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Small Changes Make a Big Difference and Help Patient Return to Work Pain-free

Unbearable foot pain which lasted all day, affected her ability to work and quality of life brought Janey Cox to Westfield Foot and Ankle. Owner of a cleaning business, Janey was going home every night rubbing her feet and trying to find a way to make them feel more comfortable without success. She was concerned that if she couldn't get her unrelenting foot pain under control, she wasn't going to be able to continue to clean as many houses resulting in a loss of income.

"I was on my feet all the time cleaning and they were bothering me on the bottom, back behind the toes," said Janey. "It was miserable to go to work." Upon hearing about Janey's daily struggle with her feet, a friend recommended Westfield Foot and Ankle and Dr. David Sullivan.

After a thorough examination, Dr. Sullivan diagnosed Janey with metatarsalgia which is pain and inflammation in the ball of the foot. Symptoms of metatarsalgia may include:

- Burning, sharp or aching pain in the ball of your foot - just behind your toes.
- Your pain is worse when you stand and better when you rest.
- Your toes may be numb, tingling or have shooting pain.
- It could feel like a pebble is stuck in your foot.

Without treatment, the pain can spread to other parts of the foot and body. Since metatarsalgia shares symptoms with several other foot conditions, it is always best to come into the office for an accurate diagnosis.

Dr. Sullivan prescribed orthotics with additional padding and recommended that Janey wear a more supportive athletic shoe. Janey liked the friendly demeanor and timeliness of Dr. Sullivan and the staff. She appreciated how Dr. Sullivan actively listened to her, treated her at her first visit, was conservative in his treatment and had her follow up every few weeks to make sure the orthotics were causing the pain to dissipate.

Since being treated by Dr. Sullivan, Janey's metatarsalgia has resolved completely. "I feel so much better, and I am more energetic since I am not in pain anymore," said Janey. "When I was in pain, I couldn't wait to get home and get off my feet."

Because of the successful treatment she received which allowed her to return to work and live pain-free, Janie has referred other family members to Westfield Foot and Ankle and recommends Westfield Foot and Ankle to other prospective patients.



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



Six Tips for Healthy Holiday Feet

1. If the shoe fits, wear it. When hitting the dance floor or shopping malls this holiday season, do not compromise comfort and safety when picking out the right shoes to wear. Narrow shoes, overly high-heeled ones or shoes not worn very often, such as dress shoes, can irritate feet and lead to blisters, calluses, swelling and even severe ankle injuries. Choose a shoe that has a low heel and fits your foot in length, width and depth while you are standing.

2. Do not overindulge in holiday cheer. Did you know your feet can feel the effects of too much holiday cheer? Certain foods and beverages high in purines, such as shellfish, red meat, red wine and beer, can trigger extremely painful gout attacks, a condition in which uric acid builds up and crystallizes in and around your joints. The big toe is usually affected first since the toe is the coolest part of the body, and uric acid is sensitive to temperature changes.

3. Be safety-conscious about pedicures. Nail salons can be a breeding ground for bacteria, including MRSA. To reduce your risk of infection during a pedicure, choose a salon that follows proper sanitation practices and is licensed by the state. Also consider purchasing your own pedicure instruments to bring along to your appointment.

4. Watch for ice and snow. Holiday winter wonderlands can be beautiful but also dangerous. Use caution when traveling outdoors, and watch for ice or snow patches along your trail. The ankle joint can be more vulnerable to serious injury from falling on ice. If you experience a fall, take a break from activities until you can be seen by our office.



Use RICE therapy (Rest, Ice, Compression and Elevation) to help reduce pain and control swelling around the injury.

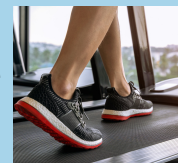
5. Protect your feet from cold temperatures. Wear insulated, water-resistant boots and moisture-wicking socks to prevent frostbite, chilblains—an inflammation of the small blood vessels in the hands or feet when they are exposed to cold air—or other cold weather-related injuries to the feet and toes.

6. Listen to your feet. Inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters, dry skin or calluses. If you notice any pain, swelling or signs of problems, make an appointment with our office.

Article courtesy of the American College of Foot and Ankle Surgeons

How to Have Fit Feet in the New Year

The New Year is almost here and many are ready to follow through with resolutions to exercise and lose weight. When starting your workout, remember these tips to keep your feet safe and comfortable.



1. Wear shoes designed for the exercise or sport — Athletic shoes that support your arch and cushion the heel are best to wear. Orthotics may also help provide the extra support you may need. Make sure you have your feet measured and wear the proper size for the best comfort and fit.

2. Start new workouts gradually — Be sure to stretch or warm up for your workout and start new exercise routines gradually. We recommend increasing your exercise intensity by only 10 percent each week. If your feet do get sore, use rest, ice, compression and elevation (R.I.C.E.).

3. Protect your feet from bacteria — Sweaty shoes and public showers at the gym are breeding grounds for bacteria, including resistant strains like MRSA (methicillin-resistant *Staphylococcus aureus*). Never go barefoot while in public areas and be sure to cover cuts and cracks in the skin or ingrown toenails to help keep out the germs. If you have a cut or scrape that gets infected and it's not healing in a timely manner, don't hesitate to call our office to have it checked out.

Article Courtesy of the American College of Foot and Ankle Surgeons

Don't Let the Cold Nip at Your Toes

Frostbite can occur when skin is exposed to extreme cold, resulting in tissue damage and possible tissue loss. Your fingers, toes and areas of commonly exposed skin, like the nose and cheeks, are at risk.



When frostbite strikes in the foot, it typically develops in stages beginning with cold toes that then turn bright red in color. Over time, the color in the toes continues to change and darkens into purples and blues and eventually black, indicating severe frostbite.

- Patients with diabetic neuropathy, or loss of feeling in the feet, are especially at risk and should check their toes regularly for signs of frostbite.
- Another symptom of frostbite is numbness in the toes; however, numb toes can also be a symptom of other conditions.

If you are experiencing numbness or discoloring in the tissue of your toes, call our office to schedule an appointment. If you suspect the numbness is due to frostbite seek medical attention immediately.

Article Courtesy of the American College of Foot and Ankle Surgeons

Prevent Ankle Fractures This Winter

Ice and snow can be beautiful to the eyes, but can play havoc on our feet and ankles. Ankle injuries increase during the winter months and it's important to have any injury examined to help prevent possible long-term complications from undiagnosed fractures.

Many people mistake ankle fractures for ankle sprains, especially if they are able to walk on the injured foot. The ability to walk on the foot is not a good test to determine a sprain versus a fracture because it is still possible to walk with less-severe injuries.

Mistaking an ankle fracture for an ankle sprain can have serious consequences when the foot does not heal correctly. An ankle fracture involves a crack or break in the ones that form the ankle joint. A sprain involves the ligaments that hold the ankle bones together. Both injuries can happen simultaneously when the ankle moves beyond its normal range of motion, but a fracture requires more complex treatment than a sprain. **Telltale signs of a fracture include:**

- **Bruising.**
- **Blisters.**
- **Significant swelling.**
- **Bone protrusion from the skin.**



Those with undiagnosed fractures can have a higher risk of developing infection, arthritis and foot deformities that may make it impossible to walk normally again.

Don't let a fall keep you off your feet for too long; call our office right away if you suffer from an ankle or foot injury to make sure you receive a proper diagnosis and treatment.

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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