Victory and DeFEET [1]

Week of:
Aug 21, 2015

All about athlete's foot [2]

(1) Dear Alice,

I have a common problem with a weird twist. I have athlete's foot, but only on one foot. I try to keep my shower clean, and if my shower was causing the problem, wouldn't my other foot have athlete's foot also? How do I get rid of it? I've tried over-the-counter medication and it seems to work, and then the AF returns. What is the best course of action to rid myself of the AF??

Thanks,

Itchy Foot

(2) Dear Alice,

I've been ridden with chronic athlete's foot for about ten years or so...I've finally gained control of the athlete's foot, but have not been able to overcome the fungus growth beneath the toenails. The "over the counter" athlete's foot creams, etc., don't seem to overcome this unsightly distortion of my toenails. Is there something available that I just don't know about? I've read of a drug available through physicians, but the literature indicates possible "side effects." Can you help?

Sincerely,

"Horny-Toed"

Swollen feet [3]

Dear Alice,

About a week ago my feet became swollen. I thought this condition would go away but it hasn't. It makes wearing shoes uncomfortable and my feet are now hurting. I've tried soaking
them to no avail. Ice packs don't help either.

Signed,
Big Foot

Read more [3]

What to do about flat feet [4]

Dear Alice,

I've known I was flat-footed for as long as I can remember, but I don't actually know what health risks come along with this condition. It's supposed to be bad for my joints... my spine maybe... and while it's been convenient to blame my back pain or difficulty running on my flat feet, I'm not sure if those are legitimate complaints. What are the health effects of flat-footedness, and what should I do to correct them? I've never seen a podiatrist or anything like that.

Read more [4]

Foot odor [5]

Dear Alice,

Thanks for the column and past advice. My wife recently began complaining of foot odor (her own). I suggested washing her feet several times a day and to use a deodorant. She's done this for about a week now but still complains about the odor. Please solve this dilemma. Thanks a bunch!!

? Married to Bigfoot

Read more [5]


Dear Alice ?

I am in need of bunion surgery, and it is something I must get done in the near future. My question is this: Will I be able to wear high heeled shoes again? I've gotten away from the pointed toes, but I do love high heels.

Read more [6]

Footer menu

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