

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

Tips for Healthy Feet (from the APMA)

Feet can be hard to manage but with these tips you can keep them healthy and looking good:

If you have diabetes or poor circulation in your feet, consult a podiatrist so he or she can recommend a customized pedicure that both you and your salon can follow for optimal foot health.

Get pedicures regularly to keep your feet looking clean and healthy.

Wash your feet daily to keep them healthy.

Inspect your feet regularly and pay attention to changes in color, texture or appearance.

Hydrate the skin. Make sure your feet aren't too



dry or ashy or in the opposite, too wet or moist. This will make sure no fungi grows on your feet and no infections.

Buy proper-size shoes. This will help maintain good bone structure and help your skin remain in good condition.

And last, **DON'T IGNORE FOOT PAIN!**

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

What is a Bunion and What Causes Them? (David T. Derrer, MD /WebMD)

A bunion is an unnatural, bony bump that forms at the base of the big toe where it attaches to the foot. Often, the big toe turns towards the other toes. When this happens, the base of the big toe pushes outward on the first metatarsal bone -- which is the bone directly behind the big toe -- forming a bunion. For many people, bunions run in the family. They may be just one of several problems due to weak or poor foot structure. Bunions sometimes develop with ar-

thritis. These can be taken care of if spotted early, but if not they can require some surgeries to get rid of and taken care of. Here are some things you can do to help take care of it: You can get a toe separator from any local drug stores and tape your toe into a normal position before you go running or walking. You can also do many toe stretches to help it return to normal. Using your hand, gently pull your big toe out to the side--away from your other

toes. Hold for a second or two.



Do I Need Shoe Inserts?



For many people, their feet are not comfortable in the current shoe they wear, or in any shoe at all. That may mean that you could need a shoe insert. Shoe inserts can help anyone with heel problems, too high of an arch in their foot, too wide of a foot, or too narrow of a foot. Shoe inserts can really help ease the pain in some areas of the feet and many people find them useful in their everyday walking shoes.

Causes:

- Heel raised or slumped down
- Shoes that are too tight or narrow
- Heel problems

Treatment Includes:

- **Shoe Insert**
- **Arch Support**
- **OTC Orthotic/Custom Orthotic**

Prevention:

- Wear proper fitting shoes
- Get your feet measured.
- Make sure that you're wearing the right size shoe, whether your foot is narrow or wider.
- Use Shoe Inserts!

Problems With Your Toes? (Hammertoes)

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

Causes include the following:

- **Injury to the toe**—Poorly fitting shoes are the main culprit. If shoes are too tight, too short, or too pointy, they push the toes out of balance. Pointy, high-heeled shoes put particularly severe pressure on the toes. Women are more likely than men to get hammer toe pain caused by their footwear.
- **Genetics**—You may have inherited a tendency to develop hammer toes. People with flat feet or high arches are more prone to hammer toes.
- **Arthritis**—The balance around the toe in people with arthritis is disrupted.

Common symptoms of hammer toes include pain or irritation of the affected toe when wearing shoes; formation of corns (buildup of skin) on the top, side, or end of the toe, or between the toes; redness and swelling at the joint; restricted or painful motion of the toe joint; and pain in the ball of the foot at

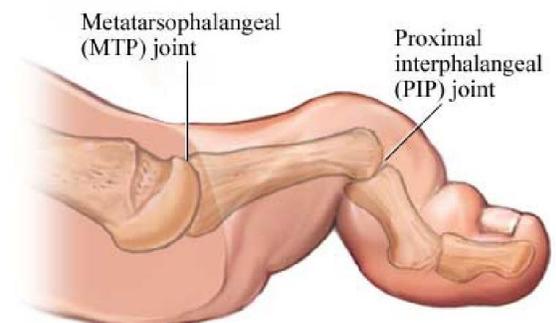
the base of the affected toe.

Possible treatment options for hammer toes:

- **Fit is Important**—Avoid wearing shoes that are too tight or narrow. Children should have their shoes properly fitted on a regular basis, because their feet can often outgrow their shoes rapidly.
- **Trimming Corns and Calluses**—Trimming should be done by your podiatric physician. Never attempt to trim corns or calluses yourself because you can run the risk of cuts and infection. Your podiatric physician knows the proper way to trim corns to bring you the greatest benefit.

• **Padding Corns and Calluses**—Padding minimizes pain and allows the patient to continue a normal, active life. Your podiatric physician can provide or prescribe pads designed to shield corns from irritation.

• **Surgical Options**—Several surgical procedures are available to address hammer toes. For less severe hammer toes, the surgery will remove the bony prominence and restore normal alignment of the toe joint, thus relieving pain. Severe hammer toes may require more complex surgical procedures, surgery is the last resort.

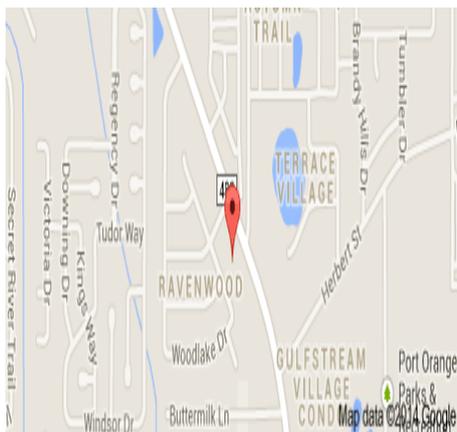


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The Stride

*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

Ingredients

- **1/4 8 - ounce tub** (1/4 cup) fat-free cream cheese
- **1/4 cup** light ricotta cheese
- **4 1/2 teaspoons** sugar
- **1/4 teaspoon** finely shredded orange peel or lemon peel
- **2 teaspoons** orange juice
- **1 1/2 cups** sliced strawberries, raspberries, and/or blueberries
- **2 gingersnaps** or chocolate wafers, broken



Berry Cake Desert

Calories: 158
Protein: 10 g
Sodium: 250 mg
Cholesterol: 8 mg
Fat: 2 g
Carbohydrates: 26 g

Directions

1. In a blender container or food processor bowl combine cream cheese, ricotta cheese, sugar, orange peel, and orange juice. Cover and blend or process until smooth. Transfer to a small bowl; cover and refrigerate for 4 to 24 hours.
2. To serve, spoon the fruit into dessert dishes. Top with the cream cheese mixture and sprinkle with the broken cookies.

Makes 2 servings.