

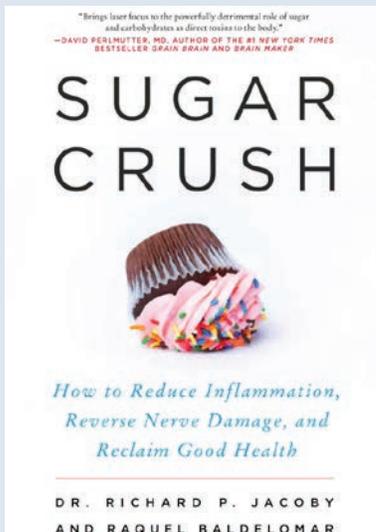


McDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

News and Updates

April 2015



# Sugar Crush

## Do You Know Someone Who Needs This Information?

Many of you have heard me talk the past few months about a new book that is coming out soon. The time has arrived and my personnel friend and colleague, Dr. Richard Jacoby, has finally published his book "Sugar Crush". This book exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat can compress and damage the peripheral nerves of the body, leading to pain and other related diseases in the extremities, as well as creating a myriad of diseases in all of the systems of the body.

Dr. Jacoby shares his insights on how sugar is the common denominator for many chronic diseases. Based on his clinical work, he breaks down effective options; showing how dietary changes reducing sugar and wheat, coinciding with an increase in good fats, can dramatically help regenerate nerve and rehabilitate normal nerve function.

Lee Dellon, M.D., the leading peripheral surgeon in the world, stated, "'Sugar Crush' is an intriguing detective story weaving the food industry, processed foods, marketing, well-meaning but misguided, nutritional science into a conspiracy that places sugar at the center scene of many of our most common diseases and disabilities. While the food industry will not like the information contained in 'Sugar Crush', readers interested in their own health, and the health of their families, will treasure this book and use it as a roadmap to improved health."

David Perlmutter, M.D., author of the #1 New York Times Bestseller *Grain Brain* and *Brain Maker*, said "'Sugar Crush' brings laser focus to the powerfully detrimental role of sugar and carbohydrates as direct toxins, not just to the peripheral nerves, but to the body in general. This is up to date and incredibly well-researched information that helps rewrite our understanding of disease prevention."

Recently, my wife and I sat down with Dr. Jacoby and discussed our daily diet. I was shocked to learn that the "healthy morning protein drink" that I was proudly consuming had the equivalent of 17 teaspoons of sugar in it. That is not the way I thought I was starting my day. Many of you are in the same situation, thinking you are eating healthy when in reality you are consuming too much sugar unknowingly. Dr. Jacoby will be visiting the office next month. I will keep you posted as to the date and time.

If you would like to receive an email with further information about the visit, the book signing and other related events, send your request to [info@mcdowellpodiatry.com](mailto:info@mcdowellpodiatry.com). We will also have copies of the book available in the office.

# Hop to It!

## The Benefits of Jumping Rope



Skipping rope isn't just for kids! It's a great way for adults to stay fit and keep their feet healthy and strong. Believe it or not, you can actually burn more calories with less impact by jump roping than by going out for a jog. That means it can help you maintain a healthy weight and keep added stress off your feet. Plus, jumping gets your heart pumping, which leads to better circulation too. You can also improve your stamina, agility, and even your posture. In addition, skipping rope strengthens your core, quads, hamstrings, calves, ankles, all the way down to your toes.

To make the most of your workout, though, it's important to have the right size rope for you. Here's how you can tell:

Simply stand in the center of the rope and pull the handles up—they should be just to your arm pits, no higher or lower.

Once you have the right rope, make sure that you're on a flat surface, then go ahead and jump. Attempt it with both feet or alternate; go fast, then slow; lunge with one foot forward and one back, then switch; there are all different things you can try. So hop to it! Grab a rope and start jumping. Your feet and body will thank you for it.



