

# Foot Notes

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News and Updates

## March 2015



## Rainy Day Running Tips

### 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

Spring showers can bring more than just flowers—they can bring uncomfortable foot conditions from wet feet and shoes!

When running in wet weather, it is inevitable that you will not be able to avoid every puddle. Wearing moisture-wicking socks can help to a point, but not if your shoes are soaked! When the outer layer of your skin absorbs moisture it can shrivel, itch, and even become sore and prone to blisters—not exactly what a runner wants to endure. To make matters worse, the moisture can rob your skin of its natural oils, eventually causing dry skin and painful cracks—again, not conducive to enjoying a run. On top of all that, damp and dark are fungi's best friends, making wet feet and soggy shoes the perfect environments for bacteria to thrive. Man—when it rains it pours!

So what's a rainy day runner to do? Simple. Just follow these tips to avoid the wet weather blues:

Try your best to stay clear of a running course that is apt to be sloppy and full of puddles. Wear moisture-wicking socks and break out some duct tape. That's right—slapping on a bit of duct tape to the tips of your shoes can actually help to keep moisture away! You might want to try slathering your feet with some salve before you head out, too, which can help to reduce the amount of moisture your skin absorbs. As soon as possible, get out of your wet shoes and socks and dry your feet thoroughly. If you are driving someplace to go for a run, bring a towel and pack dry socks and shoes to change into when heading home. It's also important to alternate the shoes you wear to make sure they have ample time to dry out between workouts. Hint: stuffing them with some newspaper can help speed up the process.

The bottom line? You don't have to wait for skies to clear. Follow these tips and you won't miss a step, no matter what the weather brings!



# March Madness Mishaps

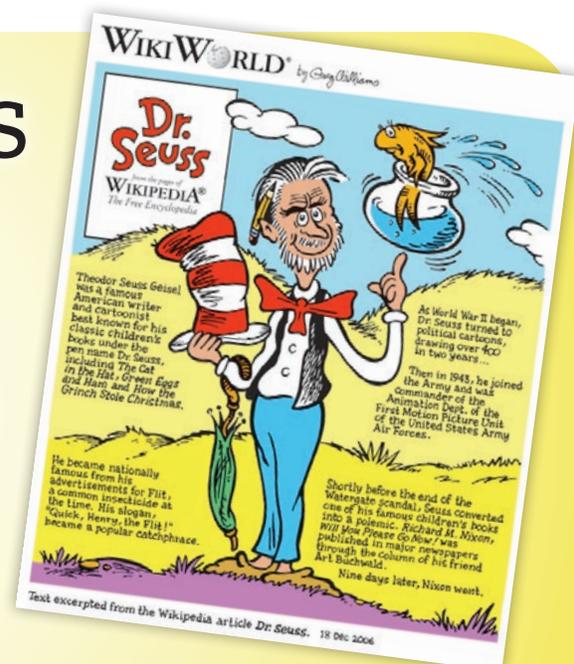
## Ankle Sprains Can Ruin a Game!

This is the big college basketball month, and you know what that means? Chips and dip, rowdy friends, a whole lot of shouting, and an increased risk of ankle sprains. When fans and players alike jump up, they must come down, and sometimes that doesn't go so well. If you land awkwardly or twist your ankle unnaturally on something, a sprain could occur just like that! In fact, it's one of the most common basketball injuries there is, with all of the jumping and changing directions.

Here's the thing: when your ankle rolls, twists, or turns beyond its capacity, ligaments that hold your ankle in place can become overstretched, damaged, and even torn leading to pain, swelling, bruising, and in severe cases, immobility. The good news, though, is that there are precautionary actions you can take to prevent and protect your ankles from this injury. First, you can add support by taping your ankle or wearing a special brace. Next, have you ever checked out the players' shoes? They wear mid-to-high top sneakers for a reason! These provide added support. It's also important to keep muscles strong and flexible, and to warm-up thoroughly before activity. So prior to the big match-up, lead your crowd in some pre-game stretches. If someone still ends up with a sprain, be prepared to serve up some RICE: Rest (keep the weight off it); Ice (reduce pain and inflammation); Compression (keep it wrapped with an elastic bandage); and Elevation (prop it up with some pillows!). Then, when the game's over, just give us a call—we'll be happy to help!

