

FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE
June, 2021

Ready for Summer?

Summer is upon us once again. And hopefully this year, COVID will not spoil our summer fun! So, as we all head out to the beach or the pool, let's discuss how to keep our feet safe and healthy.

Flip Flops and Sandals:

It is important to protect our feet from any debris that may cause an injury, such as glass, splinters, sharp stones, etc. While we like to air our feet in the hot weather, we need to protect them as well. Flip flops and slides are two options, but they should be used with caution.

These are fine to wear on the beach or poolside, but not when walking extensively or on rough terrain. Because they are not strapped to your feet securely, it is easy to trip in flip flops or slides, especially on stairs, grass, uneven trails or stone walkways.

Sandals may be a safer option than flip flops and slides for several reasons, provided you choose them wisely. There are many sandals with a supportive foot bed to stabilize the feet. This includes a deep heel cup to stabilize the heel as well as an arch support. You want a thick soled sandal to protect you from injury and provide some shock absorption. Be sure the sandal has an anti-slip sole with treads to prevent slippage and falls. However, avoid deep treads in which small stones can become lodged and create a potential fall hazard.

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Choose the sandal material based upon its requirements. Will you be walking in water or on wet surfaces? If so, choose something waterproof. Keep in mind that a plastic or rubberized sandal will cause you to perspire. This can lead to athlete's foot, blisters or a dangerously slippery sandal while walking. Wear sandals with a breathable material against your skin to keep the feet cool and reduce perspiration and friction.

Be sure your sandal is secure on your foot. There should be adequate straps over the top of the foot, as well as strapping for the heel and ankle. This is particularly important while walking on uneven surfaces such as trails, over rocks or along a stream or creek bed. Adjustable straps provide a better fit for increased stability. Avoid sandals with a stump (thong) between toes that can cause irritation, blisters and painful sores, especially in the diabetic. Also, consider closed toe sandals for greater protection, particularly when walking outdoors. And, of course, do not wear sandals with high heels that are unstable and can lead to falls, ankle sprains or even fractures.

Sunburn on your feet:

So often, people slather sunblock all over their bodies but stop at the ankles. If you will notice, you do have skin on your feet! Therefore, don't forget to apply the sun block to the feet and toes to reduce your risk of sunburned feet. If your feet do become sunburned, rinse them in cold water, avoiding soaps. Then use a moisturizer with colloidal oatmeal that can reduce the inflammation in the skin and help to restore your skin's protective barrier. Next, apply aloe vera to cool and

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soothe the skin while also promoting healing of first and second degree sunburns. Be sure to apply this several times a day for several days until the area heals. Also helpful for sunburn pain are oral anti-inflammatories such as Advil or Aleve and ice packs. If the sunburned area is itchy, apply OTC hydrocortisone cream 1% to stop you from scratching.

If blisters occur, this is a second degree burn. In addition to the above, some remedies for this types of sunburn include soaking in dilute bleach. Use only a quarter cup of bleach in a 40-gallon bath and soak your feet (and any other burned body parts). This will soothe the skin and protect against infection. For smaller blisters or areas of peeling, apply a petrolatum gauze such as xeroform. Regular gauze will further dry the skin. The petrolatum gauze will reduce the peeling and prevent you from picking at the loose skin or popping the blisters. For larger, more severe blistering, call our office for an evaluation ASAP.

Drink plenty of water after sustaining a sunburn to prevent dehydration. And avoid topical products that contain anesthetics such as lidocaine or benzocaine. Also, avoid any lotions with potentially irritating ingredients such as retinol, hydroxy acids or lactic acids as they can cause further discomfort. Another option is to soak a washcloth in a 50/50 mixture of milk and ice water and place it on the sunburn. This will help to soothe the burn as well. And the next time you go out in the sun, either apply a high SPF sun block to the feet or cover them up to protect them from the sun's harmful UV rays!

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MYTH BUSTERS:

Going barefoot strengthens our feet. While this is true for infants and toddlers who should be barefoot to develop muscle strength and coordination, we have grown up in a concrete society, walking on hard surfaces filled with debris and obstacles that can be harmful. Our feet have become accustomed to wearing shoes for support and protection, so tossing aside our shoes as adults leaves our feet unsupported, strained and vulnerable to injury.

WHAT'S NEW:

Dr. Rostami has started an Instagram account for our practice to provide useful, fun and interesting information regarding foot care and the services we provide. Follow us at [springfield.podiatry!](https://www.instagram.com/springfield.podiatry/)

FUN FACTS:

Your toenails grow more slowly than your fingernails. Toenails typically grow about 1 mm per month, while fingernails grow about 0.1 mm per day or 3 mm per month. So, on average, it takes about 9-10 months to grow an entire toenail versus about 5-6 months to grow a fingernail. And keep in mind that nearly 25% of your nail is under the cuticle.

PUZZLE:

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PERSONALLY SPEAKING:

June is the month for Dads and Grads. And our Office Manager, Lovette, has a son graduating from the 8th Grade at the Overbrook Educational Center. Next fall, he will start at a Trade High School. Good luck, Mikai!

Quotes for June:

“June is the Gateway to Summer...” - Jean Hersey

“The summer night is like a perfection of thought.” - Wallace Stevens

“Limits, like fears, are often an illusion.” - Michael Jordan

Call today for your foot health evaluation!

In Drexel Hill, call 484-459-5954

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