## Little Piggies



A few of the most common questions regarding kids and their feet

### **Q: When will my child's foot stop growing?**

**A:** There is a developmental time difference between boys and girls. Generally speaking, one can expect their foot to stop growing by their mid-to-late teens. Ironically, many grandparents will also say that their foot is growing and need a larger shoe size. This is due to a change in the shape of the foot rather than a change in the length of the bones.

Continued on next page.



## Little Piggies (cont.)

### **Q: What type of shoe should my child wear?**

A: What if I said the best shoe for a child to wear is no shoe!! In the early years of development, a child should try to wear shoes as little as possible. Some conditions (i.e., flatfeet) have been associated with the wearing of shoes during childhood. Some studies suggest that not wearing shoes builds more pedal muscle strength which contributes to an increased arch height. As far as selecting a shoe, there is not one shoe that is best for every foot type. I generally recommend a shoe that bends a little in the toe box and not at all in the middle. Shoes that are easily folded or twisted provide very little support.

### **Q: Is it normal for my child to walk with their toes pointed inward?**

A: This is a very common thing among kids. Most of the time, this is a normal part of development. This type of walking generally normalizes after 6 years of age. At times, this inward gait is abnormal. However, just changing the way a child sits or even physical therapy can correct the condition. Simply having the child sit in a cross-legged position rather than a "W" position can improve the condition.

### **Q: When should I be concerned that my child needs foot and ankle care?**

A: Most of the pediatric concerns regard normal development. However, there are times when the child will complain of pain. Pain is the biggest indicator to seek medical treatment. If your child is young, they may not be able to verbalize or communicate they are in pain. This is normally manifested by your child sitting and avoiding playing with other kids. They cannot keep up with other kids or run as far. These actions can sometimes manifest as pain in kids.

### **Q: My child has flatfeet, should I be concerned?**

A: Up to 50% of kids have been reported to have flatfeet. However, after the age of 8 years old, the prevalence of flatfeet is significantly lower. Most of the time, flatfeet does not cause pain and does not require treatment. If the child complains of pain then the condition can be treated with over-the-counter orthotics, custom orthotics, physical therapy, or change of shoe gear. Most of the time, the symptoms can be treated with conservative care. Only a small percentage of pediatric patients will need surgery

### **Q: I think my child has flatfeet, does this mean my kid cannot serve in the military?**

A: In the past, a child with flatfeet was considered ineligible for military service because there was a belief that flatfeet led to disability. However, that has since changed. Flatfeet can be extremely painful for some people while other people are able to live a normal life without any discomfort. The degree of severity of the condition determines the eligibility for military service.

### **Q: When should I consider surgery?**

A: Surgery should be considered when all conservative options have failed and the child is not able to participate in normal kid activities. Although there are some exceptions to the rule, I generally recommend that a child be at least 8 years of age prior to any surgical consideration.

*Dr. Ripp has a special interest in treating children. If you have any concern about your child or grandchild, bring them in to visit with Dr. Ripp.*



## MCDOWELL PODIATRY GROUP

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# Prepare for Spring by Pampering Your Piggies



Break out your sandals: spring has sprung! Of course that means your toes will be out for all to see—but are they ready to emerge from the dark confines of your socks and shoes? You might want to set aside some time for a little pampering first. An at-home pedicure would certainly help get your little piggies looking picture-perfect. Show your toes some TLC by following these helpful tips:

First, have a good soak to soften your skin—maybe even add a few drops of soothing lavender for a special treat. Dry your feet thoroughly (don't forget between your toes), then smooth rough patches by gently rubbing with a pumice stone.

Next, trim your nails straight across and not too short—they should be even with the tips of your toes to avoid ingrowing issues. Never cut your cuticles, and take care to sterilize your pedicure tools after each use. This will help to protect you from fungal infections—nothing pretty about those!

Finally, pick a color and paint away. (We hear pink is in this spring). Let the polish dry, and you're ready to slip on some sandals and enjoy the season.

Of course, if you have diabetes, you may want to leave the pampering to us in order to prevent possible problems.

Want more helpful hints? Our staff is happy to answer questions and provide information, so ask away!