



## Sports shoes – a humid-warm paradise for fungi

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## WHAT OUR FEET ARE TELLING US

### Show your feet

Feet are as individual as people: some large, some small, some wide, some narrow and sometimes flat as well. Finding the shoe that fits isn't always a simple matter.

The foot is a complex structure. 26 bones – and in some people, as many as 28 – determine its appearance. Therefore, no two feet are the same – even one's own two feet are never identical. Nevertheless, various foot types can be defined using specific characteristics.

#### The arch of the foot

The arch is one such attribute. When we walk in moist sand, we leave informative tracks which tell us a lot about our feet. A normal, healthy foot leaves a sickle-shaped track. The pads and middle foot leave clear marks, just like the toes and the heel. In hollow feet, the middle foot is scarcely visible, and flat feet leave an undifferentiated impression.

#### All about the toes

The toes also provide information for differentiating various foot types. For instance, a foot in which the first three toes are long is termed a Roman foot. Its appearance is somewhat square. Persons with a dominant second toe have a Greek foot. The Egyptian foot type is most widespread. Here, the large toe dominates.



External influencing factors also affect the shape of the toes. Shoes which are too narrow can force the toes into unnatural shapes, which usually produces severe pain. Toes which are already deformed or malpositioned can gain relief with corresponding toe



correction articles, for instance GEHWOL correction articles from polymer gel. These gently adapt to the toes and soothe the problems. Walking barefoot and regularly changing shoes, especially into comfortable sandals or slippers, prevents such problems.

#### Shoes for everyone?

Even when buying shoes, care should be taken to select a shoe which fits comfortably. But since feet are very different and individual, industrially produced shoes cannot meet all requirements, even though they are offered in numerous widths, sizes and lengths. Frequently, a shoe from one manufacturer will fit in size 39, while the same size from another manufacturer is uncomfortable. This is due to the fact that various „base forms“ are used in shoe production. In some cases, for instance for extremely large feet, only custom-made shoes will help.

#### Important information for buying shoes

When buying shoes, buyers usually decide by feeling whether the shoe fits or not. Persons with somewhat wide feet tend to buy the shoes they want in a larger size, even though a wider model would be better. The shoe is then usually too long, which may cause it to rub. Conversely, persons with very narrow feet tend to select shoes which are too small. This can cause unpleasant pressure spots and malpositioning. Other consequences include corns and deformities. In order to avoid such problems, time should be taken when buying shoes, and it is a good idea to obtain advice in the shoe store.

## GEHWOHL REFRESHING BALM

### Enlivens tired feet

Spring is at the door, and we feel like going outside: trips on the weekend or a walk through the city in the evening. Here, our feet can quickly overheat. What to do about this? GEHWOL Refreshing Balsam refreshes feet quickly and pleasantly.

People who are active and move around a lot soon experience burning feet, particularly in the warmer seasons. The legs become tired and heavy, and every step becomes painful. Give your feet relief with GEHWOL Refreshing Balsam. The cooling cream noticeably soothes pain and burning feet. Natural peppermint oil, eucalyptus oil and menthol will ensure that an enlivening, fresh sensation begins to spread immediately after application. And the volatile oils prevent foot odour. Nourishing substances such as urea



regulate skin moisture and elasticise hardened skin areas. With regular use, GEHWOL Refreshing Balsam protects against athlete's foot.

Prepare your feet for a hot day by using GEHWOL Refreshing Balsam in the morning – especially if you are wearing closed shoes. Massage your feet with the rapidly absorbed, non-greasy cream. This provides optimal foot care, and you can walk into the day with fresh feet.

## FUNGI ON THE FEET AND NAILS

# Sports shoes – a moist-warm paradise for fungi

**Fungal disorders of the feet and nails (mycosis) are the most frequent infectious diseases in Germany after the common cold. They occur more frequently in men than in women, and older people are affected more often than younger persons. But athletes are at special risk.**

It is not only leisure-time athletes who suffer from athlete's foot (tinea pedis). Pro athletes who are receiving good medical care are also affected. A study with seven German federal league associations showed that more than half of the examined football players suffer from foot or nail fungi. And the problems did not stop at the feet – fungal spores and threads were also found in nearly every third sports shoe. In this way, the feet are repeatedly brought into contact with the pathogens.

### Football player feet – always humid

Many football associations, for instance the Hamburg SV, now have their own foot specialists who provide care to football players' feet once or twice a week. The experts know precisely why their players are at special risk for fungi: When playing on the grass, the feet really start to sweat – and that in any weather. Furthermore, stockings or bandages rub the skin. The skin which has been softened and roughened in this manner offers ideal conditions for fungal growth. This is worsened by showering several times daily. On the one hand, it attacks the acid protective coat of the skin, making it more susceptible to fungi. And on the other hand, feet tend to be dried only half-heartedly after showering. The spaces between the toes remain moist, and a perfect climate for fungi develops inside the shoe.

