

Dr. Pamela Kirby, DPM

Board Certified in Primary Podiatric Medicine

Practicing podiatry locally for over 18 years!



What is this newsletter trying to achieve?

Our mission to treat your foot problems don't stop at the office, we want to help educate our patients with overall knowledge of how to care for their feet and prevent future problems from occurring. This newsletter will bring you the latest in podiatry trends and what we have going on in the office. We look forward to providing you with helpful information and encourage your feedback on concerns you may have, or things you would like to see in the office.

New Patients:

Dr. Pamela Kirby's office is looking for new patients who are looking for the best in quality foot care. We are currently accepting new patients and can have them coming into the office as soon as a day or two as openings available.

When Should I See A Podiatrist? Find Out Here:

Every local drugstore has aisles of "do-it-yourself" medical fixes. For your feet they have blister and corn pads, insoles, fungus sprays, and nail clippers. So when you have foot and ankle problems, how do you know when to deal with them at home using over-the-counter (OTC) products and when to see the podiatrist?

- Blisters on your feet can often be handled at home without professional intervention. If the blister pops, cover it with a sterile dressing or Band-aid and watch it carefully to make sure it heals properly. If you suspect that you have an ingrown nail, it is best not to use OTC products. See your podiatrist as soon as possible to avoid the possibility of infection. The doctor can safely remove the ingrown nail and may be able to alleviate the problem entirely for the future.
- OTC wart removal medication is relatively mild but can cause ulcerations if left on too long. You can try to alleviate warts on the feet with these products, but the podiatrist has more effective medications and can also do simple procedures to rid you of warts. Wart removers should never be used if you have neuropathy except under the supervision of a podiatric physician.
- Despite numerous blogs and articles about treating onychomycosis (fungal nails) and warts with Vicks VapoRub, duct tape, bleach, white vinegar, and other household items, there are no scientific data or evidenced-based research studies to support these treatment options.
- Sprains and strains can be treated at home initially with the "RICE treatment" - rest, ice, compression, and elevation. If swelling is persistent, a visit to the podiatrist's office is in order to determine if there are any broken bones.
- Occasionally, home remedies can cause a new problem or make existing problems worse, so use them all in moderation. Anyone with diabetes or a peripheral vascular disease (PVD) who has foot and ankle problems should always opt to visit the podiatrist for even minor concerns. People who do not have diabetes or PVD should also be wary of pain, color changes, drainage, swelling, heat, or open areas in or on any part of the foot or ankle. These signs warrant a professional's experience in dealing with the problem.

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 Office Hours Monday thru Thursday 7:30 am-5:00 pm & Friday 7:30am-4:00pm
 Lunch 12:30pm-2:00pm

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DR. PAMELA KIRBY, PA

The Stride

Are Your Running Shoes Causing You Pain?

Do your feet hurt when you run? Are you sure the shoes that you have are the right kind that you should be wearing? Where is the pain in your foot while wearing these shoes? There are many questions you should ask yourself if you are having foot pain from the running shoes that you are wearing. Here are some basic tips to help you in your shoe shopping and will help you stop the pains that you may be having:

- Have your feet measured while you're standing.
- Always try on both shoes and test the running shoes while you're still in store, before you buy.



- Shop for shoes later in the day; feet tend to swell during the day.
- Buy shoes that don't pinch your toes or constrain your feet from movement.
- Wear or buy the socks you will wear when you run, and

make sure you're wearing them when you try on the shoes.

- If you wear orthotics, bring them. You need to see how the shoe fits and how it feels with them inside.
- Always keep in mind that you will be wearing this shoe for an extended period of time and you will be running in them so they need to be comfortable.
- If you have a high arch in your foot, you should choose more cushioned running shoes because it will make it more comfortable and safe for your feet when you are running.

What has 50 legs but can't walk? 25 pairs of pants.

Go Online and Check Out the New Site:

www.pamkirby.com



We have updated our site this month and have changed things around a bit. There are some changes to the new patient forms and the privacy policy, so those are important to look over. Also, we have included all of our new and current staff under our "Staff" page and you can see who works behind

the scenes of this amazing practice. You can also check out some of our informational videos, hosted by Dr. Pamela Kirby herself, which can give you insight into some of the foot problems you may be having or existing foot conditions. Go check out the website and see for yourself.

Running Barefoot: Yay or Nay?

Barefoot running has become an increasing trend and a possible alternative or training adjunct to running with shoes. While anecdotal evidence and testimonials proliferate on the Internet and in the media about the possible health benefits of barefoot running, research has not yet adequately shed light on the immediate and long term effects of this practice. Barefoot running has been touted as improving strength and balance, while promoting a more natural running style.

However, the risks of barefoot running include a lack of protection, which may lead to injuries such as puncture wounds and increased stress on the lower extremities. Currently, scientific research has been inconclusive regarding the benefits and/or risks of barefoot running. Your best choice is to consult a podiatrist with a strong background in sports medicine to make an informed decision on all aspects of your running and training programs.



Fungus on Your Toes? We Can Take Care of That!



