

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.

4606 S. Clyde Morris Blvd #1J, Port Orange, Florida 32129 386-788-4111
 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

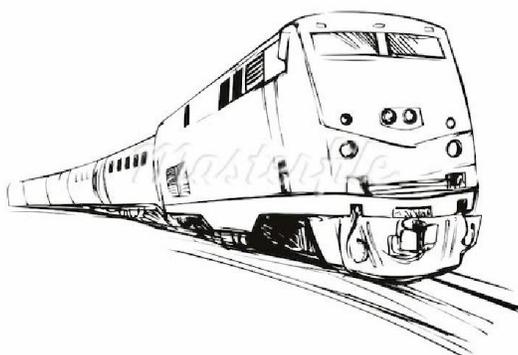
The Stride

Foot Care Tips for Traveling! (Podiatry in Motion)

They say getting there is half the fun. But if you anticipate long hours on the road, on the tracks or in the air, getting there can be the worst part of your trip. You may be put into tight transportation quarters or cramped positions. In fact, inactivity and sitting in one position for prolonged periods, as many people do while traveling, can stiffen muscles and hinder circulation. This inactivity can also cause health problems such as swelling of the feet and blood clots in the legs. Finding relief and relaxation during your journey and at your destination can be as simple as knowing how to treat your feet. Moving and stretching your feet and legs, and wearing proper footwear, can help keep your circulation in check. Give your feet and yourself a little tender loving care with these simple travel tips!



1. **Work out right in your seat.** Sprinting through the aisle may be out of the question, but physical activity is possible without irking other passengers thanks to simple foot exercises. Rotate each foot several times clockwise and counterclockwise, then repeat. Flex your toes up and down, working your calves. If room permits, try raising each knee, holding it there for a few seconds and tensing your thigh muscle. Or, simply wiggle your toes.
2. **Stay mobile.** On a plane, when the pilot invites you to move about the cabin, take him up on it. Experts recommend stretching your legs and walking around at least once an hour. Request an aisle seat, if possible, to facilitate movement.
3. **Wear comfortable footwear.** While traveling, loosen your shoelaces or take off your shoes. To keep swollen feet at bay during long flights, try wearing supportive elastic stockings. Pack supportive shoes and socks, especially if your vacation calls for plenty of sightseeing on foot.
4. **What should you do with new shoes that haven't been broken in?** It's best to leave them at home.



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 ingrown, 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!



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.

Everyone Deserves A Laugh Every Once In A While :)

Who goes to bed with his shoes on?

A horse.

Usually, our noses smell and use our feet to run. But, if you turn it around, it still makes sense: Noses run and feet smell.

What lies on the ground, 100 feet up in the air?

A centipede lying on it's back.

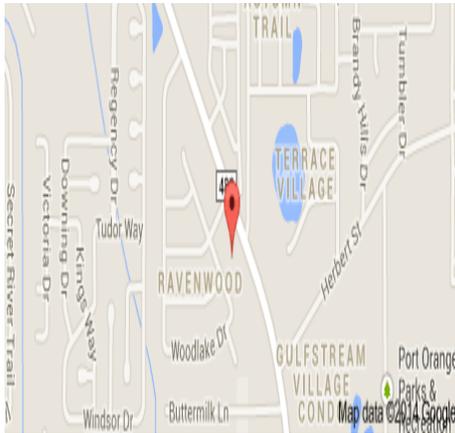
What do you get when you play the piano with your feet?

Footnotes.

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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!

Easy Loaded Baked Potatoes

Ingredients

**Four baking
 potatoes
 (5 to 6 ounces each)**

**One 10 oz package
 frozen broccoli in
 cheese sauce**

**One cup low-fat
 cottage cheese**



Nutritional Information

Calories:	250
Protein:	11
Sodium:	535
Fat:	3 g
Carbohydrates:	33 g
Serving Size:	4

Directions

1. Prick potatoes with a fork. Microwave pricked potatoes on 100 percent power (high) for 6 to 8 minutes or until tender, turning over once. Using a knife, cut an "x" in the top of each potato. Press in and up on the ends of each potato.
2. Microwave broccoli according to package directions. Spoon cottage cheese over the potatoes. Spoon the broccoli over the potatoes. Makes 4 servings (1 loaded potato per serving)