


[We Are Growing](#), [What Are Your Nails Telling You?](#), [Protect Your Feet From Blisters](#), [Deal of the Month](#), [Summer Special](#)

# NEW MEXICO Foot & Ankle INSTITUTE

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## We Are Growing!

Truth is like the sun. You can shut it out for a time, but it ain't goin' away.

Elvis Presley

Have a belief in yourself that is bigger than anyone's disbelief.

August Wilson

You learn something every day if you pay



We are expanding our office and moving across the hall at our Pan American office. With the addition of a new doctor and new office staff we have outgrown our current suite and need more room to accommodate our busy practice. Our contractor assures us that we will be able to move in early to mid September. Watch Facebook for updates. Thank you for your patience as we go through these exciting times.

attention.

~Ray LeBlond

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## WHAT'S A FOOT?



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### Back to School Foot Pain



AFTER WEARING FLIP-FLOPS ALL SUMMER, STUDENTS HEAD BACK TO SCHOOL WITH PAINFUL FEET

The sounds of back to school season include the ringing of school bells and cash registers, the slamming of locker doors, the noisy ruckus of school hallways and cafeterias, and the moans and groans of students over tests, homework, relationships, and increasingly, their aching feet.

Flip-flops are the summer footwear of choice for

## What Are Your Nails Telling You?

Nail disorders may signal problems that reach far beyond your toes. Nail abnormalities often indicate an underlying medical condition or a deficiency in certain vitamins and minerals. Warning signs to look out for include yellow nail discoloration, nail splitting, nail cracking, ridges on nails, and white spots on nails. So even if you skip regular pedicures, pay close attention to your nails and discuss any toenail changes or disorders with your podiatrist.

### Nail Splitting and Nail Cracking

Split nails or cracked nails can be problematic all on their own, but they can also be nail disorders that signal another health problem. Nail splitting and nail cracking can be due to a thyroid condition (hyperthyroidism or hypothyroidism) or psoriasis. If you find that your nails are brittle or split or crack easily and often, talk to your podiatrist about health conditions that may be responsible.

### Soft or Brittle Nails

Nails that are soft to the touch or flake apart easily are commonly caused by a lack of the protein keratin. Keratin deficiency often results from crash dieting or some other sudden dietary changes. A protein-rich diet can reverse the damage, as can taking a daily supplement of biotin, a B vitamin. Other causes of soft or brittle nails include chemicals in products used as part of a manicure or pedicure (such as acetone and methyl acrylate), and health conditions, including Crohn's disease and anemia.

### Ingrown Nails

many students. But while these sandals are inexpensive and stylish, they don't cushion or support the foot, leading to problems. After wearing flip-flops all summer, some students will head back to school this fall with foot pain and even injuries. The American College of Foot and Ankle Surgeons (ACFAS) reminds parents and students that foot pain isn't normal and can be reduced or eliminated.

People often don't realize that even into your mid-teens, there's new bone growing in your heel. Flip-flops don't cushion the heel, so repetitive stress from walking can inflame that heel bone growth area and cause pain and tenderness.

Heel pain and arch pain rank among the most common complaints among students who wear flip-flops. Other flip-flop feet problems students can take back to school include inflammation of the Achilles tendon, painful pinched nerves, sprained ankles, broken or sprained toes, cuts and scrapes, plantar warts, Athlete's foot, and callus build-up on the heels and toes.

Foot and ankle surgeons can usually reduce or eliminate students' foot pain with simple treatment methods including stretching exercises, ice massage, anti-inflammatory medications, and custom or over-the-counter shoe inserts.

When nails grow into the skin instead of straight, an ingrown nail occurs. This painful toenail disorder is most often caused by an injury to the nail — someone steps on your foot or you stub your toe — or from wearing shoes that don't fit properly. But nail disorders such as a nail fungus can also trigger an ingrown nail. A severely ingrown nail may require antibiotics to prevent an infection or minor surgery to remove some or all of the ingrown nail.

## Nail Fungus and Yellow Nails

Nails that crumble and break, turn yellow, or begin to smell may signal a [fungal infection](#), also known as [onychomycosis](#), which can affect toes. You may have picked up the toenail fungus in a public pool or locker room — any place that's moist and warm. Have your nails inspected by a podiatrist who can confirm the diagnosis and recommend treatment. Frequent fungal infections may indicate a weakened immune system, a health problem like diabetes, or poor circulation. To prevent toenail fungus, keep your feet clean and dry, and wear shoes or sandals in public places.

