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Newsletter October 2019

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## MLS Laser Therapy Gives Pain Relief and Restores Neuropathy Patient's Mobility

*"After my third MLS Laser Therapy treatment, my legs felt so much better and I had next to no pain. I put my cane away and haven't used it since and I no longer need pain medication. I can walk greater distances pain free and I sleep like a baby!"*



Stanley Thomas of Greenwood developed neuropathy at a very gradual pace over the last 19 years. A diabetic, Thomas' neuropathy caused his feet and legs to burn, tingle and ache with sharp shooting pains mostly in his feet that, at times, were so intense, "it felt like it would blow the end of my toes off!"

In 2007 he had a work-related accident that fractured his right heel and the reconstructive surgery that followed to rebuild his heel and reduce the arthritis in his right foot only increased the pain and swelling. His neuropathy then began to spread at a much faster pace.

Prior to MLS Laser Therapy, Thomas was taking six pills per day - three in the morning and then three at night to be able to go to sleep. While the pain pills relaxed his legs at night, Thomas would wake up in the morning and be hurting all over again. Over the years he has visited multiple doctors and tried various treatments, but no treatments proved positive. He was even referred to two different vascular surgeons to see if something could be done, but both said there wasn't anything they could do to ease his pain and restore his mobility.

Thomas needed a cane to keep his balance and take pressure off of his right foot before receiving MLS Laser Therapy. "It got to the point that when walking any distance or for 15 to 20 minutes, I was losing all feeling in my legs and feet, especially the right foot." Thomas would often need to find a place to sit down before he fell down. "It limited my walking distance and my desire to go places. It limited my ability to do my normal everyday activities such as walking out in the yard and playing outside with my grandkids." Thomas even had difficulty driving his truck due to it being a manual transmission and he had to trade it in for a vehicle with an automatic transmission.

Frustrated, with limited mobility and in severe pain, he was introduced to MLS Laser Therapy when he was given a brochure by a neighbor. Thomas then turned to the internet to research the treatment and found it available at Westfield Foot and Ankle. After discussing MLS Laser Therapy with his primary care physician, he was encouraged to try MLS Laser Therapy since he had, "nothing to lose."

At Westfield Foot and Ankle, we use an M6 Dual Wave Class IV Laser, a Multi-Wave Locked System. MLS Laser Therapy was cleared by the FDA in 2009. The MLS Laser uses specific wavelengths of light to treat painful or debilitating conditions such as peripheral neuropathy, plantar fasciitis, arthritis, tendonitis and more. The laser treats these conditions by penetrating deep into the tissue to stimulate regeneration at the cellular level and it has been shown to decrease healing time by 30 to 40 percent.

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### Our Office

Westfield Foot and Ankle  
16411 Southpark Drive,  
Suite B  
Westfield, IN 46074  
Phone: (317) 896-6655

### Office Hours

Monday:  
9:30 AM - 4:30 PM  
Tuesday:  
9:30 AM - 6:00 PM  
Wednesday:  
8:30 AM - 3:00 PM  
Thursday:  
7:30 AM - 4:30 PM  
Friday:  
8:30 AM - 12:00 PM  
Saturday: Closed  
Sunday: Closed

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### Follow us...



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Thomas began seeing results after his third MLS Laser Therapy treatment. While Thomas still experiences numbness and swelling and he still has diabetes and neuropathy, he now has next to no pain caused by the diabetes or the injury to his right foot. "After my third MLS Laser treatment, my legs felt so much better and I had next to no pain. I put my cane away and haven't used it since and I no longer need pain medication. I can walk greater distances pain free and I sleep like a baby!"

Thomas now encourages and recommends to anyone with foot or ankle pain who hasn't found a solution yet to try MLS Laser Therapy. "I'm walking proof that MLS Laser Therapy can and will change your life for the better!"

To hear Thomas' testimonial about how MLS Laser Therapy helped him, visit our YouTube channel – Westfield Foot and Ankle, LLC, Westfield, IN. To learn more about how MLS Laser Therapy may be able to help you, visit our website at [westfieldfoot.com/mls-laser](http://westfieldfoot.com/mls-laser) or call our office at (317) 896-6655.

## No, That's Not a Pebble in Your Shoe!

Do you have pain in the ball of your foot? Have you examined your shoe to see if there is a pebble in it, or if your sock has a fold in that area?

If you found nothing unusual in your sock or shoe, then you may have a Morton's neuroma. A neuroma is a thickening of the tissue that surrounds a nerve, caused by pressure or irritation of the nerve. With a Morton's neuroma, the tissue is around one of the nerves that lead to your toes.

The pain you experience in the ball of your foot with a Morton's neuroma can be sharp and burning. You may also feel pain in your toes or they may feel numb. There usually will not be any sign of the neuroma on the outside of your foot such as a bump.

You may be more at risk for a neuroma if you:

- Wear high heels or tight shoes that place pressure on the toes and ball of the foot.
- Run, jog, or participate in sports with tight shoes such as skiing and skating.
- Have a foot deformity such as hammertoe, bunion, flat feet or high arches.

### Diagnosing and Treating Morton's Neuroma

For persistent pain in the ball of your foot, please come and visit us! To diagnose your foot problem, we will feel for a tender spot on your foot. An X-ray can rule out any broken bone or stress fracture, while other imaging tests including ultrasound and MRI can reveal a soft tissue abnormality.

Treating a Morton's neuroma depends on the patient's symptoms. We will first try non-invasive methods such as a custom-fitted orthotic insert. An orthotic can help relieve pressure from the area to promote healing.

Treatments that are more aggressive include steroid injections into the area. If surgery is indicated, we will discuss the best surgical approach for your particular situation.

