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May 28, 2009

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High Heels Show No Mercy

And men may not even notice them ...

By Berit Mason
Tuesday, May 26, 2009

High heel fashionistas beware: the self proclaimed "shoe nazi" is on your case about wearing those high heels.

Dr. Marvin Brown of the San Antonio Orthopedic Group says if you're wearing high heels to attract men, then you're barking up the wrong tree.

"When a man looks across the room and sees the woman of his dreams, he's not first looking at her shoes."

Brown says high heels are getting higher and that worries him.

"Every week I see women coming in here with fractured ankles and broken ankles because they have fallen off of their shoes."

Brown says not only can women break their ankles, after years of use they can develop bunions, hammer toes and shortened tendons.

He says high heels force the body's weight all onto the balls of the foot. Abnormalities then develop.

"You have to be careful of the shoes with high heels that box in the toes. Trace your foot without it being in a shoe. If it's larger than your shoe, your foot is being squashed and you could have problems."

Brown says you don't have to throw out all your heels. Just minimize their use. Kick them off once in awhile, wear them to the party but wear them only a few hours. Use lower heels as often as you can.

He shoes makers are hip. Those ugly old man shoes are now being made more lady-like so you can have health, comfort and looks too.



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