

Foot Notes

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News and Updates

December 2014



Rudolph the Red-Toed Reindeer: How to Avoid Ingrown Toenails

Meet the Doctor

Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board
of Foot and
Ankle Surgery



Association of
Extremity
Nerve Surgeons



Do you have a toe so red it glows? It could be an ingrown toenail. This painful condition occurs when the edge of your nail grows downward and digs into the flesh of your toe. Ouch! It can get infected, too, and become red, swollen and tender, making it difficult to wear shoes. That can obviously put a real damper on joining any reindeer games! Fortunately, there are things you can do to prevent ingrown toenails (not to mention anyone calling you names!).

Often, this condition is caused by shoes that are too tight and are squeezing your toes. Switch to more comfortable styles with wide toe boxes and plenty of wiggle room. Also, when you trim your toenails, take the time to do it right. I like my patients to “follow the curve”. Do NOT cut straight across. Make several small cuts instead of trying to get it all done in one shot. Be careful not to go too short, either. Nails should be even with the tips of your toes. Smooth rough edges with an emery board, and you should be good to go. It’s a good idea, though, to check your feet on a regular basis, especially if you have diabetes. That way, you can catch any problems early and get treatment right away.

Don’t be like Rudolph the Red-Toed Reindeer—if you’re suffering from an ingrown toenail, our staff will be happy to help. Before you know it, you’ll be pain-free and shouting out with glee!



Don't Let Your Feet Get the Winter Blues!

No matter where you live, winter time can wreak havoc on your feet. Low humidity levels outside, and the dry air of heating inside can leave skin feeling pretty parched. If your skin gets too dried out, painful cracks, called fissures, can form on your heels and invite infection—especially dangerous if you have diabetes. Dry skin can also become itchy, flakey, and uncomfortable, as well as more susceptible to irritation. You've got to pump up your protection!

First off, make sure you moisturize—a lot. Slather on some lotion immediately after you shower to lock in moisture. Smooth some all over your feet (except between your toes), then cover with socks before going to bed. Don't forget to apply some more before heading outside, too. Also, look for lotion with ingredients like glycerin—those are best at fighting dryness.

If you're staying in, lower the setting on your heater and use a humidifier. Going out? If it's cold or wet, be sure to protect your feet from the elements by wearing warm, moisture-wicking socks and boots.

Although it might feel good to take a long hot shower, try to limit your time, because too much hot water can actually dry your skin. Avoid using harsh soaps, too.

Lastly, drink up! Staying hydrated helps your skin do the same, so drink plenty of water besides your hot cocoa! Fun fact: a piping hot bowl of soup counts as liquid too!

For more tips on keeping feet happy throughout the winter, just ask the experts in our office. We're here to help.

Mark Your Calendars

- December 1** Cyber Monday – Shop without going to the mall!
- December 4** National Cookie Day – Make sure you leave some for Santa!
- December 7** National Pearl Harbor Day – Take time to remember.
- December 12** National Ugly Christmas Sweater Day – You know who you are.
- December 21** Winter Solstice – Don't let the shortest day of the year pass by without notice!
- December 24** Christmas Eve – 'Twas the night before...
- December 25** Christmas – Ho Ho Ho!
- December 31** New Year's Eve – Can you make it to midnight?



Success Story

"On November 30, 2012, I injured my ankle while at work in an underground coal mine. I encountered pain as I tried to walk and lost movement in my ankle and toes. After being sent to Dr. Powers, he was able to do surgery to get me back on my feet and walking normal. This was vital, since I was engaged and set to be married in just a few short months. After the surgery in February 2013, I was able to walk hand in hand with my wife at our ocean front wedding in Ponce, Inlet Florida on March 26, 2013. This would not have been possible without the excellent work of Dr. Powers. My wife, Ashley, and I greatly appreciate Dr. Powers and his staff as they treated us like family at every visit."

Aaron Smith



"The care that I receive from Dr. Powers and his staff was awesome! They were very professional, caring, and friendly! It was such a burden to walk before my foot surgery and such a great relief afterwards. It was a great decision to have surgery after years of off and on pain."

Valerie Ennis

FUN & INTERESTING FOOT FACTS!

- The average person will walk around 115,000 miles in a life time, that's more than four times around the earth! The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime.
- 100+ Tons of pressure are put on your feet daily.
- 1/4 of all the bones in the human body are down in your feet.
- Women have about four times as many foot problems as men. High heels are partly to blame.
- The record for the world's largest feet belongs to Matthew McGrory who wears US size 28 1/2 shoes. The average men's size is 10 1/2.
- Fingernails and toenails grow faster during hot weather, pregnancy and teenage years.

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[See page two.](#)

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Apple Pie by Grandma Ople

- 1 recipe pastry for a 9 inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced



Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.

Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F.

Source: AllRecipes.com