## Black Lines in Nails

A black line or streak that appears in a nail is often from some type of injury. But if you don't remember accidentally whacking or stubbing your toe on a table leg, start looking elsewhere for an explanation. These black lines could be warning signs of melanoma, an extremely dangerous type of skin cancer, so you should see a podiatrist to have them checked out.

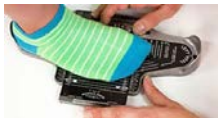
## Blood Under Nails

You can accumulate blood under a nail when the

Back to school season will always be painful for some students, but it doesn't need to involve foot pain. For more information on foot and ankle health conditions and to locate an ACFAS foot and ankle surgeon in your area, visit [FootHealthFacts.org](http://FootHealthFacts.org) and Like us on Facebook at Foot Health Facts and Twitter at @FootHealthFacts.

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## Tips for Measuring your Child's Feet for New School Shoes



- Measure feet at the end of the day when your child's feet are at their largest
- Measure in the socks they will wear with their new shoes if appropriate
- Measure both feet and fit shoes to the larger foot

nail has been injured — hit against something, crushed, pinched, or otherwise traumatized. The nail may look black due to the blood that pools beneath it, and the nail may eventually fall off. Sometimes, to alleviate pain and pressure, it's necessary for a podiatrist to puncture a small hole in the nail to allow the blood to drain. Splinter-like streaks of red may be caused by an injury, but they could possibly indicate an infection of a heart valve, which showers the bloodstream with debris that causes the marks to appear. If you see streaks of red in your nails when you haven't injured them, ask your podiatrist about it.

## Ridges on Nails

Ridges on nails can be more than unsightly — they may indicate a nutritional deficiency. Ridges on nails can be a sign of malnourishment or a specific deficiency in iron, in which case you may also have depressed areas on the nail. Horizontal ridges on nails can also result from arsenic poisoning. See a podiatrist for evaluation if you notice ridges forming on your nails.

## Toenail Fungus

[Toenail fungus](#) can give nails an unattractive, deformed appearance. It can alter the nail's color and spread to other nails, even fingernails. Avoiding toenail fungus is difficult, especially if you walk through wet areas where people tend to go barefoot, such as locker rooms and swimming pools. People with chronic conditions, such as [diabetes](#) or immune deficiency diseases like HIV, are especially vulnerable and may want to keep their shoes on.

If you have any of the above nail symptoms call us at 505.880.1000 and make an appointment with one our doctors.

- It is best to measure your child's foot while they are standing upright

Children's feet grow at a fast rate and shoe size should be re-evaluated at least every 2-3 months.

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## Our Doctor Store

Did you know we have a store on our website? You can shop by Brand, Condition & Product Type. Follow the link below and see the selection.

### [Our Doctor Store](#)



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## Health & Wellness Events in July



We had the privilege of being a guest at the FAA Health Fair on July 8th and the UPS Health event on July 16th.

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## Protect Your Feet From Blisters



From a brisk walk to a new pair of shoes, many things can cause a blister. Get the facts about these little annoyances.

Not many people can go through life without experiencing the pain of a blister. From a power run to the wrong pair of socks, many things can cause a fluid-filled bump on your foot. Even shoes designed for comfort can rub your feet the wrong way, leaving an annoying and often painful blister.

### What Is a Blister?

You most likely know what a blister looks like, but what is it, and how does it get there?

A blister can develop just about anywhere on your feet. The spot often looks red, is round in shape, and has a soft dome that is filled with a clear fluid. It's a separation of the layers of the skin that allows fluid to build up underneath there. They're usually found in an area of high friction or over a bony prominence where the shoe will rub and cause that separation of layers.

### Risk Factors for Blisters

A blister on the feet is generally caused by friction, and also by moisture in the area that creates that friction. You can get a blister by wearing ill-fitting shoes, or by not properly protecting your feet with socks. Even comfortable shoes, like running shoes, can cause a blister if they don't fit right.



