



APPRECIATING OUR PATIENTS' PATIENCE! A note for you from Dr. McDowell

During the past few months, there have been a lot of inconveniences created by situations in our office that have directly affected many of our patients. Initially, last summer, we started a remodel that should have taken a few months to complete, but instead "I think" it is finally done. Then, at the end of March I had ruptured appendix surgery that kept me out of the office for six weeks. I'm back at the office on a part time basis now and feeling better each and every day. Also during the last six weeks Dr. Medawar has been recovering from shoulder surgery and was out of the office for three weeks. He is back part time as well. Both of our absences created many schedule changes and I'm sure many inconveniences to you, our patients. While all of the above was going on, Dr. Ripp has been in charge of the office by himself in my absence and he is very much appreciated.



WELCOME

Michael Denton, PA-C, MPT has been a licensed and certified Physician Assistant in the Sacramento area for 15 plus years. He graduated from Stanford University PA Program in 2003. He began working in Orthopedics and has spent the majority of his 15 years of practice in that specialty. He has worked in the surgical, hospital and clinic settings. He has treated thousands of patients in orthopedic urgent care, arthritis care and sports medicine. He is well versed in fracture care, injection therapy and all aspects of clinical orthopedics.

Prior to becoming a Physician Assistant, he graduated with a master's degree in Physical Therapy from UCSF school of Physical Therapy in 1997. He practiced in Physical Therapy in the Bay Area and Sacramento for 5 years, the majority of that time in orthopedics and post orthopedic surgery rehabilitation. He is able to apply his Physical Therapy knowledge to his Physician Assistant practice as well.

He continues to maintain a passion for orthopedics and continuing education regarding the latest treatment options available for patients. He enjoys helping patients reach their individual goals for function and pain relief as well as recovery from injury and surgery.

He has been married for 26 years and has 3 children. He loves to travel and spend time with his family. He is passionate about the outdoors and specifically road cycling, hiking, snowshoeing and paddle boarding. He has been an avid runner in the past as well.

At the beginning of this year, we had the opportunity to add an orthopedic surgeon, Scott Fujii, M.D., to our great team of providers. Dr. Fujii has been a welcomed addition to our office and specializes in sports medicine and large joint surgery. There are also numerous conservative treatments offered by Dr. Fujii and he would be happy to provide information about these at your next office visit. Dr. Ed Younger also retired from private practice and has referred his patients to Dr. Fujii for ongoing treatment and new problems.

Last month, we were able to bring on Michael Denton, PA. Michael is featured on the front page of this newsletter. These additions are why you will find many new faces in our office. Check our website to become more acquainted with everyone and many of our services. The website will be updated with information on all of the latest treatments over the next month or two. Please visit our website often for updates at www.mcdowellpodiatry.com. If you haven't already done so, sign on to the patient portal on the website where you can communicate directly with the staff and providers.

We updated to an automated phone system which I said would never happen, but due to hundreds of phone calls every day, we had to. We still have a few bugs to work out, but hopefully it will eventually provide better communication services to all of you.

Again, McDowell Orthopedics and Podiatry Group would like to thank you for your patience and we would like to apologize for any trouble created for you these past few months. Our goal is to give you better service in the future and shorter wait times.

Facts to Know About Blood Pressure



That tightening cuff. The stethoscope against your arm. And then a couple of numbers.

Blood pressure is a part of many general physical examinations, but doesn't tend to be thought about unless the doctor notes a problem with it.

So what is a blood pressure reading measuring, anyway? Those two numbers represent pressure at two points of your heartbeat:

- **Systolic Pressure**, the top number, is the pressure of your heart contracting.
- **Diastolic Pressure**, the bottom number, is the pressure when your heart relaxes.

If you think of your heartbeat as a "lub-dub," systolic is the "lub" and diastolic is the "dub."

Now, a blood pressure reading is not always an exact science. The position you are in when your reading is taken can have an influence on the results. Your blood pressure can even vary by arm, which is why your doctor will sometimes check both.

