

Newsview Script

WBNS-TV Health Segment

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{Talent: Andrea Cambern}

YOU FINALLY FOUND THAT RED PUMP TO MATCH YOUR NEW SUIT. IT'S NOT IN YOUR EXACT SIZE, BUT YOU BUY IT ANYWAY. THAT'S A CHOICE THAT WILL HAVE YOU LIMPING TO THE NEAREST FOOT DOCTOR.

{Montage of shoes, "Boots Are Made for Walking" music}

{Tape #1 41:50, 42:50, Tape #2 59:34}

ARE YOUR SHOES MADE FOR WALKING? SIXTY-TWO PERCENT OF AMERICANS COMPLAIN OF FOOT PAIN, FROM BUNIONS TO BLISTERS, TO CORNS AND CALLUSES. BUT TWO-THIRDS OF COMMON FOOT PROBLEMS ARE CAUSED BY IMPROPER SHOES.

{Tape #1 41:00}

TINA SKESTOS LIKES A PUMP THAT'S NOT TOO HIGH OR TOO SHORT, BUT SHE ADMITS TO CHEATING ON OCCASION AND BUYING THE WRONG SHOES.

{Tape #1 52:12}

{CG=0902=Tina Skestos, High-heel Wearer}

"I think I've done it in my time and suffered for it, so I won't do it again."

BUT JAMMING YOUR FEET INTO SHOES OR WEARING TOO HIGH A HEEL WON'T JUST GIVE YOU A BAD SHOE DAY.

{Tape #1 43:52}

{CG=0903=Dr. Block}

"What we notice first of all, is that by taking Tina's foot, we notice that her foot is much larger than the end of the shoe."

{Tape #2 53:82}

{CG=0903=Dr. Block}

WHAT HAPPENS WHEN WE WEAR HIGH HEELS OR BADLY FITTED SHOES IS THE WEIGHT OF THE FOOT IS TRANSFERRED TO THE FRONT OF THE FOOT, INSTEAD OF BEING BALANCED AND THE TOES ARE

CLOGGED. THIS CAN LEAD TO BUNIONS, THE BOTTOM FAT PAD OF THE FOOT BEING WORN AWAY, AND INFLAMMATION.

{Tape #1 47:17}

“Seriously, what we are looking at here is the possibility of a surgical remedy for a lot of these.”

{Graphic}

When shopping for shoes:

- **Measure your foot for proper fit.**
- **Try both shoes on, and walk around to check for comfort.**
- **Shop in the afternoon, because feet expand during the day.**
- **Customize your shoes with over-the-counter foot-care products such as insoles, back guards or heel cups.**
- **And consult a doctor if foot pain persists.**

{Tape #1 40:40}

DR. BLOCK SAYS STILETTO HEELS ARE OKAY FOR OCCASIONAL WEEKEND USE. JUST DON'T MAKE A HABIT OF IT OR TRY TO WALK TOO MUCH. WHICH IS GOOD NEWS, BECAUSE A LOT OF WOMEN FEEL THE WAY TINA SKESTOS DOES.

{Tape #1 52:33}

{CG=0902=Tina Skestos, High-heel Wearer}

“Not going to throw away my high heels.”

{“Boots are made for Walking” music, bum bum bum}

--End of script--