### Where does the fungus come from?

Fungi are transmitted through their resistant spores. They lurk in a great variety of danger zones: in gym halls, showers, changing rooms, in the pool or in carpets. Other sources of infection are loaned shoes such as ski boots or bowling shoes. A study has shown that even new shoes in the shoe store can already contain fungal spores. They enter the shoe when it is tried on. To reduce the risk of infection, the trying-on socks which are available in stores should be used.

Even though contact does not necessarily lead to mycosis, precautionary measures are still necessary.

### Athlete's foot – most frequently between the toes

Fungal infections most frequently occur between the toes, because the fungi find a very suitable climate here.

Moisture remains particularly long in this area. It softens the skin, making it easier for fungal spores to penetrate.

### Fungal nail problems should be treated only by a physician

Nail fungi are even more persistent than athlete's foot.

Nail fungi nearly always originate from the surrounding skin. The fungus penetrates beneath the nail plate into the nail bed. This means that the growing nail is directly infected. Since the fungus can metabolise the keratin of the nail, an untreated infection will destroy the nail plate. This is generally not painful. The treatment of nail fungus is very lengthy and should always

be done in consultation with a physician. It may take months or even years and must not be interrupted or discontinued too early, since the fungus otherwise occurs again.

### The alpha and omega: preventive care

The most important thing – and not just in athletes – is correct footwear as well as proper care of shoes and feet. The shoes must fit. If they are too narrow, this causes pressure spots. If they are too large, this will also mean problems. Since the skin is thinner in areas where



there is pressure or friction, fungal spores penetrate more easily in these locations.

If there is a fungus-friendly climate within

the shoe as well, the gates are wide open to infections. Actively breathing shoe material – leather is best – will provide help. Furthermore, the shoes should be well dried and ventilated after wearing. Athletes should acquire at least one spare pair of their sports shoes.

Contact with fungus-containing skin scales is sufficient for an infection. Therefore, shoes and socks should never be shared with other people. Sports socks in particular should be washed at 60 ° C. Even the highly resistant fungal spores do not survive such a washing cycle. It is also helpful to change towels and bath mats regularly.

Those who are already infected should use a separate towel for their feet to avoid transmitting the illness to other skin areas.

### Take a good look at your own feet

Checking one's own feet is very important. Athletes should regularly trim their toenails to avoid pressure within the shoe. On the other hand, they should not be too short – otherwise the nail bed will be exposed, and the fungi can easily cause an infection. It is also recommended to treat the nails preventively with a special antifungal preparation. Suitable preparations include, for instance, GEHWOL med nail and skin protection oil /cream as well as the new GEHWOL med nail protection pen. Aside from being used on the feet, GEHWOL med foot powder is also useful for dusting sports shoes.

## IT WORKS ...

# Medicinal soap



**When the first soap recipe was discovered more than 6000 years ago, the cleaning effect was less important than the healing action. The fact that soap cleanses as well was only recognised much later.**

The first indicators of soap production are found among the Sumerians. As early as the fourth millennium before Christ, they recognised that plant ashes mingled with oils have special properties.

However, they only used it as a healing agent for injuries.

### Then and now

The chemical base principle of soap production has not changed to the present day: When soap is made, natural fats and/or oils are boiled with an alkaline substance to form soap. The result is a clear, yellowish solution with the characteristic scent of curd soap. Without the addition of scents and colorants, this is the base for medicinal soap, *sapo medicus*. Through the addition of various medicinal active substances, it encourages wound healing, protects against infections, acts as a mild disinfectant or softens callus. The respective effect is intensified by the fact that soaps

increase the skin's ability to absorb healing and nourishing substances. Even today, physicians prescribe medicinal soaps for the treatment of e.g. wounds, nail bed inflammation or inherited callousing disturbances („fish scale disease“). GEHWOL med salve for cracked skin is one of the few foot preparations which contains medicinal soap. The special care salve provides effective aid for severely calloused, cracking, dry and rough skin. The soap softens callus and restores the elasticity and resistance of the skin with regular use.