Don't suffer from foot pain! We can help relieve the discomfort of a Morton's neuroma – just give us a call!

## What Are Orthotics? Frequently Asked Questions

Puzzled by how often the word "orthotics" is mentioned for all types of foot problems? Well, you are not alone! At our practice, we get many questions on these special devices that are available by prescription only.

Learn more about orthotics by looking over these frequently asked questions:

- **What does the word "orthotic" mean?** "Orthotic" comes from Greek and means "to straighten" or "to align." One important application of orthotics is restoring natural foot function by realigning foot and anklebones to neutral positions.
- **For what other foot problems are orthotics prescribed?** Orthotics can help redistribute pressure off sore spots – for example, relieve the ball of the foot in cases of Morton's neuroma. These custom-made inserts can also help Achilles tendonitis, metatarsalgia, ankle sprains, flat feet, arch pain, heel pain and plantar fasciitis, bunions and over-pronation.
- **Can you wear orthotics all day? During sports?** Yes! We encourage you to wear your orthotics as much as possible, especially during sports and workouts.
- **Are there different types of orthotics?** Yes. Rigid or functional orthotics help biomechanical problems and ease foot aches as well as pain in the legs and lower back. A soft or accommodative orthotic is made from materials that compress to provide cushioning for painful conditions like plantar fasciitis.



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## History FootNote

Thomas George Morton, for whom Morton's Neuroma is named, was one of the first physicians to remove an appendix after a correct diagnosis – with the patient surviving.

## Celebrity Foot Focus

Aerosmith rocker Steve Tyler, tennis champ Lindsay Davenport, actor Patrick Duffy and San Francisco Giants Evan Longoria all suffer from Morton's neuroma.

## Foot Funnies



What did the zombie say to the shoe salesperson? Get me feet that will fit these shoes.

## Trivia

What's the best water temp for soaking tired feet?

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

**Answer: D.**

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

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- **Are orthotics expensive?** Orthotics cost more than generic shoe inserts that you can find in retail establishments, but they are custom-fitted specifically for your feet. They are also made of more durable materials. Many insurance plans cover orthotics.
- **How do I know if orthotics will help me?** Just give us a call! We will evaluate your foot health and assess how custom-fitted orthotics can help your foot problem. You can be measured right here in our office.



## Have You Used Your Orthotic and Diabetic Shoe Benefits for 2019?

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 orthotics during 2019. Don't put it off; there is no better time than the present to get your feet in shape for the new year! Make an appointment with our office as soon as possible.

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 orthotics as well. Check with your employer to confirm the eligibility of using your health funds to purchase orthotics.

### Who Should Take Advantage of Health Funds (FSA, HSA, or HRA) for Prescriptive Orthotics?

- **"I need a second pair."** Those of you who already have prescription orthotics would probably love a second pair. Even if you have insurance that covered the first pair, you likely will need to pay out of pocket for a second pair. You might have had great success using orthotics in your tennis shoes. But now, you want to use them in your dress or everyday shoes and they don't fit. Now is the perfect time to get that second pair so that you can feel comfortable all day and night long.
- **"My podiatrist recommended them, but my insurance won't cover any prescription orthotics."** If you're in this unfortunate situation and you have an FSA, HSA or HRA, now is the perfect time to use those dollars.
- **"I'm in a lot of pain. Will orthotics work for me?"** Perhaps you have heel pain, a neuroma, are flat-footed or have bunions. Our office has treated all of these conditions with prescription orthotics. We would need to evaluate your specific situation to see if prescription orthotics are right for you.
- **"Are there other lower cost options other than prescription orthotics?"** Yes, we have several lower cost options that may work for your specific situation.

To make an appointment call us at **317-896-6655** or email us at [appt@westfieldfoot.com](mailto:appt@westfieldfoot.com) now! We want you to have a great year with happier feet.

## Put Safety First this Halloween

Has your child been begging you for the latest trendy Halloween costume? Whether it's *Toy Story*, *Avengers Endgame* or *The Lion King*, or more traditional ghosts and witches, make sure that costumes and accessories are safe for little trick-or-treaters.

Here are our top 8 Halloween safety tips to reduce the risk of accidents:

1. **Choose costumes carefully and emphasize safety.** Always have your child wear comfortable lace-up or Velcro shoes rather than high heels or monster feet. These can help avoid tripping injuries and sprained ankles. Check that costume length isn't too long.
2. **Save masks for home play.** A mask that obscures vision can lead to accidents like falling down stairs and tripping. Try non-toxic makeup with an appropriate hat.
3. **Increase visibility.** Give each child a small flashlight to carry. Add reflective tape to costumes and treat bags.
4. **Never trick-or-treat alone.** If you allow your tween or teen to go with friends, make sure she stays with the group and only visits those homes with lights displayed inside and out.
5. **Discuss plans in advance.** Sit your child down for a serious conversation about safety. Know the route in advance. Make sure their cellphones are fully charged and be firm about your curfew.
6. **Avoid distracted walking.** Children and teens walking while staring at cellphones invite injuries. Pay attention when crossing the street.
7. **Never go into a stranger's car or home.** Instruct your child on safe behavior on Halloween and every day.
8. **Ask your child to save treats for home.** When they arrive home, examine their hoard and discard anything unwrapped or that looks suspicious.



Learn more about Halloween safety from [SafeKids.org](http://SafeKids.org).

Happy Halloween!



# Whole Wheat Pumpkin Waffles

Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

## Ingredients

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

## Directions

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.



Recipe courtesy of Lauren's Latest



### Westfield Foot and Ankle

16411 Southpark Drive, Suite B  
Westfield, IN 46074  
Phone: (317) 896-6655

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## Meet our Doctor



David R. Sullivan, DPM, FACS, FACCWS

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