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Find Us



Blog

Welcome Dr. Zeno Pfau

Pueblo Ankle and Foot Care is pleased to announce the addition of Dr. Zeno Pfau. He is excited and eager to start seeing patients this coming July 2017!



Dr. Zeno Pfau was born in San Diego, California and shortly after relocated to Tucson, Arizona where he spent most his life. After finishing high school, he attended the University of Arizona where he met his wife and together have the great and rewarding opportunity of raising their 5 beautiful children. Upon his completion in 2008, he graduated with a Bachelor of Science in Physiology with a minor in Business Administration. After finishing his undergraduate studies, Dr. Pfau had the opportunity to teach science at the high school level and was also the boys varsity soccer coach. It was during this time that he was introduced to Podiatry by a family friend. Dr. Pfau was drawn into the profession and the opportunities it provided to interact and help those in pain and discomfort. He put this desire into motion by attending the University of Des Moines where he received his Doctorate in Podiatric Medicine and Surgery.

While living in the Midwest, Dr. Pfau gained a real sense of service oriented community and strove to carry that mindset to Greeley, CO where he did his residency at Northern Colorado Medical Center. While in residency he was determined to help those around him by volunteering at a clinic and coaching. During his last year of residency, Dr. Pfau was able to exercise his abilities to lead others through his Chief Resident position. During the last few months of residency he accepted a position with Pueblo Foot and Ankle Clinic. Dr. Pfau and his family are excited about being able to stay in the great state of Colorado and have the opportunity to keep enjoying all the amazing things this state has to offer. When Dr. Pfau is not doing what podiatrists do, he spends his time with his wife and kids, serving in his church and community, coaching soccer teams whenever he can, fishing, boating, hiking, Friday date night with his beautiful wife and never missing a University of Arizona basketball game.

How To Handle Common Foot Injuries

Our feet - we rely on them day and night to take us to work, exercise, shopping ... even just getting out of bed in the morning!

So if our feet hurt because of a minor foot or toe injury, it's a problem. Even everyday overuse or wear and tear can cause an injury, but most often our feet are hurt during sports and recreational activities, while walking, working or taking care of projects at home.

Common Foot Injuries

Many minor injuries will heal on their own, and first aid treatment may be all that is needed to relieve your symptoms and promote healing.

- **Sprains and strains** can cause pain, swelling and bruising and make it hard to walk. Use the **R.I.C.E** method of **Resting** the foot, **Icing** the area, applying a **Compression** bandage and **Elevating** the leg.

....continued on page 2



....continued from page 1 **How To Handle Common....**

History FootNote

R.I.C.E - this handy phrase to help remember how to treat injuries with Rest, Ice, apply Compression and Elevate - was coined in 1978 by sports doctor Dr. Gabe Mirkin.

Celebrity Foot Focus

Actor Katie Holmes has hammertoes on both feet, probably from a mix of genetics and from excessive wearing of high heels.

- **Plantar fasciitis** causes heel pain that is often most painful when you get up in the morning. The plantar fascia is a thick tissue that runs along the bottom of your foot, and it can get inflamed from overuse. Unless the pain is acute, rest your foot and apply ice to the area frequently. Take over-the-counter pain medication with your doctor's permission to control pain and inflammation.
- **Stress fractures** cause tiny breaks in the bones of the foot caused by overuse. The pain will come on gradually and can be accompanied by swelling. The **R.I.C.E.** treatment can relieve much of the pain.
- **Achilles tendonitis** is a breakdown of the tissues near the Achilles tendon, which attaches the calf muscle to the heel bone. You'll feel tenderness and stiffness just above the heel which will worsen with running or stair climbing. Over-the-counter anti-inflammatory medications can relieve pain and swelling, and gentle stretching exercises can heal and strengthen the tendon.
- **Puncture wounds** from stepping on a nail or an insect bite can be more than annoying as you'll experience pain and swelling. Wash the wound, remove the object with tweezers, apply antibiotic ointment and cover with a clean bandage. Call your doctor as you may need a tetanus shot. Note that puncture wounds or any other type of injury to the skin of the foot can be **very** dangerous for those with diabetes - get medical help immediately.

Know When You Need Medical Attention

Home remedies won't help if the injury is serious. If your foot pain is severe and prevents you from walking, or if you have persistent pain, bruising, redness and/or swelling that is not quickly relieved, please call us as soon as possible!

We'll give your feet a complete examination and take x-rays and other imaging tests like ultrasounds and MRIs to determine the extent of the injury.

