

Foot Notes

Brought to you by Dr. Powers

News and Updates **February 2017**



That's Just Swell! The Effects of Edema

Swollen feet are often associated with pregnancy, but inflammation can occur for many different reasons – injuries, infections, allergies, certain medications and conditions, as well as others.

Swelling is medically known as edema, and occurs when your small blood vessels release fluid into nearby tissues. Sometimes, this is a good thing. In the case of infection, additional white blood cells can help fight off the intruder, and when an injury occurs, it benefits from the healing nutrients blood provides.

Of course, even if edema has positive attributes, that doesn't mean it's the most comfortable of things! Pain, throbbing, muscle fatigue, stretched and itchy skin, difficulty moving, and decreased blood flow are all possible effects of edema – which is exactly why it needs to be treated!

Fortunately, there are plenty of things you can do at home to help your situation. Elevating your foot, wrapping it in an elastic bandage, and massaging it are all ways to assist in the redistribution of extra fluid. Exercise can boost blood flow which helps as well, and reducing your salt intake can decrease fluid retention. If an underlying condition (other than pregnancy, of course!) is causing the problem, it's important to address it, and ask about medications that can help, too.

With these tips in mind, you'll be able to say so long to swollen feet – and isn't that swell?

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



Love Potions: Show your Feet Some Love with DIY Scrubs

Foot scrubs are a great way to smooth away dry, dead skin and get rid of what's rough and dull so feet look as good as they feel. There's no need to splurge for a day at the spa, either. You can make your own scrubs just by raiding your pantry!

Try mixing together brown sugar, baking soda and olive oil. Or, substitute salt for sugar and add a few drops of peppermint oil instead of olive oil. You can pretty much make up whatever recipe you want depending on your mood and the contents of your cupboard!

Experiment with white sugar and a drop of vanilla and coconut oil. Maybe even add a dash of honey if you want. Just remember to always have an exfoliating ingredient (typically sugar or salt) and a moisturizing oil of some kind.

Mix up a scrub for yourself, or stir one up for someone you love – put it in a pretty jar, and you've got a perfect love potion for your special Valentine!



"I can remove the bunion, but it's possible that his field goal accuracy will go down."

Mark Your Calendars

- February 7** Send a Card to a Friend Day – let them know you care
- February 10** Umbrella Day – use it rain or shine
- February 14** Valentine's Day – spread the love!
- February 20** Cherry Pie Day – celebrate National Cherry Month!
- February 24** National Tortilla Chip Day – please pass the salsa
- February 26** National Pistachio Day – how nutty!

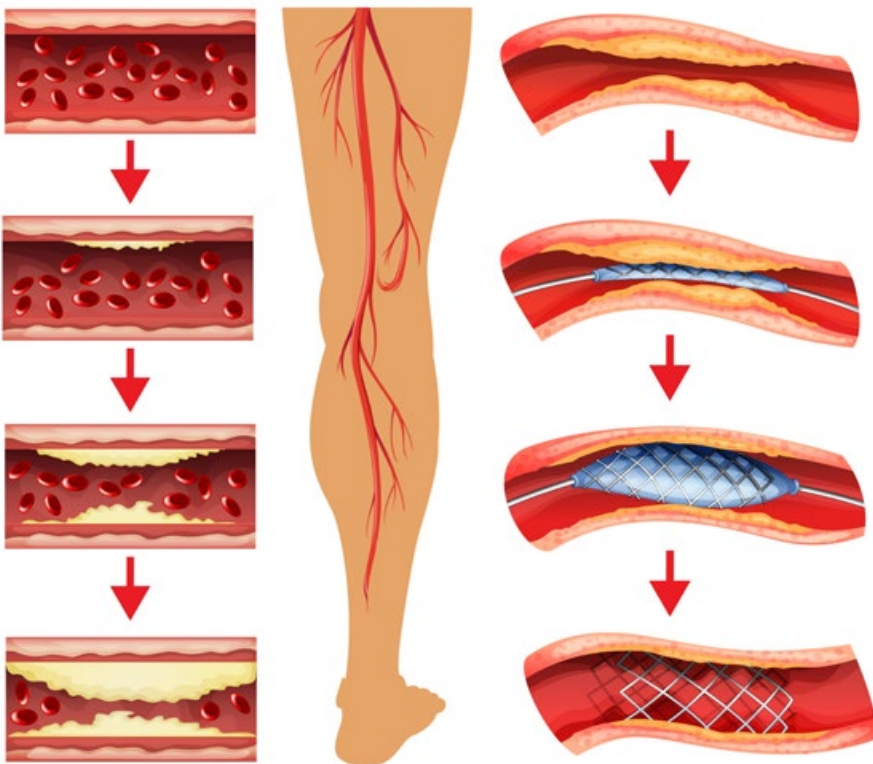


A Heart-to-Heart about PAD

You see a lot of hearts around Valentine's Day, which is why it's the perfect time to think about yours! Maintaining a healthy weight with a nutritional diet and regular exercise can help keep your heart strong and your blood pumping. It can also help if you struggle with peripheral arterial disease, or PAD. This condition narrows arteries and restricts blood flow and is often a complication of diabetes. This is especially dangerous if you have a wound that is waiting for healing nutrients to arrive via your blood. PAD can also result in uncomfortable symptoms like painful leg cramps, numbness and weakness in your legs, and cold feet. If you notice these signs, it's best to pay us a visit so we can address any underlying issues and help you manage your condition with medications or procedures so that serious complications can be avoided. In the meantime, take care of your heart – and your feet! Don't smoke, and be sure to eat healthy, watch your weight, and exercise. A healthy lifestyle can make a big difference!

If you'd like more information or have questions, just ask! Our caring staff is always happy to help.

Angioplasty for Peripheral Artery Disease



Top 10 Valentine's Day Gifts

Whether you want to make a special gift yourself (see our article on foot scrubs!) or you want to go the traditional route, here's our top ten list of Valentine's Day gift ideas:

- 1 Jewelry
- 2 Flowers
- 3 Chocolates/candy
- 4 Perfume/cologne
- 5 Personalized wear
- 6 Candles
- 7 Snuggly pajamas
- 8 Spa items
- 9 Romantic dinner
- 10 Something homemade with love!

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TLC for Toenails

The month of February is all about love, so why not show your toenails how much you care? A little TLC can go a long way, and help to keep nails strong and healthy through the rest of the winter.

First off, keep your toenails clean and dry to ward off fungal infections. Contrary to popular belief, do not trim toenails straight across. It is best to curve around the corners just as you would trim your finger nails. This will reduce your chance of nails becoming ingrown. Also, nails should be even with the tips of toes – longer can result in a rip or tear and shorter can injure the nail bed.

Finally, winter weather can take its toll on your toenails, drying them out just like your skin! This can cause them to become brittle and break. So, when you smooth on lotion, don't forget to moisturize your toenails, too! It also helps to drink plenty of water so your skin and nails stay hydrated.

Remember, Spring is just around the corner! Showing your toenails a little love now will ensure they're ready to break out those sandals later!

