



McDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

News and Updates **June 2016**



Banish Your Bunion Pain



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.

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:

Stretch it out. Gently pull your big toe into proper alignment and hold for 10 seconds, then let go and repeat a few times. You can also try pulling your toe toward you in a flex position, then pointing it in the opposite direction, and repeating that sequence.

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.

Ice, ice, baby. Ice and anti-inflammatory medication can help ease pain. If your bunion starts acting up, take a break, prop up your foot, and place an ice pack on the offending joint for 20 minutes or so.

That'll show that bunion who's boss! Now get out there and have some pain-free fun! If your pain doesn't seem to improve despite your best efforts, get in for an appointment today! Our doctors may have a few more tricks up their sleeve."

littleSTEPS®
 foot orthotics for kids
 just got
SMALLER and BIGGER!
 We fit ALL KIDS from toddlers to teens

Children with flat feet and other foot problems often have difficulty walking, running, or playing sports due to pain and/or impaired coordination. Little Step products are specifically designed for kids to deliver a prescription based correction, the closest you will find to custom! Little Step Orthotics are composed of a unique blend of materials specifically chosen for kids to provide optimal strength, support and comfort -with a non-skid soft edge feel.

**Why treat a flat foot with a flat orthotic?
 Compare ours and you'll see the difference.**

The NEXT BEST THING to Custom!

Support Flat Feet and Improve Posture
 Control Heel Pain/Severe's Disease
 Reduce Growing Pains
 Improve Low Muscle Tone & Strength

Reduce In-Toeing
 Improve Hip & Lower Extremity Strength
 Reduce Destructive Torsional Forces
 Create a Straighter Gait, More Normal Gait

littleSTEPS® Gait Plates are the first semi-rigid prefabricated orthoses that effectively limit in-toeing caused by rotational deformities of the lower limb. Left untreated toe-in gait may impair proper development of the lower limb and lead to permanent structural, strength, balance, and coordination deficits.



See the difference for yourself



Before



After with littleSTEPS®

littleSTEPS® Gait Plates work by utilizing a semi-rigid shell that effectively alters the break of the ball of the foot during propulsion to encourage realignment of the hip in gait. **littleSTEPS® Gait Plates** further address foot pronation which is typically associated with childhood gait abnormalities by incorporating the features of a functional foot orthosis (i.e. deep heel cup, medial rearfoot posting and skive) to control subtalar joint pronation during contact and midstance phases of gait.

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!





Clean Eating 101

If you're interested in the clean eating trend—now's the perfect time to give it a try. It's National Fresh Fruit and Vegetables Month, after all!

Of course, eating only veggies and fruit that are fresh is just the beginning. If you want to learn more about implementing an overall plan to eat clean, here are some essential guidelines to follow:

Choose whole or natural foods instead of processed options in boxes, bags, cans, and other packaging. You'd be surprised how much fat, sugar, and salt you'll cut from your diet!

Opt for unrefined rather than refined. For example, whole grain brown rice instead of white, and honey or 100% maple syrup instead of sugar.

Swap the bad fats with the good ones. Yes, there is such a thing as a good fat! Replace items high in saturated fats, like meat, cheese, and butter, with those high in healthy fats like olive or canola oil, and the kind found in certain fish and nuts.

Other ways to clean up your act? Reduce intake of alcohol, sugar, and salt and you'll be on your way to a cleaner, healthier you!



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!



McDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

St. George Medical Center
6620 Coyle Avenue, Suite 202
Carmichael, CA 95608
(916) 961-3434



Visit our website!
www.McDowellPodiatry.com



No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

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.