Our treatment will depend on the injury we diagnose and its severity. Often custom-fitted orthotics can help relieve symptoms until your foot is healed.

Don't ignore foot pain as your condition may only get worse! Call us for quick, professional treatment to get you back on your feet as soon as possible.

How to Avoid Skin Cancer on the Feet

Do you wear sunglasses for sun protection? Do you apply sunscreen frequently when outdoors?

If you answered yes, then you are helping to prevent overexposure to the sun's UV rays, which is the most common cause of skin cancer. But don't forget to protect your feet!

Apply sunscreen to the tops and bottoms of your feet and toes at least 30 minutes before venturing outside. The bottoms of your feet need protection too! Use sunscreen even when wearing sandals as your sandals leave your exposed skin unprotected.



Check Your Feet for Signs of Melanoma

May is Skin Cancer Prevention Month and a great time to reinforce the need to check your skin frequently.

Deadly melanoma, a relatively rare form of skin cancer, can appear on your soles due to the stress and damage caused by running and walking. Check your feet every day and be on the watch for:

- Spots on the skin or moles that have irregular or ragged borders, are asymmetric, have different colors or are changing.
- Non-healing wounds or ulcers.
- Any area that bleeds repeatedly.

Read more about skin cancer detection from the American Cancer Society. Contact us right away if you observe anything unusual on your feet - tops and bottoms and between the toes too!

Trivia

What was put on sale for the first time in May of 1886?

- A. United States Savings Bonds
- B. Coca-Cola
- C. Hot Dogs
- D. Ice cream cones
- E. Mothers Day Cards

Answer: B

Coca Cola was born in Atlanta, Georgia, on May 8, 1886. Dr. John Stith Pemberton, a local pharmacist, produced the syrup for Coca-Cola. It was put on sale at the nearby Jacobs' Pharmacy for five cents a glass as a soda fountain drink.

Joke of the month



Summer Job

For her summer job, my friend's 18-year-old daughter arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?"

"Because I fit in the chairs."
She got the job.



Deal of the Month

May 2017

\$5 off any pair of Powerstep inserts or JM Orthotics, comes in 3/4 or full length

Spring

Normally \$45 for a pair, this month only get \$5 off!
Dispensed according to shoe size.

The ProTech Control orthotic insole offers a firm but flexible arch support and a deeper heel cup with a 2-degree medial post for improved foot control and positioning. Double layer, shock absorbing cushioning for enhanced comfort. A Poron heel pad enhances the orthotic insert's cushioning and protection. Suitable for use in athletic shoes and roomier dress and casual shoes.

Ideal for controlling mild to severe overpronation and for alleviating pain associated with plantar fasciitis, metatarsal pain, heel or arch pain and other common foot conditions.

- Strong, medical-grade foot support with firm but flexible arch support.
- Deeper heel cup and 2-degree medial post for improved foot control and positioning.
- Double layer, shock absorbing EVA foam cushion casing for enhanced comfort.
- Friction reducing anti-microbial top fabric.
- Poron heel pad cushion for increased comfort and protection.
- Comes in full length or 3/4 length total contact support.
- Moveable from shoe to shoe with no trimming required.

Word Search

P	D	P	C	L	L	D	I	B	Q	C	Z	G	E	D	U	K	L	E	C
U	R	R	M	A	V	Q	E	T	N	S	K	F	S	I	U	M	G	X	L
N	X	W	U	M	N	X	V	A	T	D	H	U	O	A	Q	L	Q	E	F
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compression	podiatrist	diagnosis	sunscreen
treatment	Achilles	puncture	melanoma
diabetes	exercise	fracture	elevate
tendon	injury	cancer	skin
strain	sprain	ice	rest
foot			



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Build your own custom worksheet at education.com/worksheet-generator

See Answers at: <http://www.ami-solutions.net/pueblo/nl/2017/may/answer.pdf>



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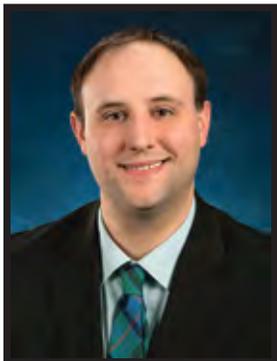
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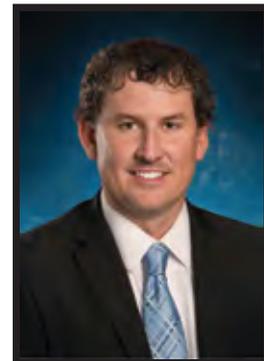
Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau

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