



MCDOWELL PODIATRY GROUP

TREATMENT OF THE FOOT AND ANKLE

News and Updates *September 2015*



Achilles Tendinitis Tips to Keep You in the Game

Let the games begin! Fall sports of all kinds are kicking off, and every athlete wants to start the season strong. If you're training too hard, though, it can take its toll, especially on your Achilles tendon.

Achilles tendinitis is an overuse injury and often occurs in those who increase the duration and intensity of their workouts too quickly. To avoid this sidelining condition, it's best to gradually boost your training and be sure to warm up properly beforehand. The right shoes make a difference, too. Make sure yours offer plenty of cushioning and support to reduce tension placed upon your Achilles. Orthotics can provide additional help as well.

Another great prevention method is cross-training. Alternating low-impact activities—like biking and swimming—with your high impact workouts can help minimize stress on the tendon. Strong calf muscles can do so as well, so try strengthening exercises like rising up and down on your toes.

Finally, if you do feel pain, rest! Avoid running, especially on hilly terrain, and ice the area to reduce inflammation. A little patience will go a long way here. Coming back too early can make the problem worse and even encourage future flare-ups.

Follow these tips and by the time the ref blows the whistle, you'll be more than ready to play! Just ask our friendly staff if you want to find out more.



Fitting in Fitness at Work

When you work all day, it's hard to get in the exercise you need to stay fit and healthy. Well, in honor of Labor Day, we'd like to offer all you hard-workers some helpful hints on how to fit fitness into your busy work week.

The last thing anyone feels like doing after a long and tiring day on the job is coming home and squeezing in a workout, so try getting up early instead. Set your alarm—and don't hit that snooze (you snooze, you lose!). Exercising before heading to work is a great, energizing way to start your day!

Not a morning person? Then take advantage of your lunch break. Walk to the sandwich shop, take a quick trip to the gym, do some stretches after you eat, keep some hand weights in your desk drawer—you get the idea.

Another great way to get in some fitness is to skip the elevator and take the stairs, or hop on your bike or walk to work instead of driving. You can forget emailing co-workers too—get up and go deliver the message in person! Even if you need to stay seated for long periods of time, you can still work some muscles simply by contracting them periodically. You can also exchange your chair for an exercise ball, or set a timer to stand up and move right at your desk—do some calf raises, squats, leg circles, and wall pushups, or walk in place or around your desk a few times.

If you are destined to have to exercise after work, be sure to develop a set routine so you can make it part of your everyday agenda without skipping a beat. Once it's a habit, it'll be hard to break.

Have a Happy and Healthy Labor Day!



About the 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.

Listen to Your Body's Warning Signs

It's pain awareness month! Okay, so it's not exactly the best cause for celebration—after all, no one wants to actually be aware of feeling pain! Everyone goes through it from time-to-time, though, and too often we ignore this built-in warning signal our body gives to tell us something's wrong. We figure it'll probably just go away, then try to see if we can tough it out. However, pain is not normal and should never be ignored.



Foot pain in particular can be the result of any number of problems, some of which can be quite serious. The only way you can truly know what's wrong is to have a podiatrist (like ours!) assess your condition and make a diagnosis—only then can it be determined how best to treat the problem and put an end to your pain, or at the very least manage it.

There are two main types of pain:

Acute, which is usually sharp and sudden, and ranging from mild to severe as a result of injury, for example.

Chronic, when pain persists for longer than 3 months, affecting quality of life both physically and mentally.

Managing an underlying condition that is causing the pain is one way of minimizing discomfort. Medication, physical therapy, and surgery are just a few other techniques that can be used to alleviate pain and help you to live a full and active life. So if your body is sending the warning sign of pain—listen! Then, ask our expert staff for help.

Sugar is a Toxin

This newsletter starts out discussing the importance of daily exercise. I am going to explain to you what that really means on a caloric level. "If you had any residual doubt about 'a calorie is not a calorie,'" this analysis should remove it. Every additional 150 total calories per person per day barely raised diabetes prevalence. But if those 150 calories were from a can of soda, increase in diabetes prevalence rose sevenfold. Sugar is more dangerous than its calories. SUGAR IS A TOXIN. Plain and simple." That paragraph was taken directly out of the book called "Fat Chance" written by Dr. Robert Lustig, a pediatric endocrinologist from Berkley. If you or someone you know has a child with obesity issues you will find his book very informative.

Exercise is the single best thing you can do for yourself. Exercise works at so many things—except one: YOUR WEIGHT. How many people workout hard four times a week yet remain over weight? If "a calorie is a calorie" then one calorie ingested equals one burned. Exercise should cause weight loss and doing a lot of exercise, even if you keep eating the same foods, should make you shed some serious poundage. But it doesn't. It has always been assumed that by burning 2,500 calories in exercise would burn 2,500 calories of fat. Recent studies indicate that it takes burning 3,977 calories of exercise to burn 2,500 calories of fat. Maybe that is why exercise alone doesn't take care of our weight problem alone. I have found that many of my patients and friends who exercise a lot and maintain their weight is mainly because they eat the right foods that are low in sugar. On the other hand those who exercise a lot and are overweight eat too much fruit and carbohydrates which are high in sugar.

"Too much Fruit". I thought fruit was good for us. It is and I am not telling you not to eat fruit, but as with all things in moderation. Remember fruit has fructose which is sugar that is broken down in the liver and too much can create a fatty liver. It also doesn't release the satiating hormones called leptin and ghrelin. In another issue I will discuss the satiating hormone LEPTIN and GHRELIN.

Remember exercise is very important because it builds muscle and muscle helps us burn off sugar. The most important thing, however, is to watch your sugar intake.



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Prompt Attention for Puncture Wounds

After stepping on something sharp, the first thing you'd probably do is scream out in pain then hop around on your good foot, but the next thing you better do is take care of it. Prompt treatment of puncture wounds is crucial to preventing infection. If you don't have diabetes, and you have had a tetanus shot, a minor puncture wound can be treated at home with a little TLC.

First, as much as we're sure you don't want to, you're going to have to take a look at it. Check if the object that caused the wound—or any piece of the object—is still inside. If it is, use sterilized tweezers to carefully remove it. Next, after allowing some blood to flow for a bit to promote cleaning, stop the bleeding by applying direct pressure. Then, wash the wound thoroughly with mild soap and water. Do not use anything else to avoid harming tissue and slowing the healing process.

Protect the area with a sterile bandage. You can ease any pain by keeping your foot elevated as much as possible and taking recommended medication. If you see any signs of infection—redness, swelling, warmth, increased pain, fever, or discharge—call us right away.

For more information, just ask. We are always happy to help. Oh—and watch your step!

