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Patient Returns to Pain-Free Walking and is Helped with Infection Prevention

Bob Rader decided to try Westfield Foot and Ankle for his debilitating foot problem after he read an article by Dr. Sullivan in the Current in Noblesville newspaper. Bob had been suffering with bony growths protruding from the soles of his feet for a long time. These bony growths, which Bob compared to, "whole walnuts sticking out of the bottom of my feet," caused excruciating pain and were affecting his balance and his ability to walk. It was imperative that Bob found a solution for his foot problem since he also suffers from a degenerative spine disease and is awaiting surgery for this condition. If Bob falls the wrong way due to instability, he could be paralyzed.

Upon a thorough examination of his feet, Dr. Sullivan diagnosed Bob with Charcot neuroarthropathy. Primarily seen in diabetic patients, Charcot neuroarthropathy is a disease in patients who have peripheral neuropathy, or loss of sensation in the foot or ankle. Charcot neuroarthropathy 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.



Dr. Sullivan then prescribed diabetic shoes and inserts. Bob was surprised to find out that Medicare would cover 100% of the cost for the shoes and inserts based upon his diagnosis and that the diabetic shoe selection at our office was fashionable.

The shoes and inserts have changed Rader's life. "I wasn't able to walk and enjoy life for 15 years or more," Rader said. "Within the first day I started wearing those inserts the pain went away. As long as I am wearing those, I am pain-free. When I have those shoes on, I completely forget I have the problem."

During Bob's initial examination, Dr. Sullivan also noticed that Bob had several venous stasis ulcers on his lower right leg. A venous stasis ulcer is a wound on the skin caused by pooled blood. Bob and his wife, a paramedic, had been trying to treat the wounds at home. The wounds were bothersome, posed a risk for infection and were painful. Rader was amazed when Dr. Sullivan offered to help heal his wounds. Rader hadn't realized that besides being a podiatrist, Dr. Sullivan is also a certified wound specialist.

Not all podiatrists are certified wound specialists. By offering wound care at our office, Dr. Sullivan can save patients time and money as well as relieve hospital resources and minimize patient exposure which has been beneficial during the pandemic.

Today, Bob's wounds are almost completely healed. "The techniques he is using are working extremely well," Bob said. Bob wishes he had known earlier that this expertise was available to him. "I didn't expect it to be something that a podiatrist would offer as part of his services. I just really want people to know about it." Rader conveyed how much better his leg is today than before he started seeing Dr. Sullivan. "Dr. Sullivan got things looking really good and it looks the best it has looked in years."

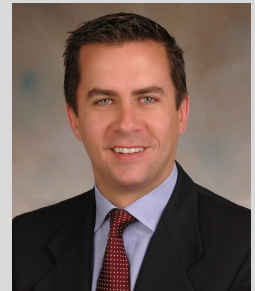
Westfield Foot and Ankle

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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: 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



Bob recommends that prospective patients come to Westfield Foot and Ankle because Dr. Sullivan is extremely knowledgeable and professional. "He treats me with respect and takes the time to explain what's going on," Rader said. "He takes a sufficient amount of time to listen to my concerns to make sure he understands accurately what I am facing. He stays focused and on track so that he is on time."

Bob appreciates the up-to date-technology, cleanliness of the office and how hard the staff works to support Dr. Sullivan. "The staff are always friendly and any time I have needed to see Dr. Sullivan they have gotten me in to see him in a reasonable time."

Bob also appreciates how the staff knows the Medicare guidelines to help keep his cost for care low and he enjoys Dr. Sullivan's good sense of humor.

Sandals to Shoes: Make Sure it's a Comfortable Switch

It's almost time to say good-bye to your sandals, slip-on shoes and bare feet of summer and hello to socks, shoes and boots. Our patients find that the change in shoes and season can bring unwanted foot problems, including:

Ingrown toenails

Ingrown toenails can result from wearing improperly-sized shoes. Trim your toenails as straight across as possible and wear shoes that are not tight around your toe area.

Toenail fungus

Fungus thrives in dark, moist, warm environments such as your shoes. Wearing the same shoes every day can promote fungal growth. Disinfect your shoes and wear different pairs to try to avoid fungus.

Neuroma flare-ups

Neuromas, or nerve pain, may be triggered by tight-fitting, enclosed shoes. Make sure your shoes provide enough room in the toe area to avoid tight-fitting areas and irritation.

Long, Vigorous Hikes Take Toll on Feet, Ankles

Hikers and hunters nationwide are migrating to the mountains, woods and fields to enjoy the fall landscape, but many are ill prepared for the beating their feet will take.

Outdoor enthusiasts don't often realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain. Lax physical conditioning and inappropriate footwear bring patients into our office each fall for treatment of foot and ankle problems such as chronic heel pain, ankle sprains, Achilles tendinitis, fungal infections and severe blisters.

Walking up and down steep hillsides and tramping through wet, slippery fields and wooded areas puts stress on the muscles and tendons in the feet and ankles, especially if you haven't conditioned properly before hitting the trail. And cross training athletic shoes aren't the best choice for extended hiking and hunting.

Hikers and hunters should make the investment in top-quality hiking boots. Strong, well-insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that helps lessen stress and muscle fatigue to reduce injury risk. The supportive shank decreases strain on the



Bunion, bone spur, hammertoe irritation

Constant rubbing on your feet from shoes can irritate any existing hammertoes, bunions or bone spurs. Wear socks and properly fitting shoes. Sometimes having your shoe stretched in the areas of irritation can also provide some relief.

If you're experiencing discomfort from your seasonal shoe switch, schedule an appointment with our office.

Article courtesy of the American College of Foot and Ankle Surgeons



arch by allowing the boot to distribute impact as the foot moves forward. So, if a boot bends in the middle, don't buy it,

Wearing the right socks can help prevent blisters, fungal infections and frostbite. Wear synthetic socks as the first layer to keep the feet dry and reduce blister-causing friction. For the second layer, wool socks add warmth, absorb moisture away from the skin, and help make the hiking boot more comfortable. Wool lets moisture evaporate more readily than cotton, so fewer blisters develop.

Pain usually occurs from overuse, even from just walking. If you're not accustomed to walking on sloped or uneven ground, your legs and feet will get tired and cause muscles and tendons to ache. To avoid a serious injury, such as a severe ankle sprain or an Achilles tendon rupture, rest for a while if you start hurting and contact our office if you have persistent pain following an outing.

Information courtesy of the American College of Foot and Ankle Surgeons

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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Yard Cleanup Can Be Tough on Feet

Fall is the time to clear out the remains of summer gardens from the yard. Keep your feet and ankles safe from injury by following these helpful tips.



Wear appropriate shoes for the task.

No matter how warm it is, don't wear sandals. Wear sturdy leather shoes with support to protect your feet from sharp objects, including the blades of power equipment.

Keep children away from power equipment.

Protect your kids and others from severe trauma. Leaf blowers, power lawn mowers and chain saws should not be left out where kids are playing or where other inexperienced users can have access.

Don't work on wet surfaces.

Ankle sprains and fractures can easily occur from slipping on wet grass or leaves, especially when carrying heavy loads across the yard.

Remember, yard work is workout!

Before starting your yard work, warm up and perform stretching exercises, just as you would before working out at the gym. By stretching prior to activity, you can help avoid stressing muscles and tendons in the foot, ankle and calves.

Article Courtesy of the American College of Foot and Ankle Surgeons

Be Sure to Use Your Diabetic Shoes or Orthotics Benefits for 2021

With the end of the year approaching, now would be a great time to make 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 2021.



For patients with diabetes who have issues with their feet, 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.



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