

Foot Notes

Brought to you by Dr. Powers

News and Updates **June 2016**

Banish Your Bunion Pain

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



If you have a bunion, that bothersome bump can sometimes hurt and hinder your summer fun! Well, don't let that painful protrusion stop you from doing the things you love. Try these tips to keep your feet feeling pain-free and ready for the summertime activities that await you:


Protect with padding. Over-the-counter pads or moleskin made especially for bunions can be positioned over the area to protect it from friction and pressure caused by your shoes.

Find the right fit. Speaking of shoes, it's super important to make sure you choose footwear that is made of stretchable material and allows for ample toe room in order to accommodate your bunion and decrease pressure placed upon it.

That'll show that bunion who's boss! Now get out there and have some pain-free fun!

Dr. Powers is highly skilled and experienced at correcting bunions.

Got Diabetes? Beware of Going Barefoot!



With the arrival of summer, it may be tempting to shed those socks and shoes and let your feet and toes be free! However, if you have diabetes, it's important that you resist that urge and keep your feet protected. Even going for a barefoot stroll on the beach could result in major complications. Step on a sharp shell or piece of glass, and you could have the beginnings of a dangerous problem. After all, a loss of sensation is common in diabetic feet, so you may not even be aware of an injury. Couple that with poor circulation—also associated with diabetes—and that unnoticed wound could end up not healing and becoming infected.

If you have diabetes, be sure to keep feet undercover by wearing moisture-wicking socks and shoes at all times—outside and in! You never know if a tack or sharp object may fall on your floor at home and as they say, it's better to be safe than sorry. It's also a good idea to check your shoes before putting them on in case any foreign objects, like a stone or pebble, have made their way inside.

When you do take off your shoes at bedtime, look over your feet to ensure there are no potential problems. If you notice anything unusual, be sure to give us a call!

Mark Your Calendars

- June 4** Hug Your Cat Day—Purrfect for cat lovers!
- June 7** National Chocolate Ice Cream Day—Now we're talking!
- June 18** Go Fishing Day—Cast away!
- June 19** Father's Day—Way to go, daddy-o!
- June 20** Finally Summer Day—Summer Solstice, hooray!
- June 24** Swim a Lap Day—Go ahead and dive in!



Atkins Chocolate Slushies

INGREDIENTS

- 1 cup Heavy Cream
- 1/2 cup Tap Water
- 2 tbsps Cocoa Powder
(Unsweetened)
- 8 tbsps Sugar Free
Chocolate Syrup
- 1 tsp Vanilla Extract



DIRECTIONS

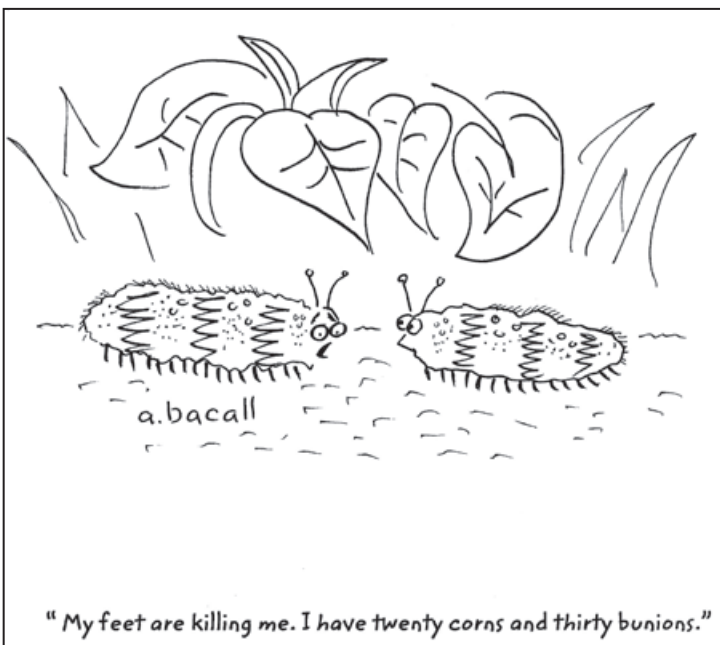
1. In a medium saucepan combine cream, water, cocoa powder and 1/2 cup unsweetened chocolate syrup.
2. Bring to a boil over medium heat. Reduce heat to low; cook, stirring occasionally, 5 minutes. Remove from heat and stir in vanilla.
3. Pour mixture into two ice cube trays. Freeze 2 hours.
4. Before serving transfer cubes into a food processor. Pulse until mixture is finely chopped and slushy.



Hydration Hints

When the temperatures start to rise, staying hydrated is a must! These helpful hydration hints are sure to quench your thirst:

- Drink before you feel thirsty. By that time, you are already starting to get dehydrated.
- Water is best, and you should drink plenty of it throughout the day so you're hydrated before you exercise—and don't stop there! Drink up during and after activity, too.
- In extreme heat, opt for a sports drink with electrolytes and carbs to prevent low blood sodium.
- Avoid alcohol.
- Keep in mind that soup, juices, fruits and veggies, and even milk, coffee, and tea provide fluids.
- You can actually monitor your hydration levels by checking the color of your urine—the lighter the better!



Follow these tips to stay happy, healthy, and hydrated. Now, bring on the summer!

Dr. Powers Foot & Ankle

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Fibromas: Nothing to Fear

Lumps in your oatmeal aren't exactly appetizing, and a bump in the road can certainly take you off guard, but finding a lump on the bottom of your foot can actually be downright scary. Many times, however, a fibroma is the cause and while it may sometimes be painful, you can take comfort in knowing this is a benign growth that in most cases can be treated conservatively. The use of insoles and pads can take pressure away from the area and help ease discomfort by redistributing weight. The growth may also shrink over time on its own or with the help of medication. If pain is severe,

however, surgical removal may be necessary with a recovery time of around 1 – 2 months before you can return to regular footwear and activities.

Fibromas are bumps on the bottom of your feet that are just like bumps in the night—they may be alarming at first, but they are nothing to fear!

Of course, if you notice a lump on the underside of your foot, it's best to make an appointment so that any possibilities other than a fibroma can be ruled out and treated.

For more information, feel free to ask our helpful staff.

