

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, P.A

The Stride

Back to School Sports! (Footprints, Premier Podiatry)

As kids head back to school, they also get back into participating in team and individual sports. While advice on conditioning and equipment may be available at some schools, other schools may not have the resources available to offer your kids the best advice. Parents should be concerned about children's involvement in sports that require a substantial amount of running, jumping, and turning (like soccer and basketball), or involve contact (like in football). Sports-related foot and ankle injuries are on the rise as more children actively participate in sports. This focus on fitness is outstanding, but parents need to be vigilant to make sure their kids are getting the best advice on how to stay injury free. A visit to the podiatric physician can also provide information on the best choices for shoes and cleats. Each sport requires a different type of shoe and your podiatrist is well versed in the options available. Come and see us today about which shoes you should be wearing when playing sports this school year!



Why did the mother snake buy tennis shoes for her little snake? Because the doctor said he'd grown two feet!

Go Online and Check Out the Website:

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.

Stress Fractures

Stress fractures are hairline breaks resulting from repeated stress on the bone. High-impact sports such as running, gymnastics, and volleyball can increase the risk of stress fractures. To prevent stress frac-

tures, wear shoes that provide sufficient padding and support when you walk, run, dance or perform any other activities that stress the bones of the foot. If continued pain persists, contact your podiatrist.



Introducing: KeryFlex!

This month, the office of Dr. Pamela Kirby has started a service called KeryFlex which is an innovative way to attractive nails. Many of our patients come in with problems with their toenails, whether it an in-grown, or some type of fungal infection. During the treatment, in some cases, the best way to get rid of the problem is to take the nail off entirely, and no one likes the feeling and cold toes with no nails on them. So that's when KeryFlex comes in hand, and with the new procedure, we can make your toes with no nails, or barely any nails, look brand new and make you feel comfortable in your own skin!

Come in and ask about KeryFlex!



Before



After

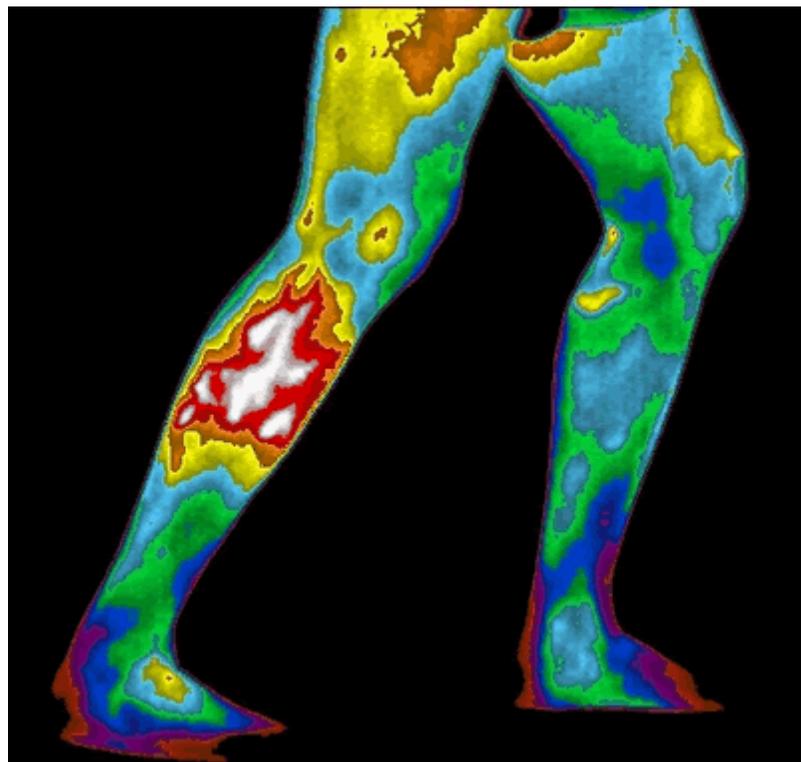
ER or DPM? Making a Decision with Trauma (Footprints, Chicago)

Foot and ankle trauma is all too common in the fall when kids go back to school and participate in fall sports. In addition, many of us ramp up our exercise regimens as temperatures become more moderate. When faced with what to do and where to go for foot and ankle injuries such as a twisted ankle, broken toe, or open laceration, here are some tips:

- Today's podiatrists have been educated and trained to diagnose and treat injuries of the foot and ankle.
- Most foot and ankle injuries can be evaluated and treated by the podiatrist in his or her office, saving a trip to the emergency room.
- Most podiatrists have X-ray equipment in their offices, so they can determine if your foot or ankle is fractured or just sprained.
- If you decide to go to an emergency room, ask to see a podiatrist.

Wait times and insurance co-payments are often less in your podiatrist's office than in an emergency room. If in doubt, call your

podiatrist to determine where you should go if you injure your foot or ankle.

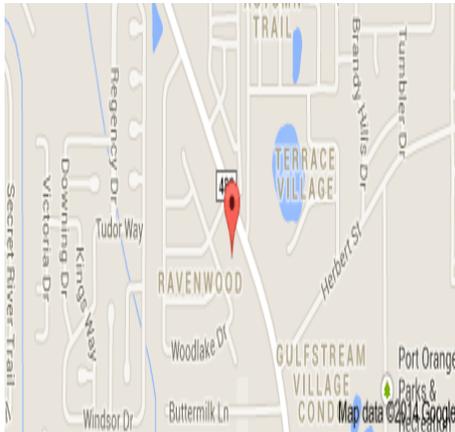


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POSTAGE



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!

Pizza Puffs!



Ingredients

- 1 (4-1/2 ounce) package reduced-fat refrigerator buttermilk biscuits
- 1-1/2 tablespoon low-sodium or regular tomato sauce
- Scant 1/2 teaspoon Italian seasoning
- 1/2 tablespoon grated Parmesan cheese

Nutritional Information

(Per Serving)

Calories:	54
Protein:	2 g
Sodium:	191 mg
Cholesterol:	1 mg
Fat:	1 g
Carbohydrates:	10 g
Exchanges:	1/2 Starch

Directions

1. Preheat the oven to 450 degrees F. Spray a small baking sheet with nonstick spray coating. Set aside.
2. In a custard cup, mix together the tomato sauce and Italian seasoning. Set aside.
3. Open the biscuit carton and separate the biscuits. Place them on the baking sheet.
4. With a small spoon, spread the tomato sauce and seasoning mixture on the biscuits, dividing the mixture evenly. Bake in the center of the oven for 8 to 10 minutes or until golden. Serve hot.
5. Leftovers will keep 1 to 2 days in the refrigerator, tightly wrapped.