



A Look at Lasers

When you think of lasers, what comes to mind? An evil plot to rule the world, maybe? Perhaps a sci-fi movie weapon or high-tech security system? Well, how about a way to eliminate evil fungi that want to take over your toenails, or a weapon against conditions that are causing you pain? The lasers used in podiatry are high-tech for sure, but far from science fiction! They help relieve symptoms, promote healing, get rid of fungus and damaged nerve cells, and get you back to feeling happy and healthy. In fact, laser technology can be used to treat a number of issues, safely, efficiently, and effectively. You can stroll into our office, and minutes later stroll out with no downtime or side effects to stop you from returning to the activities you love!

Fungal nail lasers penetrate the nail to zap the fungus beneath it, eliminating the problem at its source without affecting any surrounding tissue. A new healthy nail will grow in and take its place – science but not fiction!

While such lasers use heat, cold laser therapy can be used to help with pain, swelling, or damaged nerves, pinpointing the problem area, blocking pain, destroying damaged cells while encouraging new cell growth, and boosting the healing process, all at the same time. It's more like a magic wand than a wavelength of light!

In most cases, laser therapy takes several sessions, depending on the condition, its severity, and the lifestyle you lead. Learn more about the wonderful world of lasers and how they can benefit you by visiting us online or simply asking our helpful staff.



About the Doctor

McDowell Podiatry is very proud to announce the addition of Dr. Stephen Medawar to our family of podiatrists. Dr. Medawar has been a practicing surgical podiatrist in the Sacramento area for over 35 years. For the last 15 years he has served as Associate Clinical Professor at the University of California Davis Medical Group.

He is a graduate of University of California Davis and from the California College of Podiatric Medicine in 1980.

Dr. Medawar's primary focus is to relieve pain and deformity. He believes the practice of medicine should be very personal. He uses drawings, models and pertinent literature to illustrate his patients' condition. During patient discussions, Dr. Medawar provides options for treatment and explains the importance of patients' daily participation in their treatment program.

Dr. Medawar's clinical interests include reconstruction of the great toe joint, surgical biomechanics and conservative treatment to improve function and decrease pain.

Outside of the office Dr. Medawar enjoys the great outdoors hunting and fishing with his family.

Dr. Medawar has a reputation for being one of the finest podiatrists in the Sacramento region. He will join us on July 11, 2016. Appointments for Dr. Medawar are now being taken at 916-961-3434.



Every Which Way: When Toes Overlap

It's a widely-known practice to cross your fingers for good luck (and cross your toes for good measure), but what if your toes are already crisscrossed? Even more luck or not-so-lucky at all?

Indeed, sometimes toes don't go where they're supposed to and instead of lying straight, they lie on top of each other and overlap. This condition is typically the result of a family trait that gets passed down from generation to generation. In other words, piggy-backing piggies are usually present at birth and you have your parents to thank!

If left untreated, these tangled toes may, or more likely, may not straighten on their own, however, this doesn't always cause issues – you could go through your whole life with no pain or problems at all.

On the flip side, overlapping toes can lose their flexibility and turn rigid, making it painful and difficult to walk or wear shoes. If this occurs, conservative measures, like taping the toe in proper position, making shoe modifications, and performing light stretching exercises can help to restore mobility and ease symptoms. If these attempts fail to relieve pain, though, surgical correction may be necessary to return your toes to where they're supposed to go.

Luckily, we can help!



Mark Your Calendars

- April 2** April Fool's Day— gotcha!
- April 7** World Health Day—here's to healthy feet!
- April 10** Golfer's Day—not the best day for an appointment.
- April 12** Big Wind Day—hold onto your hat!
- April 16** National Stress Awareness Day—the perfect time to meditate. 
- April 20** National High Five Day—all right!



Meditation: Mind Over Matter

April is Stress Awareness Month and we've got just the thing for those of you who could use a little break from your hectic, stressful life – try some meditation! Anyone can do it, and it can be done practically anywhere – standing in line, waiting for kids at the bus stop, or before a big meeting. Even just a few minutes of meditation can help you find some inner peace.

Close your eyes and picture somewhere relaxing, focusing only on the calm and shutting out the thoughts and worries crowding your mind and causing you stress. This process allows you to slow down, gain a new perspective, reduce negative emotions, and handle stressful situations in a more positive way, all of which brings you balance and benefits your emotional well-being, as well as your overall health.

There are other types of meditation as well, including repeating a calming word or mantra, breathing deeply, and practicing yoga or Tai Chi. Find what works best for you and you'll be less stressed in no time!

Namaste

Spring Hues: How Colors Affect Your Mood

With spring flowers in full bloom, the world around us just got a little more colorful. It's no wonder that this season of new beginnings and fresh starts puts us in a cheerful, anticipating mood (especially for those who've endured long, hard winters).

Research has shown that colors can indeed affect the way we think and feel. Want to be productive? Paint your office green. Need an energy boost? Slip on an orange shirt. Here are some other colors and the moods they invoke:

Black – powerful

Red – passionate and loving

Blue – tranquil

Yellow – cheerful and alert

Purple – sophisticated

Brown – reliable

Grey – mellow

Now go ahead and decorate or dress to suit your mood!





MCDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

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Cramping Your Style What Causes Muscle Cramps?

We've all had a muscle cramp (A.K.A. a Charley horse) and it's certainly not fun! You could be running along without a care in the world, or enjoying a great night sleep when suddenly – Bam! The muscle in your calf or foot gets knotted up, tight, and extremely painful seemingly out of nowhere. However, an unexpected seized up and contracted muscle is actually not brought on suddenly at all!

While there are multiple reasons why you can get a cramp, most are due to issues occurring and building over time, such as dehydration, poor circulation, fatigue, magnesium, potassium, or calcium deficiencies, pinched nerves, taking certain medications, overexerting yourself, and not properly warming up before exercise.

Short term, you can massage or stretch the muscle, use a heating pad, or take an Epsom salt bath, but long term treatments should address the actual causes and become lifestyle changes. That way, your muscles won't suddenly slow you down, or wake you up!

For help to ensure good habits and healthy choices, just ask our friendly staff!

