

FEBRUARY 7, 2000

NEW YORK,

“We are going to see a global conqueror of cancer in ten years.”

—Dr. Carlos Cordon-Cardo, Director of Molecular Pathology

THE DAWN OF A NEW ERA IN

BY CRAIG HOROWITZ

PLUS ▶

Breakthroughs in pain management, AIDS research, heart surgery, and more

NAVIGATOR

Q: I get showered with compliments whenever I wear my stiletto boots, but that's little comfort to my throbbing feet.

A: A woman's feet are the ultimate fashion victims, as Johanna Youner, head of the podiatry clinic at NYU Downtown Hospital, can attest. Among her patients she counts a great many ambitious females in the 27-to-32-year-old range whose feet can't handle the footwear dictates of their careers. "Sure, Manolo Blahniks look good," she acknowledges. "They make legs look longer and calves curvier, and they enhance the lower-back curve, but in reality they're very savage." Increased friction brutally chafes the skin, leading to heel fissures, corns, and calluses. But pedicures and foot massages can remedy the least serious of these problems. For some luxurious TLC, Youner recommends the pedicure at the **Avon Centre**, a spa, salon and retail store (725 Fifth Avenue, near 56th Street, 212-755-2866; from \$50). She takes great comfort in their virtually hospital-grade sterilization techniques. For a lunchtime foot fixes, **Sabrina Nail Care** (218 Madison Avenue, at 36th Street; 212-683-4320) gets the nod. Its pedicures include what Youner claims is the best \$20 massage she's ever had. And while plenty of day spas offer foot rubs, Youner likes the reflexology service at **Angel Feet** (77 Perry Street; 212-924-3576). "Angel Feet's cleansing, pressing, and rubbing will send you off smiling like an idiot in the sunshine," she says, sighing. An idiot who will no doubt catch a cab rather than hoof it home. ELAINE HEINZMAN

