

THE FOOT & ANKLE SURGEON



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www.advancedfootsurgery.com

**REMEMBER—
WE HAVE MOVED!**

We are located in
Stonecrest Center at
10900 S.E. 174th Place,
Summerfield, FL 34491.

Our telephone numbers are:
Lake and Sumter Counties:
(352) 750-6855
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(352) 245-9562



Just the facts— about flat feet

We all start out with flat feet, but by the age of three a definite arch usually has formed. In children, feet that continue to be flat may have loose connections between the joints. It is possible for one foot to be flat and the other to have an arch. In older people, extra weight or lack of exercise can contribute to the problem.

In flat feet, the arch actually collapses as weight is put on the foot. Because of the structure of the foot, this biomechanical problem puts added stress on other parts of the foot. This can lead to a plethora of problems, including...

- ★ **heel spurs**
- ★ **metatarsalgia**
- ★ **plantar fasciitis**
- ★ **bunions**
- ★ **pain in the legs**
- ★ **back problems**
- ★ **achilles tendonitis.**

About a quarter of us have flat feet, but not everyone experiences all the problems associated with them. For those who do, there are steps that can be taken to help relieve the discomfort. Start off by wearing good-quality shoes with plenty of arch support. Conservative treatments for the overpronation caused by flat feet may mean orthotics designed to give your foot the specific support it needs. Problems caused by flat feet can also be treated depending upon your individual needs. If the complications of flat feet are a problem for you, don't suffer needlessly with the pain. Contact us and let us help you face the facts about the condition and give you some much-needed relief.

Thank you for all your referrals. We appreciate them!

Be nice to your feet

Often, the problems that occur in feet develop gradually as feet are neglected during the younger and middle-aged years. Being kind to your feet can mean much less discomfort for you as they age. The shoes you put on your feet can make a very big difference during that time. For women in particular, the right shoes now could mean avoiding foot pain later in life.

What not to wear

Avoid shoes that don't give you any support. Sandals and other slip-on shoes often have no arch support. Women should avoid high heels except for an occasional evening out or when necessary for business events. Inside your home, it should be fine to go barefoot.

What to wear

Look for shoes that offer you both comfort and arch support. Choose shoes that leave plenty of room for your toes. Don't squeeze them into a toe box that doesn't allow your foot to retain its natural shape. Rubber soles are a good choice because of their flexibility. The shoes should bend easily under the balls of your feet rather than in the middle of the shoes.

The right fit

If you step on the top of the shoe you're considering with your bare foot, is your whole foot surrounded by the shoe? If not, you may be looking at the wrong shoe. Do you have a finger's-width room between the heel of your foot and the heel of the shoe? If not, this pair may be too tight.

Wearing the right shoes now can mean preventing pain later. Many foot problems, such as bunions, can be related to or aggravated by the wrong shoes. If you're having problems finding shoes that fit you comfortably, talk to us about where to find better ones or about other things that can be done to help your feet stay comfortable now and for years to come.



What do your feet do?

Whatever your job, your feet go along with you each day. They may spend much of your work time resting under a desk, or they may play an integral role in your chosen profession. Work-related injuries that affect feet range from fractures caused by dropping a heavy object on the foot to corns and calluses caused by required, but ill-fitting, safety boots.

Among the dangers waiting for feet in many occupational situations are ankle sprains, foot pain caused by working on hard surfaces, and skin reactions to required footwear. Contusions may result from specific work-related accidents; however, standing in one place for a significant period of time over the years can also cause discomfort in the feet and lower legs.

Being aware of how work affects your feet on a daily basis and over the long term is important if you want to prevent painful foot problems. Foot deformities that are caused or aggravated by occupational conditions might eventually become debilitating. A consultation with a podiatrist now could help alleviate discomfort and prevent foot problems in the future. We'd like to help you start each workday with a spring in your step.



A callus attitude

However, calluses can also be related to flat feet, obesity, and problems with gait. Relieving the pressure that causes the callus in the first place is often the best treatment.

Orthotics are frequently prescribed to relieve the pain of calluses. In addition to taking away the discomfort, the orthotic gives the area a chance to heal. Orthotics that are formed of soft materials that absorb shock are often the best choice. Avoiding the shoes that resulted in the callus formation is also a smart move. To learn about more ways to alleviate callus pain, please call our office.

Calluses are actually accumulated dead skin cells. You'd think, since they are basically dead, they wouldn't cause you any pain. Unfortunately, that isn't the case. Calluses have a core that causes discomfort when pressure is applied. Under certain circumstances, this pain can be excruciating.

