

Foot Myths: Don't Believe Everything you Hear!

The myths that we perpetuate about health care are often quite humorous, like jumping up and down on one foot to cure hiccups. But many foot treatment myths can be harmful and dangerous. Here are a few that we want to dispel:

Cutting a small "V" notch at the end of the nail will cure ingrown toenails. Toenails grow from the nail matrix that is located just beneath the skin at the base of the toenail. The idea that putting a small center "V" notch at the end of the nail will cause the nail edges to come away from the skin as the nail grows together at the "V" is just not medically possible. Ingrown nails can be prevented with routine chiropody treatment or a minor surgical procedure.

Heel spurs are "calcium deposits." A heel spur is often the result of stress on the muscles and fascia of the foot. The strain on the plantar fascia causes microtears in the fascia and the bone fills in the tears with new bone growth. This stress may form a spur on the bottom of the heel. While many spurs are painless, others may produce chronic pain. Based on the condition and the structure of the foot, the chiropodists will advise on appropriate treatments.

Fungal toenails are contagious. Fungal infection of the nail, or onychomycosis, is often ignored because the infection can be present for years without causing pain or showing any discoloration in the nail. The disease is characterized by a progressive change in the toenail's quality and color, which is often ugly and embarrassing, however not usually contagious from casual contact. In reality, the condition is an infection underneath the surface of the nail caused by fungi. Treatments can vary, depending on the nature and severity of the infection. A chiropodist can detect a fungal infection early and form a suitable treatment plan.

Contact us at Family Foot Care if you have questions or concerns you'd like to address.