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.

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!

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

**Why is my toenail falling off?**

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?

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**Corns between the toes? Ouch!**

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

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