

### Our Office

**Pueblo Colorado**  
1619 North Greenwood  
St. #300  
Pueblo, CO 81003  
Phone: (719) 543-2476  
Fax: (719) 543-2479

**Pueblo West Colorado**  
729 E Spaulding Ave  
Pueblo West, CO 81007  
Phone: (719) 543-2476  
Fax: (719) 543-2479

### Find Us



Blog

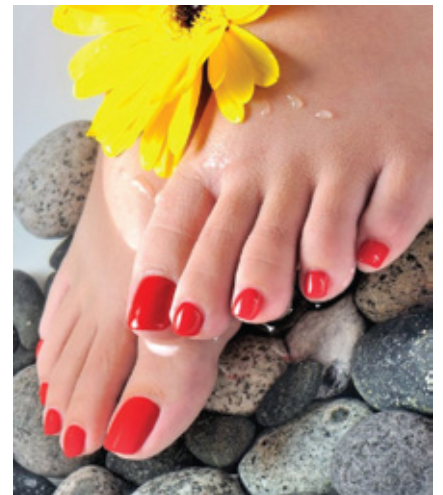
## A 2017 Resolution You Can Keep: Take Care of Your Feet

The holidays are all about traditions. Did you watch the Times Square crystal ball drop or maybe enjoy a local fireworks show? Or did you celebrate with a quiet evening at home with family and friends?

Although we celebrate the New Year with many diverse traditions, there is one thing that most of us have in common - we make resolutions for the coming year. If you've resolved to take better care of your health, don't forget that foot health is a major wellness component.

Resolve to take good care of your feet in 2017 with these simple steps:

- Protect your feet with comfortable, sturdy shoes, boots and sandals. Save your flip-flops for poolside and the beach. Don't forget to apply sunscreen to your feet too.
- Clean your feet every day with soapy water and dry thoroughly, especially between the toes.
- Soothe after washing by applying a rich foot lotion or cream - but not between the toes. Moisturize toenails with cuticle cream or petroleum jelly.
- Invest in your feet with new, well made shoes with plenty of support. Shop later in the day when feet are largest and measure both feet each time. Give your toes plenty of wiggle room.
- Trim toenails straight across to prevent ingrown toenails - don't round at the edges.
- Check your feet every day, especially if you have diabetes. Look for foot fungus or any type of damage like cracked skin, abrasions or puncture wounds that are not healing.
- Stretch your feet and ankles along with the rest of your body to keep them flexible and help prevent injury.
- Put your feet up often during the day to help your circulation and take pressure off muscles and tendons.



For patients with diabetes, please add one more resolution. Come in to our office regularly - at least once a year - for a thorough checkup. It's important to check for neuropathy by testing for loss of sensation. We'll also assess your overall foot health and inspect your feet closely for any sign of injury. Left untreated, any foot damage can lead to serious problems in those with diabetes.

We wish all our patients and their families a very Happy and Healthy New Year!

## History FootNote

People make New Year's resolutions all over the world. The ancient Babylonians first made resolutions 4,000 years ago, promising to pay their debts and return any borrowed items!

## Celebrity Foot Focus

Point guard George Hill of the Utah Jazz was recently sidelined for at least one game due to a sprained big toe.

## All About Toes

Our toes are engineering marvels of bone, tendons and muscles and they really take a beating! They are constantly exposed to injury with walking, running or just moving around. And the pressures inside our shoes can cramp the toes and lead to stress-related problems.



If you have toe discomfort, there are many different causes that we will look for. First we'll ask you what type of pain you have - is it a burning feeling or numbness? Sharp or dull? Does it get worse when you're walking or standing?

Here are a few common causes of toe pain:

- Ingrown toenails where the nail cuts into the adjacent skin and often becomes infected.
- Bunions can form when the big toe is pushed up against the others. Bunions can be hereditary or can result from wearing tight, narrow shoes.
- Corns and calluses develop from excess friction and pressure on the skin.
- Arthritis, whether caused by wear and tear or rheumatoid arthritis, causes tenderness, stiffness and difficulty walking. Gout, a painful buildup of uric acid crystals in the joints, is a form of arthritis.
- Hammertoes and claw toes are abnormal bends in the toe joints caused by muscle imbalance. Poorly fitting shoes is often the cause for these painful deformities.
- Morton's neuroma is a nerve problem that causes pain between the toes caused by trauma or excessive pressure from tight shoes.
- Capsulitis causes pain and swelling in the toes or ball of the foot caused by inflammation of the ligaments.

