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## Successful Wound Care and MLS Laser Therapy Help Diabetic Patient Live Pain-free

Ruth Buhrt was first introduced to Westfield Foot and Ankle when she saw an ad in the Current in Westfield. Ruth's mother, who also saw a podiatrist regularly, was unhappy with the care she was receiving and Ruth had a diabetic wound on her right foot which she had been trying to heal for over three years. Ruth was also interested in learning more about MLS Laser Therapy since she was suffering from diabetic peripheral neuropathy.



The care Ruth had previously received from two other podiatrists was unsuccessful in healing her wound. Additional surgery was suggested, but the type of surgery recommended kept changing at each appointment. This lack of consistency made Ruth skeptical and leery about proceeding with further treatments or surgeries.

"I never felt confident that those possibilities would culminate in treating a difficult wound," Ruth said.

Her wound kept her from fully interacting actively with her young sons. The wound impeded her walking, exercising and daily living activities. "I spent a lot of time and money trying to get the wound healed," she said. It was also typical for her to have to wait three hours or more to be seen for treatment.

Her wound began healing rapidly after Dr. Sullivan, a certified wound specialist, recommended removing her sesamoid bone in her right foot for her wound to heal. A sesamoid bone is a small round bone that is imbedded within a tendon. Its purpose is to reinforce and decrease stress on that tendon. Sesamoid bones are found in the knee, thumb and big toe. Her surgery was done in March, and after living more than three years with the wound, it is now completely healed.

Ruth is looking forward to walking again and resuming her normal activities without being nervous. Prior to the sesamoid surgery she was always worried about her wound opening again. "My health should continue to get better as I can be more active. My diabetic numbers have already started decreasing."

Besides wounds, many individuals who are diabetic suffer from peripheral neuropathy – nerve damage which is caused by chronically high blood sugar. Peripheral neuropathy can lead to numbness, loss of sensation and pain in the feet, legs or hands. It is the most common complication of diabetes and about 60% to 70% of all individuals with diabetes will eventually develop peripheral neuropathy. MLS Laser Therapy offers relief without the use of painful injections or potentially habit-forming drugs for both chronic and acute ailments such as peripheral neuropathy, plantar fasciitis, arthritis and Achilles tendinitis.

This advanced laser technology works to eliminate pain and reduce inflammation in the body in a safe, painless and non-invasive way. The MLS Laser uses specific wavelengths of light to treat painful and debilitating conditions. It treats these conditions by penetrating deep into the tissue to stimulate regeneration at the cellular level without the potential for thermal injuries that other lasers can inflict.

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## Westfield Foot and Ankle

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Fax : (317) 896-6081

### Office Hours

Mon: 9:00 a.m. - 4:30 p.m.

Tues: 9:00 a.m. - 6 p.m.

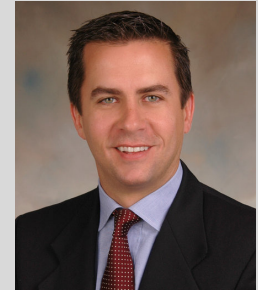
Wed: 8:30 a.m. - 3 p.m.

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



## Foot Funnies

Where do podiatrists vacation?  
In the foothills!

**July is UV Safety Awareness Month**

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer.



Clothing, Sunscreen, Hats, Shade and Sunglasses can protect you from harmful UV rays.

Before receiving MLS Laser Therapy for her peripheral neuropathy, Ruth was in constant pain. "I would spend three to four hours a day managing the pain," she said. Many nights she received limited sleep due to the pain as well. Now, she has at most 20 minutes of pain she may experience on a given day. "The laser therapy helped with reducing inflammation and improves my body's healing capabilities."

Ruth is also very happy with the cleanliness of the Westfield Foot and Ankle office. "The office is extremely clean. I kept getting infections following appointments with other providers. With infections, you take antibiotics and antibiotics increase your blood sugar numbers which requires you to then take insulin."

Ruth liked Dr. Sullivan from the start for his bedside manner. She found him to be compassionate, conservative in his treatment recommendations and a calming presence. "He was patient waiting for me to get on board with removing the sesamoid bone," she said. And during her recovery period she found his instructions to be, "clear and concise."