Dr. Ward hosted his first "Lunch & Learn" at Atrinea Health on the 29th.

Thank you to everyone that takes the time to visit with us!

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**Dry, Brittle Nails?**

**We have just what you need!**

**TheraNail  
Tablets**



Any time you wear uncomfortable or poorly fitting footwear — shoes that are too small or too tight or that allow the feet to move around inside — you're putting yourself at risk for a blister. Blisters can also form from footwear that rubs the bony areas of your feet, like the joint of your big toe or your heel.

Exercise, which can create a lot of moisture and friction inside your shoes, is also a common culprit. In addition, the type of sock you wear (or don't wear) can contribute to the formation of a blister. Not wearing thick socks to cushion and protect your feet can also increase your risk of blisters, as does not wearing any socks at all. If your skin rubs directly against the wall of your shoe, a blister is likely to form.

#### Diagnosing a Blister

Often, you can diagnose a sore spot on your foot as a blister based on your recent activity (a workout, wearing a new pair of shoes), and by seeing the fluid-filled sac. But blisters can also be caused by certain health conditions. If you have a blister, or something that looks like a blister, and you are not sure why you got it, see a podiatrist to rule out other health problems.

Conditions like eczema (an inflammation of the skin) may produce blisters, as can shingles (a viral infection), chicken pox, and a reaction to medications or poisonous substances like poison ivy or poison oak.

A blister isn't typically a serious condition, but it should remind you to practice proper foot health. Treat your feet to well-fitting, comfortable shoes and cushy socks to keep them in good shape. You'll feel good from head to toe.

**We take of your feet....**

Regularly \$20

**NOW  
\$15**

TheraNail Tablets stimulate the epidermis. Helps with zinc and iron deficiency. Strengthens keratin, the protein found in skin, hair, and nails. Reduce nail splitting/ breakage. Smooth brittle nail ridges and may increase speed at which nail grows out.

TheraNail Tablets pair nicely with our Hydrating Therapy. Hydrating Therapy: Clear coat nail treatment for dry brittle nails (\$15)

Offer Good Thru: 08/31/15

so they'll take care of you!

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Last chance...

Treat Toe Nail Fungus

**NOW!**

Summer Special



**\$100 OFF**

of Platinum Package  
or  
Deluxe Package

Please share this with your family & friends!

\*Book your appointment by August 31st

\*Mention this ad

\*One offer per person

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We are always accepting New Patients!



Call us today at **505.880.1000** to schedule an appointment with our doctors.

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We are still collecting for [Locker #505 Student's Clothing Bank](#) which benefits all students (K-12) in Bernalillo County.

Go through your closets and find all the shoes you no longer wear and drop them in the boxes provided in our offices!

**Shoes we accept:** All gently worn, paired men's, women's and kids shoes that are still reusable and re-wearable! That means no holes in the soles, nothing wet, mildewed or torn. This includes athletic shoes, dress shoes, casual shoes, timberland type work boots, sandals, heel and flats.

**Shoes we do not accept:** Ski boots, winter boots, roller skates, ice skates, roller blades, flip flops, crocs, bedroom slippers or single shoes.

**We are still**



## Patient Portal

Connect with us online 24/7 to:

- Message our office
- Access Care Plans
- Request or check appointments
- Request or check prescriptions
- Update personal information
- Fill out forms
- See Visit Summary

Provide us with your name, date of birth & email address.



[Click here to register.](#)

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## OUR DOCTORS



[Nathan Ivey, DPM](#)



[Jonathan Williamson, DPM](#)



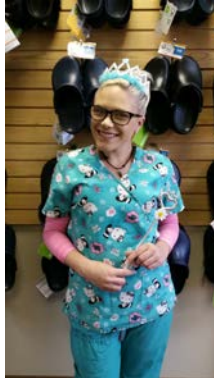
[Justin Ward, DPM](#)

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collecting!

## OUR STAFF



Kellie is our Employee of the Month for her outstanding teamwork. She gets to proudly wear our crown and stethoscope. We love you Kellie!



Meet Kaitlyn one of our new medical assistants. Welcome to the NMFAI family!



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August 2015 Newsletter

Our mailing address is: 4343 Pan American Freeway NE  
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Our website address is: <http://www.nmfootandankle.com>



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