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Find Us



Blog

Skin Cancer Can Strike Feet and Ankles Too

What do Hugh Jackman, Diane Keaton, Anderson Cooper, Brooke Shields and Troy Aikman have in common? They have all had cancerous or pre-cancerous growths removed. While many of us have gotten in the habit of using sunscreen, it's important to remember your feet and ankles need protection, too.



3 Types of Cancers that Can Appear on Feet and Ankles

Melanoma - Malignant melanoma is a deadly skin cancer. This cancer type grows outward but also inward, deep into the body's skin and tissues and spreading through the lymph system and blood vessels. Because they are not always caused by sun damage, they can even be found on the soles and beneath the toenails. Melanomas can often look similar to a mole, plantar wart, ingrown nail, ulcer, bruise or blood blister.

Squamous Cell Carcinoma: The most common form of skin cancer on the feet, they usually don't spread during early stages but can spread when advanced. These growths may be itchy but usually don't hurt, and can look like a fungal infection, ulcer, plantar wart or other skin conditions like eczema.

Basal Cell Carcinoma: Because these skin cancers are often caused by sun exposure, they are found on the feet less commonly than other parts of the body. Basal cells are not as aggressive as other forms of skin cancer and rarely spread beyond the skin. They may resemble benign ulcers or skin tumors.

Learn How To Detect and Prevent Skin Cancer

The American Academy of Dermatology (AAD) has designated May as Melanoma/Skin Cancer Detection and Prevention Month. The AAD's focus is to raise awareness of the seriousness of skin cancer, especially melanoma, and to provide educational materials on its prevention and detection.

You can prevent skin cancer by:

- Limiting the time spent in the sun - especially between 10 am and 4 pm when it's strongest.

....continued on page 2

History FootNote

French physician René Laennec coined the word "melanoma" meaning black tumor. His other contributions to medicine include the invention of the stethoscope in 1816.

Celebrity Foot Focus

Jamaican reggae singer songwriter Bob Marley died from melanoma in 1981. Marley first noticed a malignant melanoma under a toenail which had spread to other parts of his body.

- Applying a broad spectrum (UVA/UVB) sunscreen, SPF 15 or higher, every day. Follow product instructions on how much to use and how often to reapply. Keep your child's skin protected too.
- Remembering to use sunscreen on feet and ankles.
- Checking both your feet and your child's feet regularly for any changes in skin appearance as well as sores, cracks or ulcers. Don't forget the bottoms of the feet and toes too.

Here are more tips from the Skin Cancer Foundation, including how much sunscreen is really enough and how often to apply.

Contact us as soon as possible if you see any suspicious growths on your feet and ankles. We are trained to recognize the danger signals of skin cancer. Early detection is vital so call us today!

Nail Salon Pedicures: Put Safety First

Now that spring is finally here across the U.S., some toes that have been sheltered all winter are peeking out of sandals. If you're planning a trip to your favorite nail salon, do some investigating first to make sure your only salon takeaway will be clean and polished toenails.



Nail Salon Safety Checklist

Don't forget - you are a consumer and have the right to check your salon's cleanliness and sanitation procedures. Look for:

- ✓ Current salon and technician licenses. They should all be prominently displayed.
- ✓ Overall cleanliness of equipment and floors.
- ✓ Technician's personal hygiene and grooming.
- ✓ Spotless whirlpool baths without pipes that tend to harbor bacteria.
- ✓ New sterile instrument pack for each customer.
- ✓ Soaking solutions that are changed frequently.
- ✓ New packaged toe separators and buffers that are disposable.

Prep Tips for a Nail Salon Pedicure

- Try for a morning appointment when equipment is cleanest.
- Wear your own flip flops.
- Bring your own instruments if you have a good set.
- Reschedule if you have any cuts or open sores on feet and legs.
- Don't shave your legs within 24 hours of your appointment to prevent bacteria from entering your system.

Sometimes a nail technician may be too aggressive in pushing back the cuticle or can slip when trimming nails or cuticles. A too-rounded toenail cut can create an ingrown toenail. If you notice any toe or foot problems after a salon visit, please call us for an evaluation.

Patients with diabetes should be careful with professional pedicures. Always tell the nail technician that you have diabetes so they will take extra care with their tools.

Joke of the month



A mother is trying to get her son to eat carrots. "Carrots are good for your eyes," she says. "How do you know?" the boy asks. The mother replies, "Have you ever seen a rabbit wearing glasses?"

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 created 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.



Deal of the Month Valid May 2016



Protech Control Full Length and 3/4 Quarter Length Powerstep Shoe Inserts

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.

Recipe of the Month Garlic Parmesan Zucchini and Tomato Bake

Ingredients

- 2 large or 2.5 lbs zucchini, cut into quarters
- 10 oz grape tomatoes, cut in halves or 2 large tomatoes, diced
- 7 garlic cloves, crushed
- 1/2 cup Parmesan Cheese, shredded
- 1 tsp basil/thyme/oregano, dried



....continued on page 4

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

- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 1/3 cup parsley or basil, finely chopped
- Cooking spray

Directions

1. Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.
2. In a large mixing bowl, add all ingredients, except parsley/basil, and stir to combine. Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. Chec for doneness with a fork or knife after 25 minutes. Remove from the oven, garnish with basil or parsley and serve hot/warm.

Recipe courtesy of FoodReal.com



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