



Dear Patients:

Many of you already know that I will be officially retiring October 31st of this year. As I have “put my toe in the water” of retirement these past twelve months, it has been interesting to say the least. Although I had some reservation, I now know it is the right decision. I am looking forward to my many new adventures. Mary Anne and I have been very fortunate in raising our three children these past 47 years and now are looking forward to time being spent with our five grandsons as well.

There are so many people to thank at this time. First of all, I want to thank all of our wonderful patients for entrusting me to take care of them for all of these years. Secondly, I want to thank my wonderful staff members who have assisted me in your care. I especially want to thank Sheila and Tori. They have been working with me for 22 and 33 years respectively.



WELCOME

Dr. Carolyn Winters is excited to join McDowell Orthopedics and Podiatry Group. Originally from Michigan, Dr. Winters is relocating to the area to be closer to family.

Dr. Winters is well trained in both the conservative and surgical management of foot and ankle conditions. She approaches every patient as an individual and strives to deliver great patient care.

She graduated from Boston University with a Bachelor of Science degree in Human Physiology and obtained her doctorate in Podiatric Medicine and Surgery from Des Moines University. Dr. Winters then went on to complete a comprehensive three-year surgical residency at St. Francis Hospital in Hartford, CT.

Outside of the office Dr. Winters enjoys spending time with her fiancé, horseback riding, and exercising. She is looking forward to serving the community.

Many of you have asked over the past year “who should I see when you retire?” First, let me say I feel so lucky to have been able to work with three of the finest podiatrists in Northern California. They understand the art of podiatry and have nothing but your best interest in mind. They truly care about your podiatric health and I know each of them will be able to support your foot and ankle needs. Many of you have already seen Dr. Ripp or Dr. Medawar in my absence and they will be honored to continue to care for you after my retirement. In the coming months, I would like you to also meet Dr. Carolyn Winters if you have not already met her. Those of you who know with whom you would like to continue your care, let us know, and we will make sure to honor that request. We want to make sure that you feel comfortable with this transition. In addition, Dr. Scott Fujii, an excellent Orthopedic Surgeon, and his PA, Michael Denton, have joined our group as well.

I wanted to let you know my schedule until I retire the week prior to October 31st. My last days in the office will be October 15th, and 16th.

Thanks again for all of the wonderful memories and I wish you continued good health.

Sincerely,

Dr. Brian McDowell



Making a Safer Home for Feet

Home is where the heart is; and it's where many of the people you love reside, as well!

If you are caring for an older individual or someone who might have problems with balance and stability, you want their home to be one that reduces risks of falls and injury. Even if someone feels confident where they live, the home remains where most accidental falls occur.

There are some easy steps you can take to help lower the risks of such an accident happening in the home. It's all about having a watchful eye:

- **Eliminate obstacles.** Cluttered hallways and corners should always be kept clear of obstacles, especially anywhere on or near staircases.
- **Provide handrails and bars.** Staircases and bathrooms are a must for these simple but saving devices. Make sure they are securely installed, and ask for the help of an experienced contractor if you doubt your confidence in installing them yourself.
- **Fix potential hazards.** Sometimes, parts of the home itself can be in enough disrepair to increase the risk of a fall. This can include loose carpeting (and don't forget that rugs may also cause problems), uneven floor boards, and other fixtures that can become obstructions.
- **Increase visibility.** Well-lit areas are less likely to be the scenes of accidents. Install brighter bulbs where needed and add night lights in areas that may receive traffic at night (such as in bathrooms, and between bathrooms and bedrooms).

Further precautions you can take may depend on the specific needs and conditions of those in your home. If you have any questions or concerns regarding the roles of foot problems and stability in keeping your loved one's safe, never hesitate to bring them up with us.

Mark Your Calendars

- October 1** National Hair Day – Are you washing yours too much? See our article!
- October 5** National Do Something Nice Day – Make the world a bit kinder.
- October 10** National Bring Your Teddy Bear to Work/School Day – You know you have one.
- October 12** National Farmer's Day – From their hard work to your plate.
- October 17** National Mulligan Day – Give yourself a second chance.
- October 23** National TV Talk Show Host Day – aka Johnny Carson's birthday.
- October 26** National Pumpkin Day – Check out our recipe this month!
- October 29** National Cat Day – Will a black one cross your path?



