

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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178 WORDS, 60 SECONDS

HEALTH HINTS

ABOUT A QUARTER OF ALL YOUR BONES ARE IN YOUR FEET—AND THOSE BONES ARE OFTEN NEGLECTED. IN FACT, ABOUT SEVENTY FIVE PERCENT OF THE POPULATION WILL EXPERIENCE FOOT PAIN AT SOME POINT AND IT'S USUALLY BECAUSE THEY HAVEN'T TAKEN CARE OF THEIR FEET. TRY THESE TIPS: IF YOU NOTICE ANY BRITTLE NAILS, BUMPS ON YOUR TOES OR DRY SKIN ON YOUR FEET, SEE A PODIATRIST. A PODIATRIST CAN HELP YOUR FEET LOOK AND FEEL BETTER. ALSO, WEAR PROPERLY-FITTING SHOES AND KEEP YOUR FEET COOL AND DRY. TRY TO AVOID WEARING THE SAME SHOES TWO DAYS IN A ROW. AND ALWAYS WEAR SHOES IN PUBLIC AREAS INCLUDING HOTEL ROOMS AND HEALTH CLUBS TO AVOID CONTRACTING AN INFECTION. IN ADDITION, IT'S A GOOD IDEA TO REGULARLY DISINFECT SHOES. IF YOU GET PEDICURES, BE CERTAIN THE INSTRUMENTS USED ARE STERILE. AND ALWAYS CLIP YOUR TOENAILS STRAIGHT ACROSS. FINALLY, REMEMBER THAT YOUR FEET ARE NOT SUPPOSED TO HURT. SOMETHING THAT SEEMS LIKE A MINOR ACHE COULD TURN INTO A SERIOUS PROBLEM. IF YOU HAVE FOOT PAIN, SEE A PODIATRIST.