## Mark Your Calendars

- March 2** Dr. Seuss Day—A great day to read. We recommend "The Foot Book" by Dr. Seuss!
- March 8** Daylight Saving Time—Don't forget to spring your clocks forward.
- March 14** Pi Day—For all you math lover's out there.
- March 17** St. Patrick's Day—Top 'o the morning to ya!
- March 20** First Day of Spring—At last!
- March 21** Poetry Day—How do we care for thee? Let us count the ways...





Before I came to see Dr. Powers I was in pain as soon as I got out of bed in the morning. After having my orthotics for a month, I am virtually pain free. What a difference coming here has made!! The staff here is wonderful, thanks so much for helping me!"

– Jonathan B.



"I was sent to Dr. Powers by my family physician due to the pain in my foot. I am so thankful I was because I received the highest level of care I could ever ask for. Dr. Powers was very attentive to my needs and did a great job during surgery on my foot. Dr. Powers and all of his staff are very caring and wonderful people. I highly recommend him!"

– Kathy S.

"I am very satisfied with the care and treatment I received. I dealt with foot pain for over a year, came to Dr. Powers and he took care of it. I'm now back to playing sports, swimming and walking my dog with no pain at all. The staff and Dr. Powers were great and I will always recommend them to anyone I hear with feet problems. Thank you for giving me a normal life back. THANK YOU!"

– Troy S.

"Dr. Powers and his staff were ALWAYS very attentive and gave the utmost care while I was under his care. A certain situation came up with my foot while I was working one day and Dr. Powers was in surgery. We both work at the same hospital, and in a short time he came to MY office, cared for the wound while I was doing my job. I was very impressed by this. There are actually great, caring doctors and Dr. Powers is definitely one of them. Thank you to him and his staff."

– Angela C.



# Going Green

In this month of St. Patty's Day, instead of just wearing green, why not think about going green? Here are some easy ways you can help the planet:

- Look for recycling programs in your neighborhood. We're not just talking paper and plastic—some places take electronics and more.
- Make the switch to energy efficient light bulbs, and be sure to turn them off when not in use!
- Shut down your TV and computer at night.
- Look for Energy Star labels when buying new appliances.
- Shop at your local farmer's market—better yet, grow your own food!
- Do full loads of laundry and hang clothes up to dry.
- Trade in your paper towels for washable rags.
- Use a mix of vinegar and water to clean instead of bleach and other chemicals.
- Walk, bike, or carpool when you can.
- Skip the bottled water. Invest in a water filter instead and fill your own!

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"This is what you call diabetic foot care?"

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# What You Eat Affects Your Feet

It's National Nutrition Month, the perfect time to think about your feet... That's right, your feet! Yes, typically you might associate diet with maintaining a healthy weight and heart, but what you eat can actually have an effect on your foot health as well. Certain foods can increase chemicals in your body that cause tissue inflammation. You'd be surprised at how foot pain from achy joints and inflamed tendons and ligaments can be significantly reduced simply by steering clear of foods high in sugar and saturated fats, as well as processed meats and refined grains. Instead, choose fruits, veggies, and foods rich in Omega 3 fats like salmon. Green tea and vitamin C are known to have anti-inflammatory properties, too.

A well-balanced, nutritional diet can also help to protect you from conditions like diabetes, circulatory problems, and obesity which puts a lot of added stress on your feet.

In addition, zinc deficiency is associated with foot odor, so if you want to stop the stink, make sure to eat plenty of garlic, sesame seeds, spinach, or—and we know this might be rough—dark chocolate!

Remember: good foot health starts with good eating habits! So celebrate National Nutrition Month by putting your best foot forward (pun intended!). Find out more from our expert staff.

