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## Minor In-office Procedure Eliminates Patient's Pain in a Big Way

Excruciating pain from the little toe on her left foot brought Marie Russell in to see podiatrist Dr. David Sullivan. Russell was in such constant pain that she could not walk and was limited in the care she could provide for her special needs grandson. She chose Westfield Foot and Ankle for her foot care after viewing our website and patient reviews.

Upon consultation, Dr. Sullivan diagnosed Russell's condition as a hammertoe. A hammertoe is a bend in a toe that won't go away. This painful condition develops because of imbalances in the muscles, tendons or ligaments. When working properly, the toes stay straight but when foot structure, shoe choices, injuries or illnesses throw the toes off balance, a crook may stay in place even when the toes are relaxed.



Surgery is one way to relieve the pain of hammertoes. However, Dr. Sullivan offers surgery-free pain relief for hammertoes that can be at least minorly adjusted by hand with an in-office procedure known as the flexor tenotomy. This procedure is one of Dr. Sullivan's favorite procedures because the results are immediate. The patient doesn't receive any stitches. The site of the procedure is dressed with a few band-aids and the patient is able to continue on with their day and resume normal activities.

The flexor tenotomy is done using local anesthesia and involves piercing the skin on the bottom of the toe, beneath the deformed joint and releasing the tendon that's keeping the toe contracted. After the procedure is completed, the toe is dressed and splinted with two or three band-aids.

The results are dramatic. The toe that once only touched the ground at its tip will now lay flatter and the patient's pain will be dramatically less or no pain at all. After the procedure the toe will still look bent when at rest, but will flatten when the patient stands. Since the patient doesn't have surgery, they don't have to worry about serious complications and they are able to save thousands of dollars.

Russell appreciated how Dr. Sullivan explained the procedure to her step by step and she couldn't believe how she felt when she left the office. "When I left the office I could walk! There was no pain after the anesthesia wore off and the recovery was quick and painless," said Russell.

Russell was so happy to be out of pain and with her results that she is confident in referring her friends and family to Westfield Foot and Ankle including her husband. "I knew that if Dr. Sullivan was able to help me so quickly he would do the same for all of his new patients," Russel said. "Dr. Sullivan is a miracle worker!"

## Westfield Foot and Ankle

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### Office Hours

Mon: 9:30 a.m. - 4:30 p.m.  
Tues: 9:30 a.m. - 6 p.m.  
Wed: 8:30 a.m. - 3 p.m.  
Thurs: 7:30 a.m. - 4:30 p.m.  
Fri: 8:30 a.m.- 12 noon  
Sat. & Sun. - Closed

## Meet Our Doctor



**David R. Sullivan,  
DPM, FACFAS, FACCWS**

[www.westfieldfoot.com](http://www.westfieldfoot.com)



## Foot Funnies

Santa's sleigh broke down on Christmas Eve. He flagged down a passing motorist and asked, "Can you help me fix my sleigh?" "Sorry," the motorist replied. "I'm not a mechanic - I'm a podiatrist." "Well," said Santa. "Can you give me a toe?"

# Combating Diabetes is a Family Affair

**Diabetes Awareness Month** this November serves as an excellent reminder that diabetes is a “family disease” and all family members should take active roles to help their loved ones with diabetes stay healthy.

Here are some ways the whole family can participate in healthy choices and actions:

- **Plan meals carefully.** Everyone can benefit from healthful-eating guidelines that your diabetic family member needs to follow.

- **Make fitness a part of your day.** Taking a walk together is a great way to help the entire family stay in shape, and to help your diabetic family member.

- **Feet can get cold on chilly autumn nights,** so anyone with diabetes should wear socks to bed if their feet are chilly. They should **NEVER** use a heating pad or hot water bottle.



Regular visits to a foot and ankle surgeon to check for issues associated with diabetes are important. And as always, if your loved one experiences problems with their feet, make an appointment with our office for an exam by calling us at 317-896-6655 or emailing us at [appt@westfieldfoot.com](mailto:appt@westfieldfoot.com).

*Article courtesy of the American College of Foot and Ankle Surgeons.*

## Don't Invite Gout to Your Holiday Feasts

With the holiday season upon us, be aware that sudden changes in your diet can trigger painful gout attacks, especially in your feet.

Gout attacks are caused by the accumulation and crystallization of uric acid in joint tissues. The big toe is most often affected by this painful condition because it is the coolest part of the body and uric acid is sensitive to temperature change. The hallmark for a gout attack is a red, swollen and extremely painful toe to the touch that normally presents in the early morning hours.

Foods high in purines contribute to uric acid buildup. These include shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.), red meat, red wine and beer.

Gout can be treated with medications, diet changes and increasing consumption of water (approximately six to eight glasses a day).



If you are suffering from pain in your feet or big toe this holiday season, call our office at (317) 896-6655 or email us at [appt@westfieldfoot.com](mailto:appt@westfieldfoot.com) to schedule an exam.

*Article Courtesy of the American College of Foot and Ankle Surgeons.*

## Have You Used Your Diabetic Shoes or Orthotics Benefits for 2020?

With the end of the year approaching, now would be a great time for you to take care of your feet by making sure you have used your insurance benefits or any health funds that may be available to you for purchasing diabetic shoes and inserts or orthotics during 2020.

For people with diabetes who have foot issues, Medicare will provide extra depth shoes and inserts.



Funds in a flexible spending account (FSA), health savings account (HSA) or a health reimbursement arrangement (HRA) can usually be used for diabetic shoes and inserts as well as orthotics. Check with your employer to confirm the eligibility of using your health funds and make an appointment with our office as soon as possible.

**Good to know...** *Dr. David Sullivan is a board-certified wound specialist and can perform in office procedures such as wound care, biopsies, skin grafts, ingrown toenail removal, etc. Having patients come to our office vs. a hospital setting can help relieve the hospital resources as well as minimizing patient exposure.*

## Holiday Foot Care Gifts for that Special Someone



If you are stuck for a gift idea, why not give family and friends the gift of health? Foot health, that is!

Here are some foot care gift ideas that will keep feet feeling good well into the New Year:

- A set of personal pedicure tools in an attractive zippered pouch.
- Yoga sandals to help with posture and balance.
- A lavish foot care basket packed with rich foot creams and lotions, foot scrub, a loofah sponge and brush and bath crystals.
- A footrest to fit under a desk that can ease tired feet.
- An electric foot warmer to keep cozy on the coldest nights.
- An attractive basket full of colorful nail polishes.
- A foot scrubber that rests on the shower floor – helpful for those with balance problems.
- An electric foot massager. Some models have heating and compression features with multi-function settings.
- A travel foot care kit complete with nail clippers, emery board, blister pads, moisturizer and antibiotic cream tucked into a zippered pouch. Add compression socks to aid circulation during long flights.
- A kitchen mat that relieves aching feet and fatigue while washing dishes or cooking.
- Shoe arch supports for runners to keep athletic footwear dry and fresh between workouts.

For individuals with diabetes, choose high-quality socks with extra padding, no seams and wide, loose tops.

Pressed for time? Grab a gift certificate to a nearby full-service salon or spa for a pedicure and foot massage.