

# Your Next Step, P.C.

## FOOT NOTES

June 2010

### SPECIAL EVENTS!

- ◆ Get in Step with Summer Foot Care
- ◆ On-Line Shopping at Your Next Step

### Summer Foot Care

Summer will officially begin this month, and many of our patients will be kicking off their shoes at home, at the beach or in the park. But is it a good thing?

To sort myths from the facts about your feet, our doctors offer this information about your feet- always check with our doctors before starting any treatment:

**Myth: Flats, flip flops and going barefoot are good for your feet.**

**Fact:** This is a common misconception, because we always hear about the problems with high heels. But not only are high heels a problem but flats, flip-flops and going barefoot present their own types of problems. Flip-flops provide no support, which can cause plantar fasciitis, ankle sprains and tendonitis.

Wearing flats can lead to severe heel pain and blisters, crowding toes and conditions such as hammertoes and bunions. Walking barefoot leaves feet open to cuts, scrapes, bruises, and puncture wounds along with skin issues or nail injuries.

**Diagnosis:** Flip-flops or flats are fine for a few hours, but you should stretch your Achilles tendon for a bit if you wear them for longer than that. Save walking barefoot for around your own home, unless you are at a risk for diabetes or have peripheral vascular disease. In those cases, always wear shoes in and out of the house.

**Myth: Over-the-counter scrubs and soaks for corns are safe and effective.**

**Fact:** "At-home soaks or scrubs will just exfoliate, not remove corns."

**Diagnosis:** A corn is a buildup of skin with a hard center. This often is caused by a hammertoe in which the toe knuckle rubs against the shoe. To permanently remove a corn, the hammertoe must be corrected so that it stops rubbing against the shoe. Or, just wear shoes with a wider toe box.

**Myth: Feet don't need sunscreen.**

**Fact:** Skin cancer on the legs and feet actually has a high mortality rate due to people forgetting to do skin checks on that area. It's often caught too late. This is due in large part to the fact that many people simply forget to apply or reapply sunscreen to the lower extremities.

**Diagnosis:** Apply sunscreen with and SPF or at least 15 and with both UVB and UVA protection every two to three hours to the feet. Apply more often if you're going to be at the beach in and out of the water, or sweating.

**Myth: It's best to trim your toenails straight across.**

**Fact:** Doing this, and cutting them too short, can lead to ingrown toenails, a true danger for diabetics. Untreated ingrown toenails can lead to infection and possible an abscess requiring corrective surgery.

**Diagnosis:** Leave the nail slightly longer, trimming along the natural curve of your toe. It is best to have our doctors do the trimming to avoid possible problems.



Dr. Eric Ricefield • Dr. Mark Yagodich • Dr. Jason Hearn  
39 Rittenhouse Place • Ardmore, PA 19003 • (610) 642-8837  
1410 Russell Road, Suite 201 • Paoli, PA 19301 • (610) 644-6501

**Myth: Soaking your feet in vinegar clears toenail fungus.**

**Fact:** Vinegar can't penetrate the layers of the nail to get to the infection site. And without proper treatment, the infection can spread to other nails.

**Diagnosis:** See our podiatrist regarding eradicating toenail fungus with our new Nail Laser fungus treatment. There is no need to hide your unsightly toes any longer. Our doctors have successfully treated cases of toenail fungus with this procedure that requires no drugs and no anesthesia. Best of all, it is more affordable than those prescription drugs that require lab test and can be toxic.

**Your Next Step is the only podiatry office in the area with this new breakthrough treatment...no needles, no drugs. Make an appointment today, at either of our offices, for a consultation.**

### **On-Line Shopping at Your Next Step**

To find and purchase your item(s) on our online store:

1. Visit [www.yournextstep.net](http://www.yournextstep.net)
2. Click on the "Foot Care Store" link.
3. Search for your product by "Manufacturer" or your "Condition."
4. Once you find your product, add it to your "Shopping Cart."
5. Follow the instructions on our site to pay by credit card (Our online store is a "secure site", which you can trust with credit card information).
6. Expect to receive your order by mail in 3-5 business days.