Ruth would recommend Westfield Foot and Ankle to others because, "Dr. Sullivan and his fabulous team genuinely care about me as a patient. They are all very friendly, knowledgeable, fun and efficient. The office is easy to get to. Dr. Sullivan is the first foot doctor I truly trust."

## Tackling Big Toe Pain

Your big toe is an important part of the body. It helps to keep our balance, bends with each step we take, gets jammed with any quick stops or twisting motion and is under added stress when wearing heels.

With anything that takes a beating like the big toe, occasional pain is normal and could stem from a busy, activity-filled day, but constant pain could be the sign of an arthritic condition called hallux rigidus. Hallux refers to the big toe and rigidus means the toe is rigid and cannot move. If it's in an earlier stage and movement is only slightly limited it's called hallux limitus, but as the joint stiffens and worsens over time it can make it difficult for you to walk, stand for long periods of time or crouch down.

Hallux rigidus can be hereditary, but often it is caused by repetitive stress from the workplace or some sports. Workers who are required to stoop a lot, golf and tennis players are more prone to developing hallux rigidus. It can also stem from an injury like a severe stubbed toe.

If you experience any big toe pain while standing for long periods, walking, squatting or bending over, it's time to



contact our office for an examination. If caught early, it can be improved over time with conservative treatments such as shoe modifications, MLS Laser Therapy, physical therapy, orthotics, medication or injections. If the condition worsens and conservative treatment methods fail, surgery may be required. If you notice toe pain, make an appointment with our office to get it properly examined as soon as possible.

Article courtesy of the American College of Foot and Ankle Surgeons

## Protect Your Feet From Skin Cancer

Skin cancer on your feet? Yes, it definitely does occur. In fact, melanoma of the foot is particularly fatal because people rarely think to look for the disease.

Early detection is important, so be sure to check your feet regularly. If you find suspicious spots on the soles of your feet, between your toes, or under your toenails, call our office right away for an appointment.

### Think "ABCDE" to detect melanoma:

- Asymmetry - The shape of the one half does not match the other.
- Border - The edges are often ragged, notched, blurred or irregular.
- Color - The color is uneven or varies from one area to the other.



- Diameter- Melanomas grow in diameter, whereas moles remain small. A spot larger than a pencil eraser (about 5 millimeters) may be cause for concern.
- Evolution – If anything on the growth has changed, have it looked at by Dr. David Sullivan.

What's the best way to prevent skin cancer? Wear sunscreen, even on the soles of your feet!

Article courtesy of the American College of Foot and Ankle Surgeons

## Powerstep Women's Orthotic Sandals Now Available in Our Office

We now carry stylish and affordable Powerstep arch supporting sandals in our office.



They can help relieve foot pain and provide comfort and support for multiple foot conditions, including plantar fasciitis and flat feet.

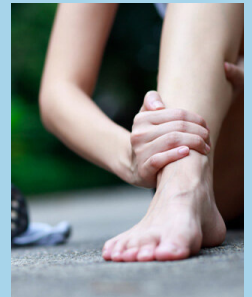


Powerstep Sandals come in several colors and feature a contoured footbed with a built-in arch and heel cup for support and stability, a cushioned midsole to absorb shock and impact and comfortable straps that won't dig into your feet. These supportive orthotic sandals are lightweight with a non-slip grip – the outsole is made with a non-slip tread and textured surface for better traction when wet.

Each pair is \$59 and the sandals are available in our office to try on.

## True or False?

Summertime fun can bring summertime injuries, including broken toes and fractured feet. And what you've heard about these injuries isn't always true. Prompt treatment at our office will help prevent further damage.



### True or False?

**"A doctor can't fix a broken toe."**

Many people believe this and never get proper treatment for a broken toe. But the truth is, if a fractured toe or metatarsal bone is not treated correctly, serious complications may develop. For example:

- The bones may become deformed, limiting the ability to move the foot or finding shoes that fit.
- Severe fractures, or those within a joint, may cause arthritis.
- An untreated fracture can cause chronic pain and long-term dysfunction.

### True or False?

**"If you can walk on your foot, it isn't broken."**

This is false! But many people continue to walk after a bone in their foot is fractured, which can cause even more damage. If you have any of these symptoms, you may have a broken bone in your foot.

- A toe that looks misshapen.
- Bruising and swelling the next day.
- Pain when the fracture occurs. The pain often goes away after several hours.

Article 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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