# Mystische Wälder und heilende Quellen in Bad Harzburg

Die erste Bad Harzburger Heilquelle wurde bereits im Jahr 1569 entdeckt. Und seit über 100 Jahren ist „das Tor zum Nationalpark Harz“ ein beliebter Kurort. Doch nicht nur Kurgäste, sondern auch Aktivurlauber kommen in dem bekannten Heilbad auf ihre Kosten. Neben der schönsten Therme Niedersachsens und verschiedenen Heilquellen bietet Ihnen das „Wellness-Wanderland“ rund um Bad Harzburg viele Sportmöglichkeiten wie zum Beispiel eine Vielzahl von Wanderwegen.

Die geschützte Lage am nördlichen Harzrand sorgt für ein angenehmes Klima im niedersächsischen Bad Harzburg. Der größte Kurort des Harzes liegt am Rande des Nationalparks und blickt auf eine lange Tradition zurück. Bereits im Jahr 1569 wurde unterhalb des Burgbergs die erste der sieben Heilquellen Bad Harzburgs entdeckt. Die Salzgewinnung aus dieser Solequelle brachte damals einen wirtschaftlichen Aufschwung für die Region. 1892 wurde Harzburg zum Bad ernannt und ist seitdem ein staatlich anerkannter Kurort.

## Heilende Quellen

Auch heute profitieren viele Menschen von der heilenden Kraft der Quellen. In der Trink- und Wandelhalle, die über die Jahre zu einem Symbol der Kurstadt geworden ist, werden täglich drei der sieben Quellen als Trinkbrunnen ausgegeben. Alle Heilquellen bestehen aus reiner Natursole, und jeder

Brunnen hat seine eigene Wirkung. So soll die Kraft des Krodo-Brunnens beispielsweise die Verdauung anregen. Die Johann-Albrecht-Quelle hingegen ist für Inhalationen und Bewegungsbäder geeignet. Neben dem Quellausschank werden in der Trink- und Wandelhalle des klassizistischen Gebäudes mit seiner auffälligen Kuppel auch Konzerte und Veranstaltungen angeboten.

## Im Zeichen des Wassers

In der Harzburger Sole-Therme kommen die heilenden Quellen auch äußerlich zum Einsatz. Die Natur-Sole

der Dr.-Harras-Schneider-Quelle sprudelt aus einer Tiefe von rund 840 Metern direkt in die Becken der Therme. Besonders Badegäste mit Rückenleiden oder rheumatischen Erkrankungen können hier therapeutisch behandelt werden. Die Sauna-Erlebniswelt mit Blockhaus-, Dampf-, Aroma-Sauna und der einzigartigen Sole-Gabbro-Grotte sucht in Niedersachsen ihresgleichen. Nicht umsonst wurde die Bad Harzburger Sole-Therme 2003 zur besten Therme Niedersachsens gekürt.

## Von Wanderern und Waldgeistern

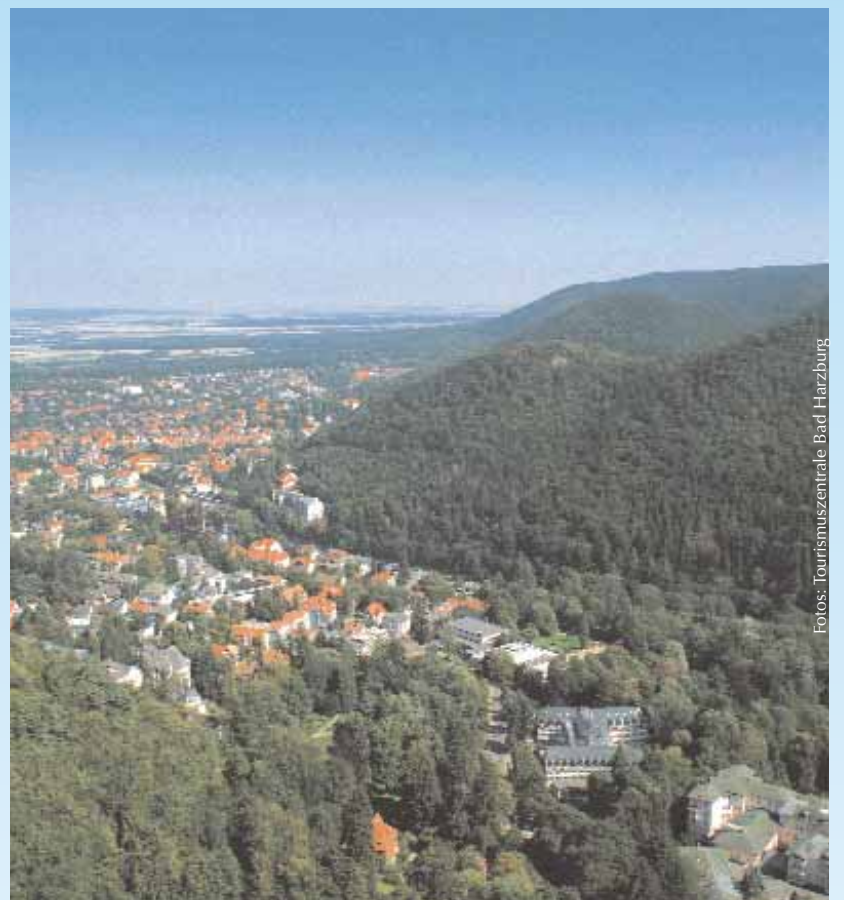
Wer den Kurort aktiv entdecken möchte, der kann die bezaubernde Natur auf verschiedenen Wanderwegen erkunden. Ausgangspunkt für viele Wanderungen ist der Burgberg, auf dessen Gipfel Sie mit der Seilbahn in drei Minuten gelangen. Für Anfänger oder Ungewübte eignet sich der „Besinnungsweg“. Auf der rund 1,8 km langen Strecke mit leichten Steigungen finden Sie acht Verweilplätze, die zu einer gemütlichen Rast einladen. Bei erfahrenen und geübten Wanderern beliebt ist der Bad Harzburger Teufelsstieg. Dieser Wanderweg erstreckt sich auf 13 km und ist deshalb „teuf-



