



## If your hurting feet could talk...



# Banish Your Bunion Pain

## About the Doctor



**Jennifer Keller, DPM**

Tagging along with your mom to a doctor appointment could redirect your career path.

That's exactly what happened to Dr. Jennifer Keller while an undergraduate in biochemistry at Virginia Tech. Her mom's podiatrist served as a mentor helping guide the decision to become a podiatrist. After obtaining her Doctor of Podiatric Medicine degree at NYCPM, Dr. Keller completed a foot and ankle surgical residency at Mercy Medical Center in Baltimore, MD. Away from the office, Dr. Keller enjoys time with her children, horses, dogs and cats. While born a Yankee in NY, she has adapted well to life in Botetourt County.

## Get Social w/Us



If you have a bunion, that bothersome bump can sometimes hurt and hinder your summer fun! Well, don't let that painful protrusion stop you from doing the things you love. Try these tips to keep your feet feeling pain-free and ready for the summertime activities that await you:

**Stretch it out.** Gently pull your big toe into proper alignment and hold for 10 seconds, then let go and repeat a few times. You can also try pulling your toe toward you in a flex position, then pointing it in the opposite direction, and repeating that sequence.

**Protect with padding.** Over-the-counter pads or moleskin made especially for bunions can be positioned over the area to protect it from friction and pressure caused by your shoes.

**Find the right fit.** Speaking of shoes, it's super important to make sure you choose footwear that is made of stretchable material and allows for ample toe room in order to accommodate your bunion and decrease pressure placed upon it.

**Ice, ice, baby.** Ice and anti-inflammatory medication can help ease pain. If your bunion starts acting up, take a break, prop up your foot, and place an ice pack on the offending joint for 20 minutes or so.

That'll show that bunion who's boss! Now get out there and have some pain-free fun!

# Got Diabetes? Beware of Going Barefoot!



With the arrival of summer, it may be tempting to shed those socks and shoes and let your feet and toes be free! However, if you have diabetes, it's important that you resist that urge and keep your feet protected. Even going for a barefoot stroll on the beach could result in major complications. Step on a sharp shell or piece of glass, and you could have the beginnings of a dangerous problem. After all, a loss of sensation is common in diabetic feet, so you may not even be aware of an injury. Couple that with poor circulation—also associated with diabetes—and that unnoticed wound could end up not healing and becoming infected.

If you have diabetes, be sure to keep feet undercover by wearing moisture-wicking socks and shoes at all times—outside and in! You never know if a tack or sharp object may fall on your floor at home and as they say, it's better to be safe than sorry. It's also a good idea to check your shoes before putting them on in case any foreign objects, like a stone or pebble, have made their way inside.

When you do take off your shoes at bedtime, look over your feet to ensure there are no potential problems. If you notice anything unusual, be sure to give us a call!

## Now available at our office

### **TOP 10** Uses For RocSoc Footwear

1. Water Aerobics (Doctor recommended)
2. Ocean Bottom Protection
3. Pool Bottom Protection
4. Dock Protection (toe stub, splinter)
5. Easy On and Off, Quick Drying
6. Kayaking
7. Boating
8. Light Hiking
9. Fishing
10. Breathable Cool Ventilated Footwear





# Clean Eating 101

If you're interested in the clean eating trend—now's the perfect time to give it a try. It's National Fresh Fruit and Vegetables Month, after all!

Of course, eating only veggies and fruit that are fresh is just the beginning. If you want to learn more about implementing an overall plan to eat clean, here are some essential guidelines to follow:

Choose whole or natural foods instead of processed options in boxes, bags, cans, and other packaging. You'd be surprised how much fat, sugar, and salt you'll cut from your diet!

Opt for unrefined rather than refined. For example, whole grain brown rice instead of white, and honey or 100% maple syrup instead of sugar.

Swap the bad fats with the good ones. Yes, there is such a thing as a good fat! Replace items high in saturated fats, like meat, cheese, and butter, with those high in healthy fats like olive or canola oil, and the kind found in certain fish and nuts.

Other ways to clean up your act? Reduce intake of alcohol, sugar, and salt and you'll be on your way to a cleaner, healthier you!



# Hydration Hints

When the temperatures start to rise, staying hydrated is a must! These helpful hydration hints are sure to quench your thirst:

- Drink before you feel thirsty. By that time, you are already starting to get dehydrated.
- Water is best, and you should drink plenty of it throughout the day so you're hydrated before you exercise—and don't stop there! Drink up during and after activity, too.
- In extreme heat, opt for a sports drink with electrolytes and carbs to prevent low blood sodium.
- Avoid alcohol.
- Keep in mind that soup, juices, fruits and veggies, and even milk, coffee, and tea provide fluids.
- You can actually monitor your hydration levels by checking the color of your urine—the lighter the better!

Follow these tips to stay happy, healthy, and hydrated. Now, bring on the summer!

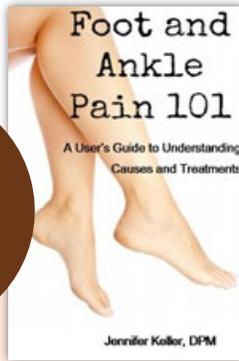


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## Fibromas: Nothing to Fear

Lumps in your oatmeal aren't exactly appetizing, and a bump in the road can certainly take you off guard, but finding a lump on the bottom of your foot can actually be downright scary. Many times, however, a fibroma is the cause and while it may sometimes be painful, you can take comfort in knowing this is a benign growth that in most cases can be treated conservatively. The use of insoles and pads can take pressure away from the area and help ease discomfort by redistributing weight. The growth may also shrink over time on its own or with the help of medication. If pain is severe,

however, surgical removal may be necessary with a recovery time of around 1 – 2 months before you can return to regular footwear and activities.

Fibromas are bumps on the bottom of your feet that are just like bumps in the night—they may be alarming at first, but they are nothing to fear!

Of course, if you notice a lump on the underside of your foot, it's best to make an appointment so that any possibilities other than a fibroma can be ruled out and treated.

For more information, feel free to ask our helpful staff.

