

## 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

## Office News

We would like to wish Dr. Maurer farewell and good fortune as he embarks on his new endeavor.

We will be welcoming Dr. Zeno Pfau to Pueblo Ankle and Foot Care mid-Summer after completing his residency in Northern Colorado.

## 5 Common Skin Problems Found on the Feet

Your feet are a unique part of your body for many reasons:

- They are the furthest part of your body from your heart which can be a problem for circulation.
- They are always in contact with surfaces that can cause injury and harbor contagious fungi.
- They are enclosed in shoes which create a dark and moist environment that fungi love.
- We force them into shoes that don't always fit properly which can create friction and result in painful blisters, calluses and corns.



### Common Skin Problems Found on the Feet

Here are some common foot skin problems and their solutions:

**Ulcers.** Individuals with diabetes are prone to ulcers because of poor blood circulation and neuropathy, or nerve damage. A small cut or puncture wound can quickly worsen into a dangerous ulcer. Please contact us right away if you notice a cut or sore on your foot that is not healing.

**Fungal infections.** Fungus and bacteria love warm, dark, humid places like the inside of your shoes. Fungal infections like Athlete's foot are easily picked up in public areas like pools and showers. Symptoms include redness, dry skin, blisters, itching and peeling. Fungal infections need professional help for complete healing. Keep fungi away by keeping your feet, socks and shoes clean and dry.

....continued on page 2

....continued from page 1 **5 Common Skin Problems....**

**Blisters.** Blisters are formed when skin is repeatedly subjected to friction from shoes. Protect the blister with a clean bandage. If it pops, wash it and re-bandage. Avoid blisters by wearing well-fitting shoes with socks.

**Calluses and corns.** These skin problems are also caused by friction when bony areas rub against footwear. Please see us for relief from these troublesome conditions. Custom-fitted orthotics can relieve and prevent calluses. Avoid over-the-counter products as these may damage healthy skin.

**Heel fissures.** This condition, also known as cracked heels, results when the skin is too dry and dead skin cells build up on the heels. Pressure from everyday activities causes the skin to crack, sometimes very deeply and painfully. Get in the habit of moisturizing your feet regularly with a rich foot cream, then gently exfoliate with a pumice stone.

Don't live with skin problems on your feet - we can help!

## History FootNote

The Brannock device, the tool that measures your foot in shoe stores, hasn't changed much since its invention in 1908. Some original samples are housed in the Smithsonian Museum.

## Good Foot Care for Children Can Prevent Adult Foot Problems

Your children's feet are their foundation, and good foot care in early life can prevent foot problems later in life.

- Keep feet clean and dry
- Outfit your children in well-fitting, sturdy and protective footwear
- Equip your children in quality sports footwear appropriate for each activity

One more important duty for parents: Because children can't monitor their own foot health, **you** must be vigilant and observe their feet and how they move. Early detection and prompt treatment of any abnormalities is key to lifelong foot health:

- ✓ Be aware of your child's feet from birth. Watch for any abnormalities.
- ✓ Encourage your child to walk more to strengthen feet.
- ✓ Watch for any developmental problems like toes pointing inward or outward or an unusual gait.
- ✓ Be wary of ankles turning in more than usual, flattening of the arches (after age 5), pain, limping and cramping.

Contact us for an evaluation before your child actually complains of pain, as treatment for most problems must begin as soon as possible.

### A Word about Children's Shoes

As tempting as it might be to buy baby's first pair of shoes, it's healthy and natural for infants and toddlers to remain barefoot. Until baby begins to walk, a warm pair of socks is all the protection they need. When walking regularly, let them wear flexible, soft-soled shoes.

For children of all ages: Be sure to check that their shoes have ample width and toe room. Children grow quickly and shoes have to be replaced just as fast! Wearing shoes that are too small can lead to toe and foot problems. And never pass down shoes to a younger child from an older sibling. Shoes tend to mold to fit the owner's foot and will cause a problem if given to another child to wear.



## Celebrity Foot Focus

Do you wear a toe ring? If yes, you're in company with Jennifer Anniston, Star Jones, Tori Spelling and Britney Spears.

## Joke of the month



Travel Centre  
-Call Center help  
calls

**Customer:** I've  
been calling your local office  
for two days and can't get  
through -- can you help?

**Operator:** What number are  
you calling?

**Customer:** 0700 0600

**Operator:** Where did you  
get that number, sir?'

**Customer:** It was on the  
door to the office.

**Operator:** Sir, those are the  
office hours.

## Trivia

*The Ides of March is a  
famous day. What day is it?*

- A. 3rd
- B. 5th
- C. 15th
- D. 31st

**Answer: C**



## Deal of the Month!

March 2017

Spring is just around the corner, lets get your feet  
looking chipper!

**Normal cost \$25**  
**Kamea®20**

- Kamea® 20 contains ingredients that will rehydrate, moisturize, and condition your skin.
- Dry skin occurs as a result of depletion of water from the stratum corneum (the top layer of the skin).
- Kamea® 20 is a highly effective foot cream engi-neered to condition by increasing the water content of your skin, thus restoring the skin's natural properties and suppleness.
- Kamea® 20 will soften and help to exfoliate dry skin and callusing from your feet.
- The unique delivery system and proprietary formula-tion of Kamea® 20 delivers urea and other ingredients through a process that penetrates thick skin, which often forms on the feet.

**Normal cost \$25**  
**Kamea® G**

- Kamea® G is designed to safely clear the skin.
- Clinically proven alpha hydroxy acid technology applied to foot and ankle medicine.
- Kamea® G is engineered for use on the sole of the foot to improve the appearance of impressive hy-perkeratosis, significant scale buildup, and callus-ing.
- **Kamea® G may be used to clear chronic hyperkeratosis prior to or concurrently with the use of Kamea® 20 as a moisturizer.**



**Combo pack  
only \$45!**



## Recipe of the Month Cauliflower with Pancetta and Onions

Here's a great way to prepare cauliflower for a delicious side dish.

### Ingredients

- 2 tablespoons olive oil, divided
  - 3 ounces sliced pancetta (unsmoked bacon)
  - 1 medium onion, thinly sliced
  - 1 small cauliflower (about 1 1/4 pounds), trimmed and cut into florets (about 6 cups)
  - Kosher salt and freshly ground black pepper to taste
  - 1 bay leaf
- ....continued on page 4



....continued from page 3 **Recipe of the Month**

- 2 tablespoons water
- 1 tablespoon fresh lemon juice

### Instructions

Heat 1 tablespoon of the olive oil in a large heavy skillet over medium heat. Add the pancetta and cook until it is crisp. Remove the pancetta with a slotted spoon. Set aside.

Add in the onions, and turn the heat to medium low. Sauté the onions for about 8 minutes. Add in the cauliflower, salt, pepper, and bay leaf. Add in the water, cover and raise the heat to medium.

Cook for about 10 to 15 minutes, stirring occasionally until the cauliflower is tender and lightly browned. Remove and discard the bay leaf.

Add the cauliflower to a serving bowl. Mix together the remaining olive oil and lemon juice, and add to the cauliflower, mixing well. Top with the crisp pancetta.

*Recipe courtesy of [www.diabetes.org/recipes](http://www.diabetes.org/recipes)*



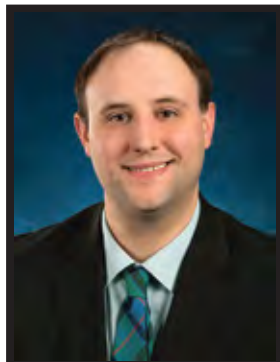
#### **Pueblo Colorado**

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

### Meet our Doctors



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**

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