

Foot Notes

Brought to you by Dr. Powers

News and Updates

January 2015

This Winter – the Perfect Time for Surgery



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

No one wants to have to go through surgery. That's why you try all sorts of other treatment methods first. However, if the pain is persistent and interfering with your daily life, surgery could be your last opportunity to find relief. The question, though, is when should you have it?

In today's busy world, it's hard to find the right time to have a surgical procedure. Who can just up and stop what they're doing to get the proper rest needed for recovery? Not many! Well, here's a thought—if you live where the heat is unbearable in the summer, or the winter is blustery and cold, hint, hint: you have a great excuse for staying indoors! **Schedule your surgery now. Recovery can be easier to bear during the winter months and you'll be on your feet and ready to go by the time Spring flowers bloom!**

Recovering from foot surgery takes time and patience. Rest is a key factor, and staying inside when the weather outside is frightful makes it easy to kick back, relax, and take all the time you need. Get cozy in a comfy chair, prop your foot up with some pillows to elevate it, and catch up on your favorite TV series. Watch that movie you've been wanting to see, or dive into a few books. Make some preparations ahead of time to have everything at your fingertips. Do you have a hobby you've always wanted to try? Now's the perfect time! Gather the supplies prior to your procedure, then sit back and have at it.

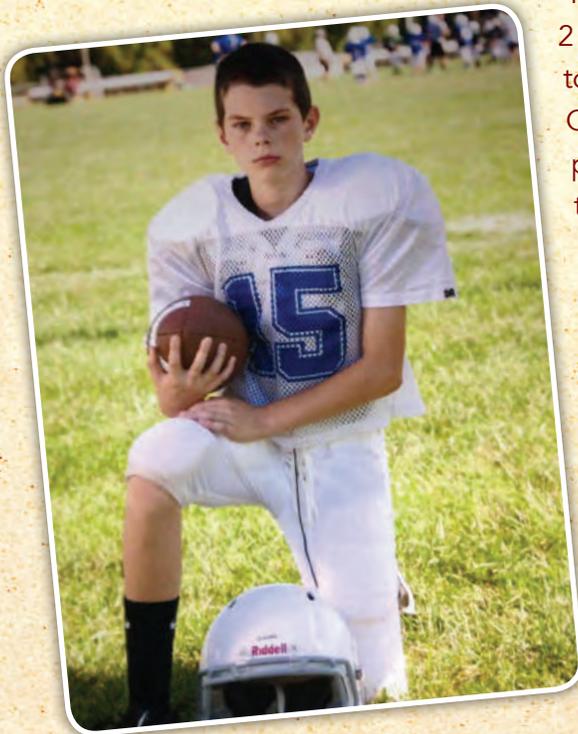
Of course you also need to use ice packs placed over a thin towel in 20 minute increments, as well as follow all other care instructions to a T. In addition, you should schedule regular follow-up visits with us to ensure that the healing process is going smoothly. Then, when the seasons change, you'll be back on your feet and raring to go! Plus, you'll be well read, caught up on all the latest films, and wearing that sweater you knitted with pride.

If you are considering surgery, consult with our expert staff. We can help you decide what's best for you and get you on the road to recovery. There's no time like the present!

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“I was in so much pain with my feet hurting. I am on my feet 8 hours a day, 40 hours a week. I had tried a lot of stuff, but nothing helped. I came in to see Dr.Powers; I was referred by a friend, and I am so glad I did. I got orthotics for my shoes and learned what shoes would work for me. Now, after four weeks of treatment, I can say I’m pain-free. When your feet hurt, you hurt all over. I’m so glad I can work and be on my feet, thanks to Dr.Powers. I will tell my friends who have foot pain to come see Dr.Powers. Thank you so much.” Clydia E.

“Dr Powers did my bunion surgery 4 days ago and I have ZERO pain.” None! – Kim W.



