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Find Us



Blog

How To Reduce Your Risk of Being Injured in a Fall

Stop and think for a moment - do you know a senior citizen who has fallen and suffered a serious injury? According to the Centers for Disease Control and Prevention (CDC), each year 2.5 million older people require emergency room treatment for injuries from a fall, including 250,000 hip fractures!



In addition to broken hips, a fall can cause many head and body injuries including the feet and ankles. These run from damage to the ligaments that support the joints, ruptured heel tendons, a sprained ankle or other joint sprain, muscle strains and all kinds of broken bones from the ankle right down to your toes.

Ageing Increases the Risk of Being Injured in a Fall

As we age, the number of risk factors that contribute to the chance of falling and becoming injured increases. Older people fall more frequently than others because of:

- Difficulty walking and balancing
- Prescription and over-the-counter medications that affect the balance
- Problems with deteriorating vision
- Inadequate or improperly fitting footwear
- Reduced sensation in the feet (neuropathy) from diabetes or other conditions
- Lower body weakness
- Vitamin D deficiency causing muscle weakness

The good news is that many of these factors can be addressed to help reduce falls.

Lower your Risk of Being Injured in a Fall

It is possible to counteract the negative effects on aging to lower your risk of falling with these simple steps:

- Talk to your doctor about any balance issues you have as your medications may be making you dizzy. Ask if you should be taking vitamin D supplements.
- Have your eyes checked regularly.
- Do leg strengthening exercises and those that help to improve balance such as tai chi.

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About half of falls happen at home! Make your home safe and free of tripping hazards:

- Inspect stairways and install handrails and better lighting.
- Add grab bars to bathrooms.
- Get rid of clutter on the floor and stairs and eliminate small throw rugs.
- Tidy electrical wires and secure them away from walkways.

You can find lots more ideas on making your home safer for the elderly at the CDC website and its helpful online brochure What You Can Do To Prevent Falls.

History FootNote

In ancient Egypt, nail painting denoted social status: Richer Egyptians painted their nails darker, while others had to use a lighter shade.

Do You Suffer from Arch Pain?

Our feet are incredible structures and the arch is perhaps the most interesting of all. Tendons that attach at the heel and foot bones pull together other tendons in the lower leg to create the foot's arch.



The arch has an important job to absorb the force exerted when walking or running and also to help the foot push off during each step.

Find the Cause of Arch Pain

To address any painful arches, we first must determine the cause which may include:

- Ligament or muscle strain or sprain
- Biomechanical misalignment
- Arthritis inflammation
- Stress or overuse
- Foot deformity
- Weight changes
- Inadequately supportive footwear

Because the arches are subject to so much stress, those who are overweight may suffer more often from arch pain.

Two common causes of arch pain are plantar fasciitis, or inflammation of the plantar fascia, and fallen arches or flat feet.

Arch Pain Treatments

- Start simple with the R.I.C.E. method: **Rest**, **Ice** the area, apply **Compression** and **Elevate** the leg.
- Take anti-inflammatory drugs like ibuprofen or aspirin.
- Try physical therapy that can stretch and strengthen the area to relieve pain and prevent future flare-ups.
- Wear footwear that has strong arch support to prevent inflammation, especially in sports and for those who must stand for long periods of time on hard surfaces.
- Custom-fitted orthotics can improve the foot's support and improve biomechanics of movement, as can arch supports and foot braces.

We will discuss all treatment options with you based on your individual needs. Make an appointment today so we can diagnose your arch pain and find a way to relieve it.

Celebrity Foot Focus

Prince William and the Duchess of Cambridge recently removed their shoes out of respect when entering a Gandhi museum in India. The paparazzi were quick to describe her unpolished toenails as her usual "natural" look.



Deal of the Month June 2016

Compression Stockings & Diabetic Socks

Buy 1 pair get the 2nd pair half off!

Compression socks apply 'graduated' pressure. During the day the body will pump blood to all extremities and this of course includes the foot or feet that the compression socks are being worn on. However throughout the day the effect of gravity can sometimes cause blood to pool in the bottom of the foot – especially if you spend a lot of the day on your feet – and this can cause a range of circulatory problems including varicose veins, edema, thrombosis or just leg cramps and discomfort.

Thus there are many uses of compression socks. They can be used to treat the circulatory problems listed above such as thrombosis or varicose veins and they can help to counteract some of the ill effects of jobs that require you to be on your feet for large periods of time, or of being overweight which can place extra pressure on the feet through gravity. Additionally athletes may wear compression socks as a way to give themselves additional support for their activities that require running and jumping. Finally they can be very useful for those who have twisted their ankles or otherwise had bone, joint or muscle injuries focussed on their lower limbs.



Joke of the month



“Dad, are bugs good to eat?” asked the boy.

“Let’s not talk about such things at the dinner table, son,” his father replied.

After dinner the father inquired, “Now, son, what did you want to ask me?” “Oh, nothing,” the boy said. “There was a bug in your soup, but now it’s gone.”

Trivia

The world's first one opened in Coney Island, New York on June 13th, 1884. The world's first what?

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

Answer: D

Exercise Your Brain!

It's not only your body that needs exercise. Your brain needs exercise, too! Give your brain a workout with this riddle:

Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said that is enough for all of us; we will have one each. How can this be possible?

Answer to riddle: There was a father, his son and his son's son. This equals 2 fathers and 2 sons!





You're so fancy, and you deserve to have fun! Studies show that close friendships can lower stress levels, reduce blood pressure, decrease heart attack risk, and encourage a healthy lifestyle. Join us for this fanciful event to learn how the power of friendships and visiting your doctor for regular checkups can boost your health.

Date: Wednesday, June 22, 2016

Time: 5:00-8:00 pm

Location: Rosemount Museum/Carriage House Restaurant, 419 West 14th St

Admission Fee: \$20 Spirit of Women members/\$25 Non-members

To Register: www.parkviewmc.org

More Information: Event details on website or call Stacy Cristelli 584.4878 or Jeannette Micheli 584.4760

Ticket includes:

- Appetizers & beverage
- Self-guided tours of museum
- Horse drawn carriage rides
- Health education
- Music
- Welcome gift
- Shopping with friends



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Meet our Doctors



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Benjamin K. Marble, DPM



Mark Maurer, DPM

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