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Highly Skilled Wound Care Saves Patient's Foot

Kenny Edwards was referred to Dr. Sullivan at the Franciscan Health Advanced Wound Healing Center in Lafayette because of a non-healing wound that had been trying to heal for four months after two surgeries on his left foot. Unfortunately, the hardware put in his foot became infected. After a second surgery to remove the hardware, Kenny was left with a small bullet-sized hole on the top of his foot, close to the ankle.

A diabetic, Kenny had the surgery because he suffers from Charcot neuroarthropathy. Primarily seen in diabetic patients, "Charcot" is a disease in patients who have peripheral neuropathy, or loss of sensation in the foot or ankle. Charcot attacks the bones, joints and soft tissue in the feet. Patients with this diagnosis may experience fractures and dislocations of bones and joints with minimal or no known trauma. Eventually, it can cause painful sores or a change in foot shape.



Because of how long the wound was taking to heal, Kenny was frustrated, disheartened and on the verge of possibly having his lower leg or foot amputated. Kenny credits Dr. Sullivan's skills and the "awesome and incredible care" he received from Dr. Sullivan in saving his lower limb.

For close to a year, Kenny had to go to the wound center for treatment three days a week, seeing Dr. Sullivan every Wednesday. "I had complete and total faith in him," said Kenny. "He has confidence and that is appreciated as a patient."

Dr. Sullivan is a certified wound specialist through the American Board of Wound Management. Not all podiatrists are certified wound specialists. Dr. Sullivan provides wound care at our independent office saving patients time and money as well as relieving hospital resources and minimizing patient exposure which has been beneficial during the pandemic.

Since being introduced to Dr. Sullivan in 2019, Kenny has continued to seek his services, even following him to Westfield when Dr. Sullivan consolidated his office. "I was willing to drive from Lafayette to Westfield to finish healing."

Because of the care Kenny received from Dr. Sullivan, he was able to continue working as a lobbyist while the wound healed. "I've got nothing but great things to say about Dr. Sullivan" said Kenny. "He really saved the day."

Kenny recommends that others needing podiatry care come to Westfield Foot and Ankle because, "I honestly believe that if I wouldn't have been referred to him, I would have lost my foot."

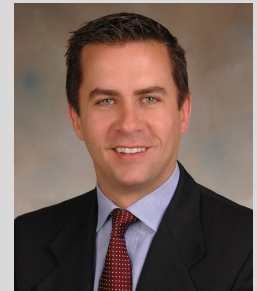
Westfield Foot and Ankle

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Office Hours

Mon: 9:00 a.m. - 4:30 p.m.
Tues: 9:00 a.m. - 6 p.m.
Wed: 8:30 a.m. - 3 p.m.
Thurs: 8:30 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



Love Those Flip Flops?

Flip flop sandals in every color, design and material are always popular in the summertime for everyone. But, while these types of sandals are fun, they shouldn't become the mainstay of your footwear wardrobe.

Wearing flip flops too often can result in foot problems. With no arch support, and no stability, flip flops cause abnormal stress on the plantar fascia (the band of tissue that extends from the heel to the base of the toes). The resulting condition, known as "plantar fasciitis," usually causes pain in the heel immediately upon arising in the morning or after periods of inactivity during the day.

Plantar fasciitis can be a persistent problem that takes a long time to effectively treat. The best way to deal with the condition is to avoid it in the first place by wearing supportive footwear that provides sufficient shock absorption like our like our [Powerstep Archwear Orthotic Sandals and Slides](#)



which are available for both men and women and may be tried on in our office during business hours.

It's not necessary to completely avoid the popular footwear style. But, to save yourself from a lot of unnecessary pain, think of your flip flops as your dessert, not the main dish in your summer wardrobe and wear them sparingly.



Golfers: Don't Be Handicapped With Foot Pain



This summer when you head to your favorite golf course, make sure your feet are in shape before you approach the tee.

Many golfers don't realize that foot pain can be an obstacle to the perfect golf swing. As your body transfers weight from one foot to the other during your swing, the nerves in the ball of your foot may become compressed or irritated and can cause pain.

Another source for pain may be from your big toe joint. When you follow through on your golf swing, the big toe joint on the back foot may bend too far, eventually wearing out the cartilage or jamming the joint. The wear and tear can lead to painful arthritis.

Heel pain can also make it uncomfortable for you to keep a solid stance during critical parts of your swing.

If these areas are causing you discomfort, call our office to schedule an appointment. There are many treatment options available to help keep your golf swing pain free.

5 Tips for Preventing Foot Pain While Traveling

If your summer plans include road tripping, flying or even just spending lots of time outside, it's important to pay attention to your feet. We've seen many patients who've hurt their feet on vacation. Whether it's because of an injury, or foot pain, one fact is clear. Nothing ruins a vacation like sore feet. So, to keep that from happening, check out our top five tips for preventing foot pain while you travel.



5 Ways to Keep Your Feet Happy on Vacation

1. Stop and walk. Whether you're in a plane or a car, sitting for a long time isn't great for your feet. After all, that let's blood pool in your feet and legs. And that can lead to swelling and foot pain. How can you prevent problems? If you're traveling for more than two hours, you should walk around and stretch your feet and legs. On a plane, something as simple as a bathroom break can help. Or, on a road trip, pull over to a safe spot, take in the view and flex those feet!

2. Compress. If regular walking breaks aren't an option, compression stockings can help. Especially if you're boarding a long flight. Not only can compression socks prevent edema (swelling), they can also improve your circulation. In turn, that will protect you from travel-related blood clots.

3. Check your shoes. It's tempting to show off new sandals in the sun. Or to dress up in stilettos for a night away. But while you're in transit, stick to supportive shoes. Or better yet, choose athletic shoes. They will also give your feet some extra cushioning if long sightseeing walks are on your itinerary. And that can save you from heavy, aching feet at the end of a day on vacation.

4. Look at kids' shoes, too. It's a fact: children's feet grow quickly. So, before leaving for vacation, check to make sure your child has lots of room in her or her shoes. (But not too much, or else blisters may be a problem.) Otherwise, you may end up hearing even more complaints than are expected for a family vacation.

5. Come prepared. Make sure to bring nail clippers. (In your checked bags, if flying.) Blister patches and antibiotic cream are a good idea, too. This way, if minor irritations come up while you're traveling, you can address the problem while you're still away.

Of course, that's only possible if you're dealing with minor foot injuries. But if you twist your ankle while traveling, don't try to save your trip by walking it off. Even a minor sprain can become a big problem if you don't seek immediate treatment.

To avoid complications, call our office as soon as you notice pain. If it's a small problem, we'll probably let you wait until you're home to come into the office. But if it sounds like you're truly hurt, we may suggest an immediate visit.

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.

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