Toeing the Line [1]

Week of:
Mar 25, 2016

Taking care of an ingrown toenail [2]

Dear Alice,

The nail on my toe seems to have cut deeply into the skin and is bothering me. I also seem to have the signs of fungus (colored nail). What non-surgical methods exist to cure these?

Regards,
B.

Read more [2]

Toenail fungus [3]

Dear Alice,

I think I might have a toenail fungus infection (onychomycosis). Should I purchase over-the-counter medication and try to remedy the situation on my own, or should I go directly to a podiatrist to evaluate this problem? I do have an excellent insurance and prescription policy!

Read more [3]

Crooked legs ? "outtoeing"? [4]

Dear Alice,

I could not find anything related to this in your archives. I'm not sure if this is relevant to my problem or not, but I am a skinny, 19 year old male, and I have no history of sprained ankles, broken legs, or foot injuries.
My feet naturally point about 45 degrees out from my knees. I have always walked awkwardly. I have also had a lot of trouble with shoes wearing out unusually quickly and hurting my feet when they are new.

I tried pointing my feet forward, but that hurt my knees by forcing them to point inwards. I can straighten both my knees and my feet, but it feels very awkward and puts a lot of strain on my legs. I have also received a lot of comments on angle of my feet.

Is there a way to correct this problem without expensive surgery? Will I permanently injure my legs if I continue trying to force my feet into a straighter position? If pointing my feet forwards is not an option, can you recommend a comfortable way to walk with my feet as they are that will not look strange or put too much strain on my legs?

? Worried and Awkward

Read more [4]

Why is my toenail falling off? [5]

Dear Alice,

One of my big toe's toenails fell off and the other one is coming loose. They do not hurt, but look dead. Will new ones grow back ? what could have caused this?

Read more [5]

Corns between the toes ? Ouch! [6]

Dearest Alice,

I found this address and was ecstatic. My friends and I were surfing in English class and found this very interesting column. I would like to ask you about corns between the toes. My cousin has these monumental corns which have kept her from her job. Although my cousin and I are not really close, I'm sure she would be happy to accept your advice. I hope you will answer my question.

Thank you.

Corny

Read more [6]
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