



Dr. Pamela Kirby, DPM

Volume 3 Issue 1

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

New Foot Care Technologies (Footprints, Chicago)

Podiatric medicine and surgery are changing rapidly, as is all of medicine. Doctors of podiatric medicine now use the latest technology both in their offices and in the hospitals to diagnose and treat foot and ankle problems. These technologies are changing the face of medicine, and your doctor can provide you with more information. Ultrasound - Although x-ray is still used in most medical offices, ultrasound is another diagnostic technique available to your podiatrist. This technology allows for better visualization of the soft tissue structures, such as tendons and

evaluation of joints in motion. Also, there is orthotic scanning. Your doctor may have taken a plaster cast mold of your feet to make orthotics specifically for your individual feet. While this technique is used, there is new technology that allows your podiatrist to scan your foot with an



electronic device that capture the necessary data to contrast your custom orthotic. This is a big advancement and no sticky mold which can sometimes be a hassle for the patient and the podiatrist. And what is in store for the future, you ask? Well, being that fungal toenails are very common, podiatrists can treat this with a lot of different remedies. However, currently under consideration by the FDA is a laser treatment that will resolve fungal toenails and other fungal infections. Ask your podiatrist for more information on this new treatment.

If athletes get athlete's foot, do astronauts get mistletoe?

**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? On the Beach?

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.



Preventing Foot Sores (Gina Shaw, WebMD)



The best way to prevent wound complications is to prevent the wound in the first place. You do that by taking good care of your feet. Check your feet every single day, and wash them with mild soap and water. (Be sure to check the water temperature first.) Make it part of your daily routine, just like brushing your teeth. Dry your feet well. Moisture retained between the toes can cause skin breakdowns. Be cautious in nail salons. Though some specialists recommend avoiding salons and having your nails cut only by a podiatrist,

others simply urge caution. "You want to make sure the salon's certification is current and visible," says Brunilda Nazario, MD, a diabetes specialist and senior medical editor for WebMD. Keep your feet moisturized and use all natural lotions when using them on your feet. Organic lotions have been said to be the best and most clean solution to dry feet and cracking feet. If sores start to show or develop, contact your local podiatrist immediately and have an appointment scheduled. Don't wait until it's too late and your problem will cost more time and money in the long run, if you just had handled it when the signs started appearing. Seek medical attention, ask questions!

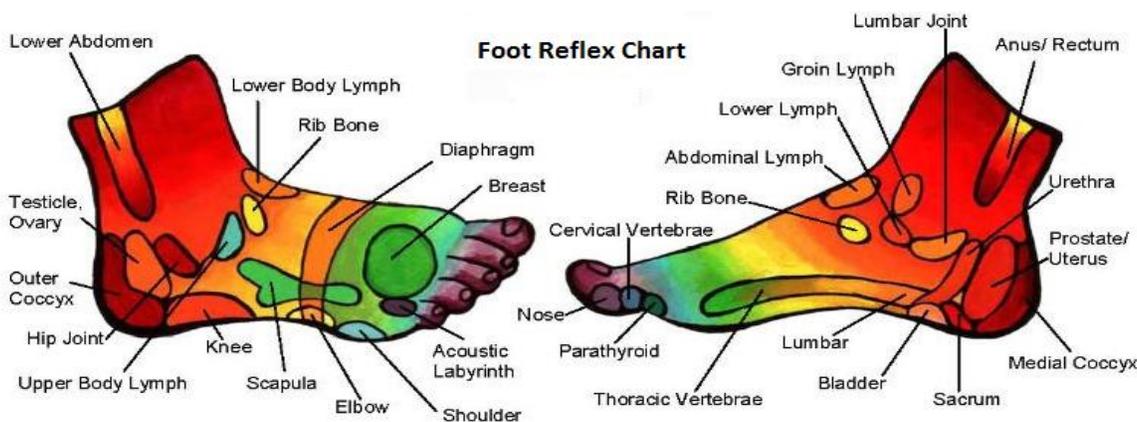
Daily Foot Care Routines (At Home!)

I really wanted camouflage shoes, but I couldn't find any.

Inspect feet daily. Wash your feet, and then thoroughly dry them. Use a handheld mirror (like a magnifying mirror) to inspect them. Look for blisters, cuts, cracks, dry skin, redness, tenderness, or sores on the skin, between the toes, and on the soles of your feet. Powder in between your toes. This helps keep that moist skin dry and helps pre-

vent fungal infections. Rub lotion on feet and legs to prevent dry cracked skin. But don't put lotion between the toes because of the risk of fungal infections. Keep nails trimmed. Use an emery board for filing so you don't hurt your skin. Protect your feet. Always wear shoes or slippers to

protect feet from injury. Don't use a heating pad or hot water bottle to warm your feet. Get checkups at the doctor. On each visit, make sure the doctor inspects your feet. Don't use corn removers or other drugstore foot treatments. These can be harmful. Let a doctor treat your foot problems. Wear properly fitted shoes. Also, wear socks at all times to prevent injury.

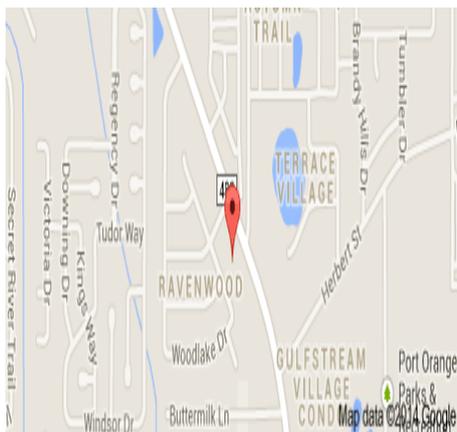


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The Stride

*Brought to you by the Office of
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Edited by Addison Kirby

Come See Us and Get Back On Your Feet!

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

Ingredients

- 1 (4-1/2 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



Pizza Puffs

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 non-stick 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. Leftovers will keep 1 to 2 days in the refrigerator, tightly wrapped.