High blood pressure tends to be a concern whenever it is found. Diet can cause this, of course. But while high sodium intake is often touted as a risk factor, too little salt can also cause blood pressure to rise in some people!

If you want to know a mineral that's great for regulating blood pressure, go with potassium. It helps relax the walls of your arteries and keep your pressure in a healthy range.

Mark Your Calendars

- June 3** National Repeat Day – Repeat a special time with a loved one!
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- June 6** National Running Day – Remember to ease into any new running program
- June 13** National Weed Your Garden Day
- June 17** National Eat Your Vegetables Day (even the Brussel sprouts!)
- June 21** National Daylight Appreciation Day (and the Summer Solstice)
- June 26** National Beautician's Day – Provide a little extra tip
- June 28** National Handshake Day – But remember to wash your hands!
- June 30** National Meteor Watch Day



Is Nail Polish Toxic?

The potential health risks of nail polish have been a source of debate for some time. You might still see some of it rise up on your Facebook timeline or news articles.

But what should you be looking for when considering nail polish ingredients?

In the past, three big chemicals were tagged for removal from most polishes: dibutyl phthalate, toluene, and formaldehyde. This “toxic trio” was flagged for potential health risks presented to both nail salon workers and users.

There is another chemical that has also been under scrutiny in recent years: triphenyl phosphate (TPHP). This chemical can be absorbed into the body via nail polish, and has been found in nearly half of nail polish brands as of 2015.

TPHP has been seen to cause hormone disruption in animals. However, there have not been any large findings that the chemical has effects on humans.

What does that mean for you, though? You might not necessarily have to toss every bottle of polish you own. If you do have concerns about potential toxins, however, look for brands that advertise being “3-free” (free from the original “toxic trio”) at the base. But there are also brands that are “5-free,” “7-free” or more.

If you have additional questions about best nail polish practices, or if you have any additional concerns about your toenails, don't be afraid to bring them up to us. We'll gladly help you keep your nails—and you—healthy.



Kick Up Your Water with an Infusion Recipe

We get that water isn't always the most exciting beverage, but infusion is a great way to add a kick of flavor with less sugar than sodas and juices.

Try this easy infused water recipe for a taste of what flavored water can do, then feel free to try your own ideas! A pitcher with an infusing lid is a good investment for this, but a half-gallon mason jar will work too.

Strawberry Lemon Infused Water

Ingredients

- 15 fresh strawberries
- 1 lemon
- Water

Preparation

- Wash and finely slice the strawberries, then add them to a ½ gallon infusion pitcher or glass jar
- Wash and slice the lemon, rind on, and add to the container
- Stir gently and refrigerate at least 4 hours

That's all there is to it! And if you drink down much of the water in the first day, simply refill the container to get a second infusion out of the fruit.



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What Morning Heel Pain Can Mean

You wake up in the morning, wanting to seize the day, but those first steps out of bed are something you're definitely not looking forward to.

Do you have heel pain when your heels first hit the ground in the morning. And does it tend to lessen after you spend a few minutes walking around and "limbering up"? It's a good sign that you might have a condition known as plantar fasciitis.

The plantar fascia is a thick band that runs beneath your foot, connecting the base of your toes to your heel. Excessive stress on this band can cause it to develop tiny tears and grow inflamed.

This damage often translates to pain after any long period of inactivity, such as getting out of the bed in the morning or sitting for a lengthy amount of time. This pain is usually centered on the bottom of your heel, and can take the form of an aching, stabbing, or burning sensation.

If morning heel pain like this has plagued you for some time, don't accept it as a "normal part of life." Plantar fasciitis is a significant but treatable conditions. Methods including custom orthotics, stretches, and icing can help. There is very rarely ever a need for surgery.

Bring up your heel pain concerns with us. We'll work with you to determine the best treatment plan for your lifestyle and needs!