Der Gipfel des Burgbergs ist auch mit der Seilbahn zu erreichen



Das Herzstück Bad Harzburgs: die Trink- und Wandelhalle



Fotos: Tourismuszentrale Bad Harzburg

Blick auf den traditionsreichen Kurort Bad Harzburg unterhalb des Burgbergs

lich", weil auf seiner relativ kurzen Gesamtlänge ca. 950 Höhenmeter zu bewältigen sind. Doch die Mühe lohnt sich, denn das Ziel ist der Brocken, der mit 1142 m höchste Berg des Harzes. Von dort oben lässt sich eine wunderbare Aussicht genießen. Und in der Walpurgisnacht treffen Sie möglicherweise auf besondere Wesen. Die Legende erzählt, dass sich dort jedes Jahr in der Nacht vom 30. April auf den 1. Mai die Hexen treffen, um sich mit dem Teufel zu vermählen.

Ob es wirklich Hexen und andere Waldgeister im Harz gegeben hat oder womöglich noch gibt? Zumindest haben die Hexen auch an weiteren Orten des Nationalparks Harz ihre Spuren hinterlassen. So gibt es beispielsweise die „Hexentreppe“ auf dem Wurmberg.

Weitere Informationen über Bad Harzburg erhalten Sie bei der Tourist-Information Bad Harzburg, Herzog-Wilhelm-Straße 86, 38667 Bad Harzburg, Tel.: 0 53 22/75 33-0, Fax: 0 53 22/75 32-0 oder im Internet unter [www.bad-harzburg.de](http://www.bad-harzburg.de).

## GEHWOL MED SALVE FOR CRACKED SKIN For skin which tends to tear

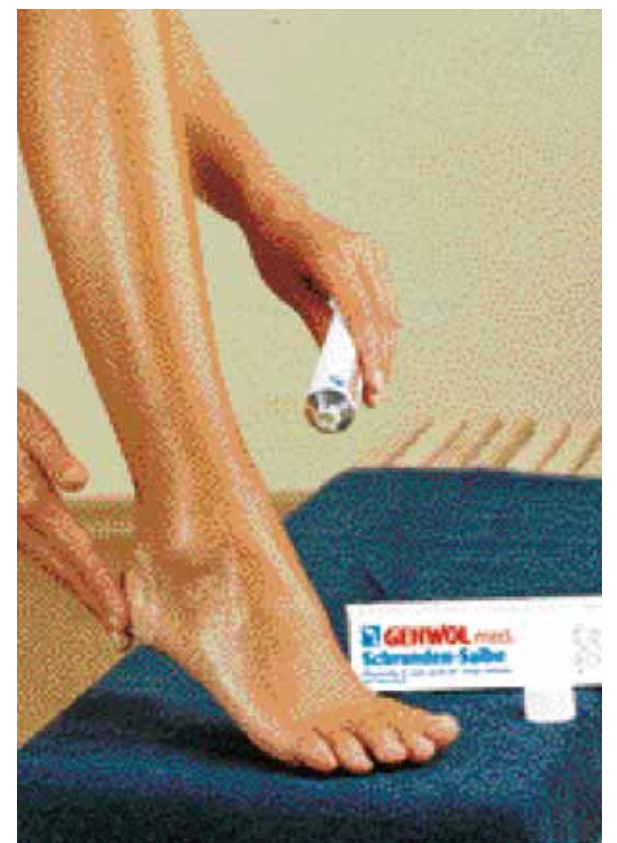
People with dry foot skin tend to suffer from severe callus formation (hyperkeratosis). This can produce painful tearing. Dry skin therefore needs especially rich care, for instance with GEHWOL med salve for cracked skin.

