



Barefoot on the Beach- With the Help of Aspen Orthopaedics

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With summer here, we increase our outdoor exercise, train for that annual 5K run or spend more time barefoot on the beach. However, all these summer activities can increase our chances of developing foot pain. In addition, with sandal season here, our feet get a lot more attention and we are more aware of that nagging bunion, persistent wart or discolored toenail. For all these reasons, summer is the perfect time to take care of your feet and if needed see a foot and ankle expert at Aspen Orthopaedics.

According to a recent survey conducted by the American Podiatric Medical Association (APMA), 69% of Americans have never visited a foot and ankle specialist, however about 1 in 4 say they have suffered from some type of foot distress in the last twelve months. You many have questions about the best way to care for your feet and keep them looking their best during the summer sandal months, or you experience foot pain with your summer activities. Here are some common concerns:

My toenails are thick and discolored, what can I do to make them look better before going barefoot at the beach this summer?

Answer: A fungus invading and inhabiting the nailplate and underlying nailbed often causes thickened and discolored nails. Current trends in therapy can be directed to eliminating

the fungus with prescribed oral and/or topical medications. Consider visiting a foot and ankle specialist, prior to trying over the counter remedies, to ensure that the proper treatment can be started immediately to get your feet in shape for summer.

I am embarrassed by the warts I have on my feet. None of my friends experience this problem. I have tried tons of over-the-counter medications, but they have all failed. Can anything be done to help me get rid of my warts for good?

Answer: Approximately 4,500,000 Americans over the age of 18 suffer from warts, so you're not alone. Warts are growths on the skin caused by a viral infection and can spread if untreated. There are many effective treatments for permanently removing warts, and by visiting a foot and ankle specialist you can discuss these options. These include office and outpatient procedures such as, freezing (cryotherapy), chemical (acid) treatment, laser ablation, and surgical removal are available..

I am scared to take off my shoes because my feet often smell badly after they have been in my shoes for an extended period of time. Is there anything I can do to eliminate this odor?

Answer: Bromhidrosis is the term used to describe smelly feet, which is excessive sweating of the more than 250,000 sweat glands in the foot. Closed shoes aggravate sweaty feet and set up the perfect environment for bacteria and fungus to grow, leading to more odor and more sweat. Before slipping on your shoes, try rubbing cornstarch or spraying antiperspirant directly on the soles of your feet to stop the sweating. In addition, spray Lysol directly into shoes to eliminate existing odors. However, to resolve a foot-odor problem, a foot and ankle specialist is capable of prescribing topical medications.

A few days after I get a pedicure at the nail salon, the area around my big toenail becomes inflamed and really hurts. Why does this happen and is there anything I can do to stop the pain?

Answer: Pedicurists often improperly trim nails by drastically rounding the corners of each nail. This leads to the development of an ingrown toenail, which is one of the most common foot problems affecting both men and women. If the condition of the ingrown toenail is exacerbated, it may need to be removed by a foot and ankle specialist, which is easily performed as an in office procedure. It is important to remember to cut all toenails straight across when trimming so that they grow straight and not into the skin around the toes. To relieve the pain these ingrowns cause and to lessen the likelihood of further infection, soak the infected foot in warm water with salt and then visit a foot and ankle specialist as soon as possible.

If you need to see a foot and ankle specialist, the experts at Aspen Orthopaedics will make sure your feet are ready for those summer sandals, barefoot walks on the beach, or that summer 5K run. Call today to schedule an appointment 262-780-4400, www.aspenors.com.



Referenced from the American Podiatric Medical Association, www.APMA.org, 1-800-FOOTCARE.