How Often Should You Wash Your Hair?

You might have grown up with the expectation that you should wash your hair each and every day. Or maybe you just like the feel of lathering up with your head beneath a cascading shower head. Those “rain” style ones are really nice.

But is it truly best to shampoo yourself up every day? That can vary depending on your hair.

According to Cleveland Clinic dermatologist Shilpi Khetarpal, our scalps naturally produce oil, which keeps our hair healthy and moisturized. If your glands don't produce as much oil, washing it out too often can lead to dry, dull, brittle hair.

Younger people tend to produce the most oil, so they tend to be better suited toward more frequent hair washing. As we become older, however, our oil production tends to drop. Women following menopause tend to notice this first, but men eventually find this to be the case, too.

Sheer volume and length of hair can also play a factor, too. The longer your hair, the more your oil is tasked with covering. The tips of hair tend to suffer first, and should be the target of conditioning (as opposed to your roots).

The best timetable for washing your hair will differ from person to person, but signs you are washing too much include the aforementioned dry, brittle hair as well as a dry and itchy scalp.

And if you exercise a lot? That actually shouldn't change your hair washing much, according to Dr. Khetarpal. You don't always have to wash your hair after a workout.



Squash Soup in Pumpkin Bowls

If you're in the mood for your pumpkins to hold more than candles or candy, try this recipe on for size.

Bowl Ingredients

- 4 small baking pumpkins, acorn squash, or sweet dumpling squash
- 2 tsp. sugar
- Kosher salt

Soup Ingredients

- 3 tbsp. unsalted butter
- Half a small onion, chopped
- Kosher salt
- 2 sprigs of thyme
- 1 medium butternut squash (about 2 lbs.) peeled and cut into 1-inch pieces
- 1 tsp. sugar
- Optional: 3 tbsp. heavy cream

Bowl Instructions

- Preheat oven to 400 degrees F.
- Cut a large circle around the stem of each gourd with a paring knife. Remove lid and scoop out.
- Sprinkle the inside of each with ½ tsp. each of sugar and salt.
- Place the pumpkins and lids on a baking sheet and roast 20-35 minutes, until tender.

Soup Instructions

- Melt butter in a large saucepan over low heat.
- Add onion and 1 tsp. salt.
- Strip thyme leaves into the pot.
- Increase heat to medium and cook about 5 minutes, stirring until onion is soft.
- Add squash and sugar.
- Cook, stirring, for 3-4 minutes, until glazed.
- Add 5 cups of water and bring to a boil.
- Reduce heat to low and simmer, uncovered, for 15-20 minutes, until squash is tender.
- Transfer soup to a blender in batches. Keep lid cracked to let steam escape and purée until smooth.
- Return to saucepan and stir in heavy cream, if desired. Season with salt and pepper, and add toppings such as croutons, paprika, chili powder, ham, or bacon as desired.



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Things that Go Bump on Your Foot

When you're a doctor of any kind, you just come to expect someone asking you what a strange lump is somewhere. And we're glad patients do! Keeping an eye on your body is an essential part of discovering problems and addressing them before they become more serious. It's always better to check something out and have it be nothing to worry about than to overlook something that is!

So, if you find a mystery lump on your foot (we're talking something whose identity isn't pretty obvious, like a bunion), what could it be?

The most common cause of a bump or lump appearing on the foot is a ganglionic cyst. This is a small, soft, fluid-filled sac that forms near a joint or tendon. It's most commonly found on the top or side of the foot, or close to the ankle joint.

While a ganglionic cyst is not cancerous, it will usually not go away on its own and must be drained. Even then, the fluid within the cyst can refill if the entire thing is not surgically removed.

Unfortunately, there is always the possibility that a lump can be cancerous. If there is reason to suspect something might be malignant, we may recommend a biopsy and other tests to help determine what exactly we are dealing with.

If you have a lump on your foot that has not gone away after a few days, it is always best to have it examined sooner than later. Not only will addressing the problem sooner often lead to more effective treatment, but having the peace of mind of knowing what something is or is not can be very powerful to your emotional health.

Never be shy if you want us to look at something. We always want you to speak up!