“My husband and I noticed our son’s ankles rolling in about 2 years ago. We had him fitted for inserts and it seemed to work at the time. About 6 months ago, we noticed that Carson started limping and complaining of ankle pain while playing sports. We were recommended by a family member to make an appointment with Dr. Powers. Much to our surprise, he recommended a procedure called HyProCure. Dr. Powers told us to go home, read the literature he gave us, and do some research. On October 27, 2014, Carson had the procedure done on his right foot. We followed the doctor’s orders and he has done amazing! It was not until the bandage was taken off and he could stand on both feet that we could see just how mind blowing the results were! With one foot down and the other to be done on December 22, we are more than ready to see what a difference this is going to make for our son’s everyday life and his love of sports!” – Tara L.

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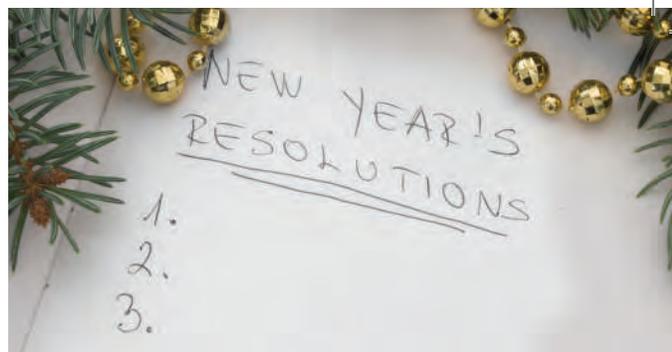
Start the Year Out, Eating Right for Gout

Let's face it, it's rough trying to stick to a healthy diet during the holidays! There are so many temptations everywhere you turn, and if you suffer from gout, you have to be even more conscious of the food you eat. You never know when something might trigger a painful attack, and that's enough to put a damper on any dining experience. The good thing, though, is that if you know what to avoid, the odds of a flare up are significantly reduced. So make a resolution to start the year out right by keeping these helpful hints in mind:

It's the build-up of uric acid in your blood that causes gout attacks, and foods high in purines can contribute to the problem. So stay away from meats, especially organ and game, and seafood such as tuna, salmon, sardines, herring, anchovies, shrimp, and scallops. Don't dip your ladle into that gravy, and say no to alcohol. You should also pass up sweetened beverages and opt for plenty of water instead.

Good foods for gout include low and non-fat dairy products, peanut butter, fruits and most veggies, cheese, eggs, and you're going to love this one—chocolate! Pile your plate up with these, and you just might be able to get rid of those gout attacks for good. What a happy new year that would be!

So follow these guidelines and find out more from our helpful and caring staff.



Top 10 New Year's Resolutions

Ever wonder what tops the list of the average person's New Year's resolutions? Well, wonder no more:

- 10 Squeeze in some me time
- 9 Stop procrastinating
- 8 Be a better friend
- 7 Quit smoking
- 6 Manage stress better
- 5 Eat healthier
- 4 Get organized
- 3 Exercise
- 2 Get a handle on finances

And the number one resolution...

- 1 Lose weight

FOOT Funnies

This guy is in the hospital with two broken feet that he got from a car crash.

The nurse comes into the room that he is in and says that she has good news and bad news.

The guy asks for the bad news first.

The nurse says, "We're going to have to remove your feet."

Then the guy asks for the bad news.

The nurse says, "The guy beside you wants to buy your sneakers."

Dr. Powers Foot & Ankle

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This Winter - the Perfect Time for Surgery



See page one.

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Our Favorite Raspberry Bars

3/4 cup butter, softened
1/2 cup white sugar
1/2 cup brown sugar
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
3/4 cup raspberry jam
1 1/2 cups rolled oats
1/2 cup chopped walnuts



1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. In a medium bowl combine butter, white sugar, brown sugar, flour, baking powder and salt; mix well. Spread 2/3 of mixture into prepared pan.
3. Spread jam over mixture.
4. Combine remaining mixture with oats and walnuts; sprinkle over jam layer.
5. Bake in preheated oven for 30 minutes. degrees F.