



# No Sweat!

## Help for Excessively Sweaty Feet

If your feet break out into a sweat just thinking about putting on socks and shoes, you likely have your parents to blame. You see, having excessively sweaty feet is thought to be an inherited trait—not necessarily the family tradition anyone wants to carry on! Even worse, this condition, known as hyperhidrosis, can cause issues beyond stress and embarrassment. When feet are constantly wet, especially when trapped inside socks and shoes, the risk of fungal infection is high, and yes, foot odor is common. However, you can control your fate. To counteract these occurrences, good hygiene is crucial.

- Wash feet with an antibacterial soap daily, and don't forget between your toes!
- Be sure to dry feet thoroughly and apply foot powder, cornstarch, or anti-fungal powder to your feet, as well as your shoes. You can also try applying antiperspirant to both.
- Wear moisture-wicking socks and shoes made of breathable materials like leather or mesh.
- Change socks regularly and rotate the shoes you wear so they have time to dry out.

You don't have to be destined to a life of excessively sweaty feet. Try these at-home treatment options, or come see us for additional help. There are prescribed oral medications as well as medical procedures that can alleviate the symptoms of severe cases. We're here for you—so don't sweat it!



### 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.

# Arthritis vs. Spurs

By Stephen J. Medawar, D.P.M.

When we talk about arthritis, we usually think of aching, painful joints. Arthritis is a very common ailment in today's society as we live longer and stay active. Bone spurs can occur wherever a ligament or tendon attaches to bone. Spurs are often painful, but more often than not are an incidental finding on x-ray evaluation.

Arthritis comes in many forms, but we are confining our topic to osteoarthritis. Osteoarthritis is also called degenerative joint disease. Degenerative joint disease is a good description of this pathology as it accurately describes the progression of the disease.

Initially the hyaline cartilage becomes injured. The smooth glasslike surface becomes rough and irregular. Just like the bearings in a car's engine, if one surface of the bearing is disrupted, it wears on the opposing surface. This abnormal wearing sets up the inflammation that we all can feel as pain. Inflammation, or "itis" as it is used as a suffix, is defined as pain, swelling, redness and warmth of a body part.

As the erosion and thinning of the joint cartilage continues, the inflammation increases the blood flow to the area causing tissue thickening. This occurs around the joint affecting the capsule and the bone responds with irregular growth.

In the later stages of degenerative joint disease we see limited joint motion, swelling of the joint and bone spurring. This type of spurring is a product of joint disruption. It occurs in backs, knees, hips, shoulders and yes, in the feet. Spurs around the big toe and on top of the arch are usually from this type of arthritis.

Bone spurs that occur away from joints, as mentioned earlier, are products of mechanical stress. As the tendon, ligament or fascia pull on the surface of the bone, the skin of the bone bleeds, this is microscopic, but this irritation causes bone to produce more bone along the lines of force or traction.

When friends complain of heel spurs, they are often describing the x-ray finding of the plantar fasciitis. As the plantar fascia pulls on the heel bone, new bone is created in line with the fascia showing up as a traction spur. Heel spurs are rarely the cause of heel pain.

Bone spurs, which occur on the top of the midfoot, are often a result of midfoot arthritis or trauma. The spurs become painful as they impinge on the soft tissue on top of the foot with shoe pressure from the straps of sandals or the tongue of the running shoe; these types of spurs are often painful.

The treatment of arthritis and bone spurs is designed to decrease inflammation and minimize the function of the joint or body part to provide relief. Anti-inflammatory medication, such as ibuprofen or Naprosyn, help decrease inflammation. Cortisone injections provide relief, as this places the medication at the point of discomfort. The physician may prescribe functional orthotics to help the function of the foot. Sometimes acupuncture, acupressure and topical analgesics help decrease pain.

The last resort in the treatment regime is surgery. If the source of pain is a painful arthritic joint, then removing the joint spurs, replacing the joint or fusing the joint are viable options. Treatments for mechanical spurs follow a similar path.

It is best to seek a professional for your examination which may include standard x-rays, ultrasound images, CT or MRI to establish a proper diagnosis. See the doctors at the McDowell Podiatry Group for the answers to your questions and establish a treatment plan.



# Say So Long to Sweets

Cutting back on sugar has many health benefits, including lowering blood pressure and bad cholesterol, as well as decreasing your risk of heart and liver problems, diabetes, and even cancer. It also keeps your brain sharp, your skin clear, and your spirits high. That's all great motivation, but that doesn't mean it's easy!

This time of year especially, when trick or treaters come calling, we're often surrounded by sweets that are hard to avoid. From passing out candy to preparing cupcakes for school parties, temptation is all around us—and it's only the beginning of an onslaught of holiday treats! Well, here are some tricks to help you slash some of that sugar from your diet without having to say goodbye to every goody you meet:

- Avoid processed foods that contain hidden sugars.
- Eat fresh fruit!
- Stay away from flavored yogurt.
- Make your own sauces and dressings.
- Reduce your intake of soda and mixed alcohol drinks.
- Watch out for aliases like "high fructose corn syrup," "sucrose," as well as artificial sweeteners.
- Cut back on carbs.
- Buy things that are unsweetened.
- Stay clear of sports and energy drinks, and pass on bottled iced tea and coffee drinks.

Try some of these suggestions, and you'll be surprised how quickly you'll be able to say, "So long sugar. Hello health benefits!"



## Pumpkin Carving Pointers

1. Pick a pumpkin that is fresh and has no bruises, a sturdy stem, and a flat bottom.
2. Cut the lid on an angle—not straight up and down—so it doesn't fall inside.
3. Scoop and scrape like crazy! Remove all the insides and thin the interior walls.
4. Tilt the pumpkin upward and carve a face carefully with up and down slices. You can use a serrated knife for detail work.
5. Don't throw your scraps away! You can use them for ears, eyebrows, a tongue, or other fun and creative features.

**BONUS** secrets courtesy of Good Housekeeping:

Keep your pumpkin fresh by sealing cut edges with petroleum jelly to lock in moisture.

Sprinkle a little cinnamon on the lid and the lit candle will make it smell like pumpkin pie!



## MCDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

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# Don't be Afraid of Flat Feet

We are all born with flat feet, and our arch develops over time. Sometimes, however, arches don't ever make an appearance and the bottoms of feet stay flat from heel to toe. While this may seem concerning, it's actually nothing to fear. In fact, oftentimes people with flat feet experience no problems at all and go through life as carefree and active as their friends with well-defined arches do!

It is only if flat feet start causing pain that treatment becomes necessary. This can occur when the lack of an arch places stress on feet and ankles, resulting in alignment issues, strained ligaments and tendons, or biomechanical and gait problems. Even then, treatment to minimize symptoms is mainly conservative, ranging from footwear that provides plenty of arch support and heel stability, to orthotics that help distribute pressure evenly and support your arch. There are also wraps you can use to ease discomfort. Of course, if these treatments are found to be ineffective, surgery may need to be considered to relieve your pain, but this is typically only necessary in severe cases.

The bottom line is, if you have flat feet, don't be afraid! It doesn't have to stop you from enjoying the activities you love. Talk to us about options to ensure your condition doesn't become a pain!