Do you have thick, yellowish, brittle, and easily cracked or broken toenails without having injured them? They are likely discolored due to a fungal infection called onychomycosis, which is the most common disease of the nails. The nail weakens as fungi continue to grow through the nail tissue. Since fungus grows faster than the nail, damage increases and the nail becomes more and more unsightly, with the infection spreading to the root or base of the nail. Yeast and molds are also suspected to cause toenail fungus. These types of fungi exist in warm and moist environments, like shower areas, locker rooms, swimming pools, and even your shoes (as toes are usually encased in shoes). People with circulatory problems, weak immune systems, or diabetes are at greater risk of developing fungal infections as well. Nail

fungus has been difficult to treat with success. The only options in the past have been topical or oral medications, which provide limited benefit. In addition, oral medication may cause liver damage. Now there is a safe, effective laser treatment for nail fungus. The laser destroys the fungus that causes onychomycosis with very little effect on the surrounding tissues. Treatment normally takes fewer than 20 minutes and there is no pain, although sometimes you may experience a warm or tingling sensation. There are no age or health restrictions for laser treatments. Laser toenail treatment is considered aesthetic (cosmetic). Therefore, most health insurance plans do not cover treatment, and it can be costly. Consult with your podiatric physician to determine if this course of treatment is right for you.

What Could Be Causing My Lower Leg Pain?

(Catherine Moyer, DPM)

There are many different things that can cause leg pain, and some of them are easily fixable too. While not all of them have an easy cure, they are very important that you take care of so you don't further your injury or strain and end up with a bigger problem that you had in the first place. Here are some of the things that could be hurting your legs or feet:

1. Muscle Strain or Fatigue.

This is the most common cause of leg bruising or soreness. Muscle strain usually happens from increased activity and can cause a minimal to a moderate amount of soreness. This can be easily relieved by rest and cold compresses. Make sure you don't mistake this for an actual injury though, because walking or running on an injured leg can further your problems. Remember

to stretch before any workout, no matter how intense this workout may be.

2. Another pain could be caused by tendonitis which is a sports overuse injury that can affect anyone, regardless of how much activity is actually done. Tendonitis is inflammation surrounding a tendon, which is a strong, cord-like structure that anchors a muscle to bone. This can be relieved by icing and treatment of the leg or ankle and can be easily taken care of. If you feel pain while doing a sport or exercise, take a break, this is NOT normal.

3. For women, pregnancy can cause foot and leg problems, especially in the third trimester. Sore legs and feet are often because of the weight gain that

women undergo during the pregnancy in those specific areas. Leg cramps in pregnancy can also be caused by blood volume changes. If you're a pregnant female, don't overwork your body.



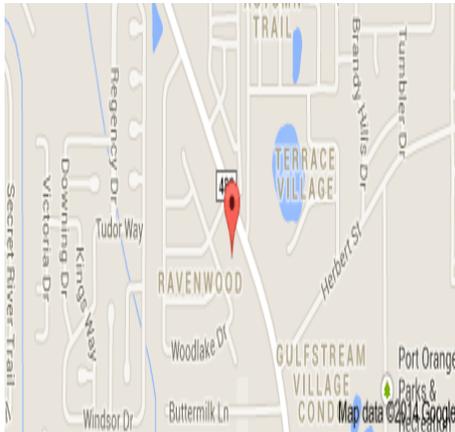
Why did the silly kid put T.G.I.F. on his shoes? Toes Go In First.

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POSTAGE



The Stride

*Brought to you by the Office of
Dr. Pamela Kirby, PA*

Edited by Addison Kirby

Come See Us and Get Back On Your Feet!

Healthy Meals for Our Diabetic Patients **GOOD FOR ALL!**

Ingredients

- 1/4 cup butter
- 3/4 cup granulated sugar or sugar substitute blend* equivalent to 3/4 cup sugar
- 1/3 cup cold water
- 3/4 cup refrigerated or frozen egg product, thawed, or 3 eggs, lightly beaten
- 1/4 cup canola oil
- 1 teaspoon vanilla
- 1 1/4 cups all-purpose flour**
- 1 teaspoon baking powder
- 1/4 cup creamy peanut butter
- 1/2 cup unsweetened cocoa powder
- 1/4 cup miniature semisweet chocolate pieces

Peanut Butter Swirl Chocolate Brownies



Servings Per Recipe: 20

Calories:	151
Protein:	3 g
Sodium:	61 mg
Cholesterol:	6 mg
Fat:	8 g
Carbohydrate:	17 g

1. Preheat oven to 350 degrees F. Line a 9x9x2-inch baking pan with foil, extending foil up over the edges of the pan. Lightly coat foil with nonstick spray. Set aside.

2. In a medium saucepan, melt butter over low heat; remove from heat. Whisk in sugar and the water. Whisk in egg, oil, and vanilla until combined. Stir in 1 cup of the flour and the baking powder until combined. (Batter will be thin at this point.) Place peanut butter in a small bowl; gradually whisk in 1/2 cup of the batter until smooth. Set aside. In another small bowl, combine the remaining 1/4 cup flour and the cocoa powder. Stir into the plain batter; stir in chocolate pieces. Pour chocolate batter into prepared pan.

Drop peanut butter batter in small mounds over chocolate batter in pan. Using a thin metal spatula, swirl batters together. Bake for 20 to 25 minutes* or until top springs back when lightly touched and a toothpick inserted near the center comes out clean. Cool completely in pan on a wire rack. Cut into bars.