to bad flow of blood. Beside exercises and walking, many other sports are great, especially swimming".

If these suggestions are not enough and legs still remain swollen at night, then good manual massages, lymph drainage and pressure therapy are perfect.

### **Which are the vascular pathologies that can torment your feet?**

First of all, the varices (dilated veins that show up under the skin recognizable for their typical "snake" shape) that can reach different level of inflammation and, in more dangerous cases, provoke real ulcers. In these past few years, diagnostics has been very helpful, from the advent of echocolor Doppler that allows a more accurate, repeatable and absolutely innocuous diagnosis even for pregnant women!



In case of varices, if an insufficient flow of blood occurs, you can first undergo some pharmacological cares based on phlebotonics to take in periodical cycles, and then foresee, according to the indications, a surgical operation, that will remove the "ill" vein with the help of micro incisions, or sclerotherapy. The operation, in the majority of cases, is easy and can be executed with local anesthesia".

**And in the end,** always in vascular field, an important advice dedicated to who suffer from varices. It could happen that a vein start to bleed for a trauma or for any other reasons: what to do? Here it is what the expert suggests:

- 1 do not panic!
- 2 lie down and lift your legs above your thorax.
- 3 pressurize the bleeding spot with a finger for 2 or 3 minutes. Blood will stop flowing and after a while, you can call your doctor for the care.