



HEALTHY FEET ARE OUR TOP PRIORITY

Newsletter

April 2017

Our Offices

Peachtree Dunwoody

Medical Center

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Mall of Georgia

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Office Hours

Mon: 8:00am - 4:30pm
Tue: 8:00am - 4:30pm
Wed: 8:00am - 4:30pm
Thu: 8:00am - 4:30pm
Fri: 8:00am - 4:30pm

Now available: Simple, In-Office, One Stitch Hammertoe Repair

Your surgeons at Northside Podiatry now offer a simple, in-office one stitch hammertoe repair.

This simple procedure to repair flexible hammertoes is done in the office with a little local anesthetic. This procedure has a much shorter recovery than traditional hammertoe procedures.



This is a minor surgical procedure, so you will have bandages, a special surgical shoe and you must limit your activities and keep your foot dry for 7-10 days. Once the stitch comes out, we will instruct you how to "buddy tape" and train your toe in its new position. In most cases, you can wear wide, regular shoes in 10-14 days and resume most of your activities (including gentle athletics) during that time period. As with any procedure there are risks of complications. These include infection, delayed healing, recurrence, and result less than expected.

The simple, in-office, one stitch hammertoe repair procedure has shown good results for people with painful corns at the tip of the toe. It is also good for diabetics with ulcerations at the tip of the toe. This procedure is indicated in flexible or curved hammertoes. If your hammertoes are more rigid or contracted at the joint to the foot, then we might instead recommend traditional hammertoe surgery.

Call 404-843-0090 today to make an appointment with one of our Board Certified foot surgeons to evaluate whether you are a candidate for the simple, in-office, one stitch hammertoe repair.

Heel Pain Often Caused by Plantar Fasciitis

If you have heel pain, you know that it can halt any exercise program and make it painful to work, run and even stand. Plantar fasciitis is the most common cause of heel pain.

What Is Plantar Fasciitis?

The plantar fascia is a thick band of tissue that attaches to the heel bone and runs along the bottom of your foot.



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History FootNote

In 1881, a patent was issued for a nail clipper that hung from the owner's belt and doubled as a glove buttoner.

Celebrity Foot Focus

Sarah Jessica Parker has suffered from plantar fasciitis - although not from playing football as is the case with Eli Manning, New York Giants quarterback. SJP's problems are most likely a result of wearing high heels for extended periods of time on a regular basis.

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....continued from page 1 Heel Pain Often Caused....

When this tissue becomes inflamed because of repeated stretching and tearing, it can be painful to walk, especially when first arising in the morning and when getting up after sitting for a period of time.

Plantar fasciitis is common in runners or those who play sports with a lot of jumping. You may also be at risk of this painful condition if you have a high arch, wear poorly-fitting or worn out footwear, are overweight or if you stand on hard surfaces for long periods.

Note that 50% of patients with plantar fasciitis also have a heel spur, a bony growth on the heel bone. Heel spurs may not cause any pain and usually don't require separate treatment.

Treating Heel Pain Caused by Plantar Fasciitis

Ignoring plantar fasciitis isn't a good idea as it may result in chronic heel pain that keeps you from enjoying your favorite activities. Also, if you unconsciously change the way you walk to accommodate the pain, you may develop foot, back, knee or hip problems.

We can help! Our approach to treating your plantar fasciitis may be:

- Medication orally or injected - to relieve pain and reduce inflammation.
- Physical therapy to stretch the plantar fascia and Achilles tendon and strengthen lower leg muscles.
- A night splint to keep your calf and foot arch stretched while you sleep.
- Custom-fitted orthotics to help distribute the pressure on your feet more evenly.
- The newest options for Plantar fasciitis are Amniofix injection and MLS laser treatments. These stimulate the fascia to heal itself. Surgery may be recommended only in rare cases that don't respond to other therapy.

Preventing Youth Injuries in Sports

If you have a child or teen who enjoys playing sports, you may have spent some time in an emergency room after an injury. You're not alone - the Centers for Disease Control and Prevention (CDC) estimates that more than 2.6 million children and teens get treatment in emergency rooms each year for recreational and sports-related injuries.



Common Sports-Related Injuries

- **Sprains and strains.** An ankle sprain is the most frequently seen sports-related injury.
- **Repetitive motion injuries** that can result in tendonitis, stress fractures or plantar fasciitis.
- **Traumatic brain injuries or TBIs.** A concussion is a mild TBI, but more severe injuries can have serious, debilitating consequences.
- **Heat-related illnesses** are on the rise when young athletes experience dehydration, heat exhaustion and even heat stroke.continued on page 3

If you observe any foot or ankle pain or injury, please visit us as soon as possible so we can quickly and accurately diagnose and treat the problem.

Sports-Related Injuries in Youth Can Be Prevented

April is National Youth Sports Safety Month and a great time to revisit and reinforce youth sports safety techniques:

- Stay involved as a parent to make sure your child isn't pushed beyond his ability.
- Your child should start slowly and gradually build up endurance. Check that there is ample time for warm-ups, stretching and cool-downs.
- Always equip your child in appropriate and high-quality protective gear and footwear for each specific sport.
- Watch for any signs of pain - don't ask your child to "work it out" as this can make any injury worse.

Learn more about preventing youth sports injuries from the CDC and KidsHealth.org.

Recipe of the Month **Grilled Pear & Cheddar Pockets**



Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich. It's low fat and quick and easy to make.

Ingredients

- 2 teaspoons Dijon-style mustard
- 1/2 of a whole grain pocket thin flatbread
- 2 slices ultra-thin sharp or mild cheddar cheese

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Joke of the month



Math:

The math teacher saw that Daphne wasn't paying attention in class. She called on her and said, 'Daphne! What are 2 and 4 and 28 and 44?'

Daphne quickly replied, 'ABC, CBS, HBO and the Cartoon Network!'

Trivia

The titanic hit the infamous iceberg on which day in April?

- A. 7
- B. 14
- C. 22
- D. 29

Answer B

....continued from page 3 **Recipe of the Month**

- 1/4 cup arugula
- 1/3 of a medium red pear, cored and cut into 1/4-inch-thick slices

Directions

1. Preheat a small covered indoor electric grill.* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.* Grill about 1 1/2 minutes or until lightly toasted.

Tip

* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.



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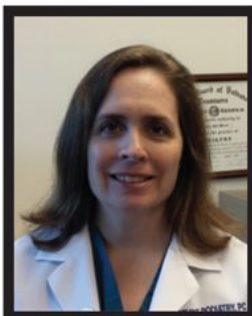
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