Your feet take a pounding every day, especially during exercise and long periods of walking or standing. Poorly fitted shoes contribute to blisters, bunions, hammertoes and chronic pain in the heel, forefoot, knee or lower back. Podiatrists offer these guidelines for choosing footwear.

Know your foot type.
- Small arches? Choose shoes with adequate arch support. Consider investing in inserts.
- High arches? Find footwear with adequate arch support and cushioning (a slightly padded feel in the ball and heel).
- Wide feet? Don't try to squeeze them into narrow shoes. Look for brands that offer wide sizes.

Find the best fit.
- Have your feet measured every time you buy footwear.
- Before buying, walk around in both shoes for several minutes. Do your feet feel comfortable as soon as you try on the shoes? Properly fitted shoes normally won't require breaking in.
- Your heels must fit snugly in each shoe and not slip as you walk.
- Wiggle your toes; you need a half inch between the end of your longest toe and the front of the shoe and some room above your nails and joints.

Bad news shoes: You may love flip-flops, but avoid long use; they aren't for all-day wear. Pointy toes and sky-high stilettos? Even short-term wear can cause foot and leg problems.

While often ignored, depression is highly treatable with counseling, learned coping techniques and medication, or some combination of these options.

Medication has become the most preferred treatment in recent years. It can help reduce the symptoms of moderate to severe depression. Note: These medications have potential side effects and require monitoring by the prescribing physician.

Talk therapy, or counseling, is used to assess your mental health and to teach you how to cope better with the symptoms or issues affecting your life. Ask your health care provider for help in choosing a therapist.

The dominant depression symptoms include: feeling sad, negative or worthless; atypical anger or irritability; loss of interest or pleasure in doing things; and withdrawal from loved ones and friends; as well as unusual fatigue and insomnia.

If symptoms last more than 2 weeks, don't delay getting help. You can feel better.
Temptation abounds in our food-filled world. From the office vending machine to the shopping mall food court and all the other places in-between, food is everywhere. It’s important to be mindful of your food environment so you can avoid temptation and overeating. Here’s how:

Start at home: You control your fridge and pantry, so stock your kitchen with good-for-you items instead of unhealthy snacks. If chips and cookies aren’t in your cupboards, you can’t indulge. Try snacking on plain air-popped popcorn, whole-grain cereal and whole fruit or vegetables between meals.

Carry healthy snacks: It’s easy to grab a muffin or donut at the coffee shop, or a cupcake from the specialty baker when you’re hungry. But before you choose, consider the effect of extra calories, fat and sugar that wreak havoc on your heart and your waistline. Plan ahead and arm yourself with healthier snacks at all times. Enjoy an apple, a banana or some carrot sticks.

Keep food close by: You’ll be less likely to sample the pastry tray at your 3 p.m. meeting if you’ve just eaten a healthful snack. If your office has a fridge, stock low fat cheese, yogurt, hummus and cut vegetables. No fridge? Keep non-perishable, high-fiber snacks (dry cereal, nuts, oatmeal) in your desk drawer. Attend meetings on a full stomach.

The key to overcoming food temptation – whether at food courts, the break room or coffee stands – is to plan ahead and keep healthy snacks nearby.

Organ Donation Facts

Surgical transplantation is one of medicine’s most remarkable achievements. It restores active, renewed lives to thousands of people with organ failure. Being an organ donor is a generous, worthwhile choice. However, persistent misconceptions discourage people from donating. Consider these facts:

- In the U.S., more than 100,000 people are awaiting organ replacement, and there are fewer than 15,000 donors.
- Anyone can be a potential donor regardless of age, ethnicity or medical history.
- Few medical conditions automatically disqualify you from donating organs.
- Organs and tissues that can be donated include: heart, kidneys, lungs, liver, corneas, skin and bone.
- If you are admitted to a hospital, the staff’s No. 1 priority is to save your life. Your donation can only be considered after you have died.

To learn more, visit OrganDonor.gov.

April is Donate for Life Month.

QuikRisk™ Assessment: Is It Hay Fever?

Have you been sneezing a lot lately? If you’re allergic to pollen, you’ll experience an antibody counterattack triggering the classic symptoms of hay fever, or seasonal allergic rhinitis. Do any of these apply to you?

- You have frequent sneezing.
- You have watery, itchy eyes.
- You have a persistent runny nose with thin, watery discharge.
- You have ear pain or facial pain from sinus pressure.
- You have decreased sense of smell or taste.
- Your symptoms occur right after being exposed to outdoor pollen.
- Your symptoms continue as long as you’re exposed to the pollen source.

See your provider if:

- Your symptoms have become severe.
- Your symptoms are persistent and interfering with normal activities.
- You’re unable to control symptoms with over-the-counter medicines.
- You cannot tolerate the side effects of allergy medicine.
- You notice signs of infection, including sinus, ear or facial pain, fever, or a green or yellow nasal discharge.

Your provider may be able to diagnose hay fever (allergic rhinitis) based on your medical history, a physical exam, and possibly skin or blood tests.

Cancer: Where Are We Now?

Continued from the other side.

Screening and treatment advances:

- The survival rate for many cancers is the result of early detection methods, raising the 5-year survival rate to 90% for cervical, breast and prostate cancers.
- Genetic testing has given providers and patients more knowledge of cancer risk.
- Studying the links between cancer and genes has led to more than 30 improved cancer drugs that target tumors while sparing surrounding healthy cells.

You Can Prevent 2 out of 3 Cancers 4 Ways:

1. Live tobacco-free.
2. Lose excess weight.
3. Be active throughout life.
4. Eat and drink healthfully.

To catch bad cells early, ask your health care provider about regular screening.

Smart Moves toolkit is at www.personalbest.com/extras/April13tools. Next Month: Meet the Mediterranean Plate