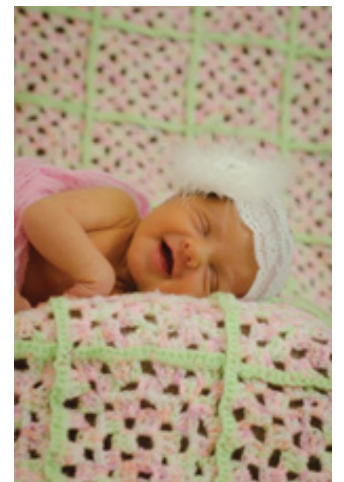
Please come see us if you have persistent toe pain as these conditions will not go away by themselves.

## Pueblo Ankle and Foot Care Welcomes New Babies

Clara Jane Smith was born on November 19th at 11:41AM to parents Levi and Kaitlin Smith. She was 19.5 inches and 7 pounds 8 ounces. Levi is attending CSU-pueblo full time and has been a medical assistant for Pueblo Ankle and Foot Care since 2015.



Clara Jane Smith



Morgan Belle Rhule

Morgan Belle Rhule born to parents Kaven and Megan Rhule and is baby sister to Tristan Rhule and Evalyn Rhule. She was born November 29th 2016 at 1:57pm. She was 5

pounds 2 ounces and 18 inches long. She is small but mighty. Megan has been with Pueblo Ankle and Foot Care since July 2009, she is now enjoying working from home and out in the community as the practice representative.

## Joke of the month



Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

## Trivia

*January has 31 days. How many other months also have 31 days?*

- A. Five
- B. Six
- C. Seven
- D. Eight

**Answer: C**

Offer valid for the month of January

## Deal of the Month! Biofreeze 2 for \$20!

Ask us for a free sample!



Available at both  
Pueblo Ankle & Foot  
Care locations

1619 N Greenwood  
St Ste 300 Pueblo,  
CO 81003

729 E Spaulding Ave  
Pueblo West, CO  
81007

### Evidence Encourages the Use of Topical Analgesics

In the pain management community there is a shift towards the use of topical analgesics and away from systemic pain relievers. Topical pain relievers deliver targeted pain relief with low levels of systemic absorption. This may result in less risk for systemic toxicity or drug interaction. (1)

REFERENCES:1) Stanos S. Overview of Topical Analgesics. Pain Medicine News. 2009 Feb: 1-6

Comes in a  
360 Spray  
Rollon  
Gel tube

719-543-2476  
puebloankleandfootcare.com



## Word Search

M X X Z I Z S G R A B X B H Q  
P U R I T X U I E K C B U A C  
C P S B O L N H S P O V N M H  
F A O C E A S F O X R M I M H  
A F L C L O C U L G N L O E X  
P R G L V E R N U O E I N R T  
M T T V U S E G T U U G D T R  
V C W H M S E U I T R A I O T  
T H T X R V N S O Q O M A E E  
T Q G F J I R G N I M E B V N  
H E R E D I T A R Y A N E A D  
M O I S T U R I Z E P T T N O  
Y Y E Q K C D I S J C V E K N  
E O B Z N L X L Y J P C S L P  
I M K Q T O E N A I L B U E Q

hereditary	resolution	sunscreen	arthritis
hammertoe	ligament	diabetes	muscle
toenail	callus	tendon	moisturize
bunion	neuroma	fungus	ankle
gout	corn	toe	



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**See Answer at:**

<https://www.ami-solutions.net/pueblo/nl/2017/jan/podnljan2017wordsearchanswer12022016.pdf>



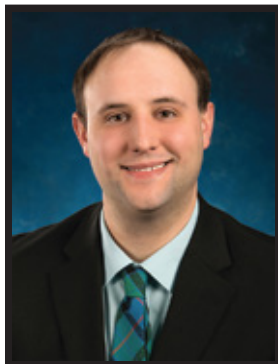
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## Meet our Doctors



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**



**Mark Maurer, DPM**

To Sign Up for Our Newsletter, Visit Our Web Site at: [www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)