Standard language refers to them as „cracks“; foot specialists call them rhagades or fissures. They result when the skin of the feet loses its elasticity due to excessive callousing and extreme dryness.

With an intensive care cream such as GEHWOL med salve for cracked skin, reduced elasticity can be restored. The fat-containing care product's special recipe contains selected skin-friendly fats such as lanolin which make the skin soft again, as well as medicinal soap to soften the hard callus layer. Activated zinc oxide, the camomile active substance bisabolol and the skin vitamin panthenol additionally

support the regeneration of the skin.

With regular use, GEHWOL med salve for cracked skin counteracts excessive and unpleasant callus formation. Cracked and dry foot skin becomes silky and resistant again. GEHWOL med salve for cracked skin is dermatologically tested and is also recommended for the care of sensitive, dry diabetic skin.



## AROUND THE FOOT

# Callus: useful or annoying?

A healthy layer of callus is not just normal, but indeed very important. It is our protective shield against outside influences. But if too much callus forms, the skin loses its elasticity and resistance.

Our skin consists of the epidermis, the dermis and the subdermis. Each of these is formed from various skin layers. The epidermis contains the callus layer, the stratum corneum – the outer layer. It consists of callus cells – dead skin cells. Lipids combine this into a water-resistant protective layer.

Healthy skin excels in terms of its highly resistant callus layer. This layer prevents drying of the skin, regulates moisture evaporation and acts as a barrier against pathogens. Like all skin layers, the callus layer is regularly renewed. New cells are formed in this process, and „old“ callus cells (scales) are shed.

If wear causes new cells to form at a faster rate than the rate at which old cells are shed, callus cells overlayer each other. This causes the callus layer to thicken into callused skin. This is healthy and useful to a certain extent, since callused skin supports the protective

function of the skin.

### Too much is not always helpful

On the other hand, the production of excessive callus (hyperkeratosis) is always a sign that footwear is too tight. If the shoes are too small or narrow, excessive callus formation normally occurs only in some parts of the foot. If the foot shows large-scale callus formation under the heel and pads, an illness such as diabetes is usually the cause. The problem which is associated with hyperkeratosis is that the increased overlayering effect of the callus cells makes the callus layer too solid, thereby reducing the elasticity of the skin. This often leads to painful cracks.

Regular care with a cream which supplies moisture and contains fats can prevent or reduce hyperkeratosis.



*Cautiously remove the excessive callus before applying cream – this allows for better absorption of nutrients into the skin.*

## PREISRATSEL

# 20 GEHWOL-Produktsets für gepflegte Füße und Beine zu gewinnen!

**So geht's:** Finden Sie heraus, welche Inhaltsstoffe im GEHWOL Frische-Balsam für ein anregend frisches Gefühl sorgen, und gewinnen Sie je ein fünfteiliges Set mit hochwertigen GEHWOL Fuß- und Beinpflegepräparaten zusammen mit einem kuscheligen Handtuch.

Stundenlanges Stehen oder Sitzen und trotzdem sollen die Füße und Beine fit bleiben?! Gönnen Sie sich ein Verwöhnprogramm der Extraklasse: Pflege und Erfrischung mit den GEHWOL-Produkten unserer Gewinnsets. Hochwertige Fußcremes stärken die Fußhaut und machen sie weich, geschmeidig und schön. Wenn es richtig strapaziös hergeht, belebt

GEHWOL Frische-Balsam müde, brennende Füße und Beine mit Menthol und kühlender Minze. Fußfrische für den ganzen Tag erhalten Sie per Knopfdruck: Sprühen Sie GEHWOL pflegendes Fussdeo einfach auf die Fußhaut auf, und mild desodorierende und desinfizierende Wirkstoffe sorgen den ganzen Tag für wohltuende Frische. Die Füße werden lang anhaltend desodoriert und Fußgeruch beseitigt. Die GEHWOL Fußpflegepräparate schützen wirkungsvoll vor Fußpilzkrankungen, beugen Entzündungen vor und machen Hornhaut geschmeidig.

Schicken Sie eine ausreichend frankierte Postkarte mit Ihrer Lösung und Absender an:

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GEHWOL pflegendes FUSSEDO  
GEHWOL Balsam TROCKENE SPRÖDE HAUT  
GEHWOL Frische-Balsam  
GEHWOL med Lipidro-Creme zusammen  
mit einem kuschelig, weichen Handtuch

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