

SOPHISTICATED • STYLISH • INSPIRING

APRIL 2007

SONORAN

SPOTLIGHT

THE FASHION OF
VIRGIL ORTIZ

DETOXIFY
YOUR RELATIONSHIP

THE ANNUAL
**FASHION
ISSUE**

A RIGHT
TO BARE
ARMS

DOMESTIC
DIVA

FASHIONABLE
GETAWAY
FIRESKY
RESORT AND SPA





by Greer Banks

FASHION IS ALL ABOUT THE SHOES for some women. This summer, sandals, flats, and wedges are the big thing. Unfortunately, not all shoes are right for all feet. Dr. Todd Galle, of the Arizona Institute of Footcare Physicians steps in to offer advice on what to do to help you **WEAR THE SHOES YOU LOVE.**

SUPER SANDALS Flip-flops are perfect for poolside and picking up groceries. Bright colors and jeweled straps make them just right with a little summer dress. However, according to Dr. Galle, they are responsible for a growing epidemic of heel pain. He advises adding sandals with straps, thicker soles and arch support to your shoe wardrobe. "Rotating flip-flops with more supportive sandals can hopefully help alleviate problems from developing," says Dr. Galle.

FABULOUS FLATS Flats are back. Hot metallics and animal prints go from day to evening in an instant. "While flats may seem like the most sensible choice," says Dr. Galle, "they can cause problems too. Many flats don't offer any support, and can strain your muscles and tendons." They also should be comfortable in the store. Shoes that are too tight can irritate and contribute to ingrown nails. "If you notice persistent redness or tenderness at the edge of your nail, don't ignore it," he says, "This condition won't resolve itself and needs professional care."

WONDERFUL WEDGES Thick cork and rope make wedges a "must have" style for summer. "High-heels put women at risk for injuries," says Dr. Galle, "falling can cause stretched or torn ligaments or broken bones. Even if you're able to walk on the injured foot, pain, swelling, or bruising indicates a serious injury." At the first sign of a problem, Dr. Galle recommends seeking care from a Board Certified podiatrist and states, "the earlier a problem is addressed, the faster it can be resolved."

3 GREAT
WAYS TO
WEAR
THE SHOES YOU LOVE