

April National Health Observances

Foot Health Awareness Month

http://www.apma.org/s_apma/sec.asp?CID=429&DID=17205

While a person's first reaction may be to laugh at such a seemingly trivial topic, foot health is vital to pain-free exercising and living. There are sublinks at this American Podiatric Medical Association site that talk about improving the appearance of one's feet, just as thoughts turn to flip-flops and sandals ("15 Steps to Fabulous Summer Feet"); foot exercises for strengthening the appendages that support and transport us all day long; and massage techniques for rewarding the oft-neglected, oft-aching feet ("Exercise and Massage Tips for Keeping Feet Healthy and Strong"). Put on some relaxing music, grab a bottle of lotion, and treat your or someone else's feet to some restorative bliss.

Other Resources for Fitness and Healthy Feet:

These sites provide information about foot health, pain, disease, and disfigurement.

- Foot.com (<http://www.foot.com/>)
- MedlinePlus: Foot Health (<http://www.nlm.nih.gov/medlineplus/fothealth.html>)
- Aetna IntelliHealth (<http://www.intelihealth.com/IH/ihtIH/WSIHW000/23961/23961.html>)
- American Academy of Podiatric Sports Medicine: Foot Health (http://www.aapsm.org/sports_health_index.html)

National Donate Life Month

<http://www.organdonor.gov/>

Seize altruism this month by becoming or renewing your commitment to being an organ donor. At OrganDonor.gov, visitors can read about both organ donations and transplantation. Various links at the site deal with the ethical concerns surrounding organ donation, qualifications for becoming a donor, the different types of donations and transplantations, medical ramifications of donation and transplantation, and family and physician notification paperwork.

Another Resource on Organ Donation:

- The Mayo Clinic (<http://www.mayoclinic.com/health/organ-donation/FL00077>)