

High Heels Cause Permanent Injury to Body, Study Says

VOCABULARY WORDS

1. feminine /'femənən/ - having qualities or an appearance traditionally associated with women.
Example: Her clothes are always very feminine.
2. slimmer /'slɪm.ə/ (especially of people) attractively thinner
Example: She was slimmer than four years ago and it made her look younger.
3. ignore /ɪg'nɔ:r/ to intentionally not listen or give attention to
Example: She can be really irritating but I try to ignore her.
4. downward /'daʊn.wəd/ toward a lower position
Example: With your legs straight, point your toes downward as far as you can, then lift them up as far as you can.
5. kneecap /'ni:kæp/ the bone at the front of the knee joint
Example: He broke his kneecap twice within the year.



Shoes with high heels are the fashion choice for many women around the world. However, a new study proves that wearing high heels over a long period of time can permanently injure the body. The study is from Stanford University in the USA. A team of biomotion researchers did tests on the knees of women when they walked in flat shoes, shoes with 3.8-cm heels and in shoes with 8.9-cm heels.

The results send a warning to women who want to wear high heels that they risk permanent damage to their knees. They said high heels put knees in an awkward, bent position that makes them function like aged or damaged joints. This increases the risk of the condition osteoarthritis, which could require surgery.

Britain's Daily Express newspaper reports a recent survey of 1,200 women that shows how popular high heels are. It said 93 percent of women say they felt sexier and more **feminine** when they wore heels, 88 percent said they considered themselves more stylish and 77 percent said their heels made them feel **slimmer**.

Many women prefer to **ignore** health warnings, and even the pain and discomfort of wearing heels, to look and feel good. A British doctor, Tim Allardyce, said he regularly treats women with problems caused by wearing heels. He said: "The odd angle at which the feet are

held in high-heeled shoes increases the **downward** pressure on the knees by 25 percent, placing significant stress on the **kneecaps**."

DISCUSSION

1. What shoes do you like best?
2. What hazards are there associated with high heels?
3. Should there be a health warning on high-heeled shoes?
4. Why are high heels a fashion choice for women and not men?
5. What other fashion choices negatively affect our health?