



TO YOUR HEALTH

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Five Most Common Foot Conditions

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One of the most common foot problems that I encounter in my practice is painful corns and calluses.

Corns and calluses can be very painful with ambulation. They can be treated with a simple visit to your podiatrist. Corns and calluses may never disappear, but simple paring or removing the lesions can provide months of relief and comfort.

Corns and calluses typically develop from wearing improperly fitted shoes in combination with bony misalignment or existence of bone spurs. They can often be maintained by applying daily moisturizing cream. If you continue to have painful lesions, a prescription cream may be necessary. I advise against using "corn pad removers", such as Dr. Scholl's®, since they are medicated and can harm the skin.

The second most common foot condition is ingrown toenails. These can be avoided by proper trimming of toenails and by wearing widened and deeper toe boxed shoes. If you experience an ingrown toenail, which can be severely painful, you can initially soak your foot in warm water and Epsom salt and then seek professional help. An ingrown toenail can be treated in

two ways. A mildly ingrowing toenail can be removed by a podiatrist using topical anesthesia, followed by simple daily bandage changes. However, a chronic or infected ingrown toenail, may require a small office procedure in order to remove the "root" of the offending nail border. Please seek advice from your provider prior to undergoing any type of procedure.

The third most common condition is "fallen arches" or painful arches. It is widely known that as we age, the muscles and tendons in our feet lose their strength. This loss, in combination with pre-existing "flat feet", can progress into tendonitis. Tendonitis, or inflammation of the tendon, can be treated with proper usage of foot inserts or orthotics. If you have inserts in your shoes that are several years old and you continue to have arch or heel pain, you may need to have the devices evaluated or refurbished.



The fourth most common foot condition is "numbness and tingling." If the "numbness and tingling" keeps you up at night and interrupts your daily activities, please consult your provider. Most "numbness and tingling" in the feet, also referred to as neuropathy, is of unknown origin. If you do experience this condition, please



be aware of any difficulties you may experience with your balance. An "unsteady gait" may be a late presentation of neuropathy.



The fifth most common condition is "discolored and thickened toenails." This condition is often related to growth of fungus under the toenails. It can be caused by prolonged exposure to heat, pressure, and moisture. There are multiple home remedies and over-the-counter topical ointments that can be used to treat the fungus of the toenails. However, be aware that most treatments only moderately help the condition; moreover, the treatment must be applied daily to the toenails for as long as six months. The most important element in treating the fungus on the toenails, is to see your podiatrist on a regular basis for proper debridement and filing of the nails.

Dr. Gregorian is available by appointment only on the 1st, 2nd and 4th Friday of each month. Please call the Clinic to schedule an appointment.

**September days
are here, with
summer's best of
weather and
autumn's best of
cheer.**

HELEN HUNT JACKSON

HEALTH EDUCATION LECTURE

On Wednesday,
September 16, 2015
Cherie Asgeirsson,
Registered Dietitian will present
"Whole Foods for a Whole Life".

Come learn what the
evidence-based research is
showing about eating simple,
whole foods that nourish your
whole body and life.

Mark your calendar for this
interesting and worthwhile lecture
to be held in the Center Auditorium
from 10:30-11:30 am.