Sometimes, calluses are so uncomfortable that people try to relieve the pain through home treatments. Cutting away the dead skin is often attempted. This is always a mistake, because this treatment can actually worsen the condition or result in infection.

The root cause of most calluses is pressure. Sometimes that pressure is the result of high-heeled or other poorly-fitting shoes.

Happy hiking

Like to walk? Maybe you enjoy walking so much, you're thinking of raising the bar a notch. However, the idea of jarring your legs and back by switching to jogging just doesn't appeal to you. Why not consider hiking?

Depending on the terrain, hiking can be as ambitious as jogging. It provides an excellent workout that raises your heart rate, works your leg muscles, and gets you out in the fresh air. The payoffs of hiking, however, go far beyond the simple benefits of aerobic exercise. Hiking affords one the opportunity to enjoy nature. There's a quiet joy in the woods, a sweetness in the crisp air, and a calm in the subtle smells that may include pine or cedar scents. There's also the sense of accomplishment that can be experienced in solitude or within the camaraderie of a group. There's a heightened feeling of expectation on a hike that just doesn't occur every day at the gym.

For spirited folks who venture out for a hike in the colder weather, it's important to dress appropriately from the feet up. Be aware of temperatures and whether precipitation is expected, and dress accordingly. Choose hiking boots with more-than-adequate support. A leather upper with a rubber sole is good in cold, wet conditions. Couple these boots with socks of either wool or a synthetic material that will keep you warm while wicking away moisture.

If you can hike only on weekends, be sure you keep up a good walking regimen during the week to help stay in shape for the more rigorous weekend workout. Hikers who aren't able to exercise regularly are prone to certain overuse injuries. Among these are Achilles tendonitis, which



inflames the tendon that runs from the heel into the back of the leg. Plantar fasciitis also results in heel pain as the ligament that runs from the ball of the foot to the heel bone is stretched. Morton's neuroma causes numbness and a burning sensation in the toes. This results from a nerve that's pinched when the metatarsal bones are squeezed improperly.

Attention to the feet; proper, good-fitting equipment; and regular exercise can help avoid some of these problems. However, a visit to our office before beginning an exercise program can help you to know if you're prone to certain foot problems. A consultation with us can help you avoid pain by helping you to choose proper footwear or taking steps now to prevent trouble before it starts.



THAT TENACIOUS FUNGUS

We're talking about athlete's foot, of course. For some of us, it seems that once the spores take hold, there's no vanquishing the itch and discomfort. Fortunately, help is available.

In the first stages, athlete's foot, or simply foot fungus, can be treated effectively with over-the-counter preparations. Look for relief in creams and sprays containing either tolnaftate or terbinafine hydrochloride. Both ingredients have been shown to kill the fungus that causes athlete's foot.

Used according to directions, these treatments should cure the problem within a couple of weeks. However, if you find the symptoms still dogging you, a visit to our office should be your next move. We can rule out the possibility of a bacterial infection or other problem. Depending on what we discover during our examination, we may prescribe a topical treatment that should get your problem under control.

Once you've squelched your fungus, it's important to do your best to prevent a recurrence, especially if you've tackled the fungus more than once. Clean carefully between toes when you shower, and take time to dry your feet thoroughly. The fungus likes to live in dark, wet areas, so denying it a comfortable home is a good idea. Use a moisture-absorbing powder regularly, and stick to cotton socks. Cotton is absorbent and allows air to circulate between toes to encourage a drier environment. All these things will help discourage athlete's foot fungus from returning.

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*Here's your
foot care newsletter!*

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Clinic Days & Hours

Mon. 9:00 a.m.-5:00 p.m.
Tues. 9:00 a.m.-5:00 p.m.
Fri. 9:00 a.m.-3:00 p.m.

Surgery Days & Hours

Wed. 7:00 a.m.-4:00 p.m.
Thurs. 7:00 a.m.-4:00 p.m.

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Marion County:
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e-mail:

advfootsurgery@aol.com

Web site:

www.advancedfootsurgery.com



Things to cherish

The last few years have not been among the easiest or happiest for our country. They have, however, been times when the values we cherish have become more apparent. The dedication we feel toward our country and our devotion to our families are now more of a priority.

So too is our support for those men and women in uniform who are fighting to retain the liberties we all enjoy each day. It is because of their sacrifice that we can each celebrate this holiday season in accordance with our own beliefs. Many are sacrificing the time they could be spending with their families so that we can have the freedom to gather with ours.

During this sentimental season, we salute those who have sacrificed their comfort and even their lives for our way of life. Our hearts go out to those of you who are far from loved ones who are fighting overseas for this country. Our thoughts are with all of you at this time of year. May your holidays be special as we all focus on the values we hold most dear.