



MCDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

News and Updates

August 2015



Bunionettes: Sure, They Sound Cute, but They Can Be Painful!

Bunionettes might sound like a cute group of back-up singers or animated friends, but don't let the name fool you! These close relatives of the bunion can pack a powerful and painful punch. They form on the outside of your foot at the base of the pinkie toe due to friction and pressure. This is often the result of shoes that are too tight. The bothersome bony protrusions yield similar symptoms as those stemming from the more well-known big toe bunion.

Redness, swelling, tenderness, and pain can accompany the problem, and it can be easily aggravated and worsened by shoes that rub and irritate the area. Calluses often develop and the condition can become as unsightly as it is uncomfortable. Ignored, bunionettes can make even walking unbearable. Luckily there are ways to ease the discomfort and slow the progression. Anti-inflammatory medication and ice can minimize pain in the affected joint. Wearing comfy shoes that fit properly will eliminate stress placed upon the area as well. There are special pads you can put over the bump for added cushion and protection, and splints or spacers keep the toes in correct alignment and the joint from jutting outward.

Look for footwear that offers plenty of wiggle room for your toes, and avoid narrow, pointy, high heels as much as possible.

There's nothing cute about bunionette pain—keep discomfort to a minimum with these and other tips found on our webpage. With our help, you can bid goodbye to these baby toe bumps with their adult-sized symptoms, and get back to your pain-free days.



Dogs Barking During the Dog Days of Summer?

Give 'Em a Treat with These Tips for Sore Feet!

If your dogs are barking after a long day of late summer fun, you don't have to just sit and stay. You can chase the pain away by learning a few new tricks to beat tired, sore feet.

First, give 'em a treat by soaking them in a soothing foot bath with Epsom salts. Afterwards, elevate your feet by kicking back and propping them up on a pillow. Now's a great time for a foot massage! Apply some oil or lotion then rub it in and gently apply pressure to the sore areas of your soles.

Next, fetch a towel and loop it around your feet while in a seated position with legs straight out in front of you. Now pull the ends of the towel toward you to stretch the muscles in your arches and toes. Loosening your calf muscles will help, too. For this, face a wall, lean against it with your hands, then lunge back with one leg trying to touch your heel to the floor. Hold and switch.

Another good way to silence the soreness is by slipping some orthotics in your shoes. These can provide the support and added cushion you need, as well as distribute pressure evenly and help maintain correct biomechanics.

Always make sure your shoes fit properly and are appropriate for your summertime activities!

When you're trying to fit in that last bit of summer fun, don't let sore feet hold you back. Retrieve even more tips by simply asking our helpful staff!

Mark Your Calendars

- August 2** Friendship Day—BFF's rejoice!
- August 6** Wiggle Your Toes Day—one of our favorites
- August 10** Lazy Day—a perfect excuse to relax!
- August 16** National Tell a Joke Day—ha ha ha ha ha
- August 21** Senior Citizen's Day—remember to respect your elders



Meet our New Doctor!



Dr. Ripp joined McDowell Podiatry in 2014. He received his Bachelor Degree in Economics at Brigham Young University in Provo, UT. While at

BYU, he had additional studies in Spanish and Portuguese. After college, Dr. Ripp obtained his Doctor of Podiatric Medicine from Des Moines University where he graduated in the top ten of his class and was president of the Local Chapter of the Pi Delta National Honor Society.

Dr. Ripp completed a 3-year surgical residency program at Swedish Medical Center in Seattle, WA. This residency program has long been considered one of the elite Foot and Ankle training programs in the United States. During this time, he has worked with some of the top Foot and Ankle surgeons in the country including both the Orthopedic and Podiatric communities.

Dr. Ripp enjoys treating all aspects of the foot and ankle. Special interests include reconstructive lower extremity surgery, sports medicine, and pediatrics. He is a member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons

Dr. Ripp is married and has two children. He is an avid sports fan who loves the outdoors. Born in Texas, he has a passion for BBQ and football.

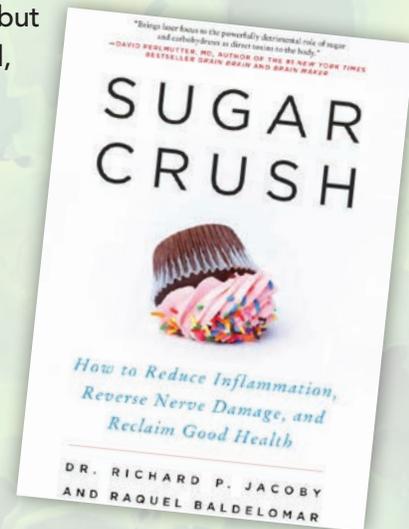


Hunger Vs. Cravings

Many diets focus on will power, but when body chemistry is involved, that may not be enough. What does it mean to be satiated or full? This process is governed in part by **LEPTIN**, a hormone produced by your body fat. It signals to your brain that you have plenty of stored fat and don't need to eat anymore. Leptin turns off your hunger switch and signals the stomach to stop growling because you're satiated. However, consuming too much Sugar leads to leptin resistance.

This is similar to what happens in insulin resistance, your body produces more and more leptin, but your brain doesn't get the message. Insulin resistance generates leptin resistance, meaning the more sugar you eat, the hungrier you feel.

Clearly, Sugar isn't something you can give up easily, but if you have diabetic neuropathy, you have no choice. Sugar is crushing your nerves and putting you on the downhill path to constant pain, disability, diabetic foot ulcerations, amputation and death. I think that's a pretty good motivation for giving up the sweet stuff.





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Try the Hot Yoga Trend!

You've probably heard about the latest fitness craze hitting the nation—let's face it, hot yoga is a hot topic! How does it differ from other forms of this popular posing and stretching exercise? Well first of all it's performed in a hot and steamy studio—we're talking 105 degrees, with 40% humidity! Now you might wonder why in the world you would want to exercise in such severe conditions, but the fact of the matter is, the heat contributes to raising your heart rate and exhausting your muscles. In other words, it intensifies the workout! In fact, you can achieve the same amount of cardio holding a pose on a mat as you could running a mile.

Also known as Bikram yoga, a typical program covers 26 poses in 90 minutes. This vigorous series of intense postures is designed to engage all major muscle groups, increasing flexibility and strength. The hot and humid air forces you to breathe deeply—a key component to yoga of any kind. It also makes you sweat, detoxifying your entire body. Best of all, it's an awesome alternative therapy to heal injuries and prevent them in the future.

There are hot yoga studios popping up everywhere, so if health issues are not a concern, go ahead and give it a try. Of course you should always check with experts like us before you launch into a new routine. You should also drink plenty of water to stay hydrated, and stop if you feel at all dizzy or sick.

Remember hot yoga is super cool, but it's not for everyone!

