


Welcome Dr. Ward, Summer Special, Summer Shoes for Problem Feet, Deal of the Month

# NEW MEXICO Foot & Ankle INSTITUTE

 [Friend on Facebook](#)

 [Follow on Twitter](#)

 [Forward to a Friend](#)



Never expect..never  
assume..never demand..just  
let it be..because if it is  
meant to be..it will happen  
that way



Dr. Justin Ward

to

NEW MEXICO  
**Foot & Ankle**  
INSTITUTE



"Liberty means responsibility. That is why  
most men dread it."

Dr. Ward was born and raised in Idaho. He graduated from BYU-Idaho where he studied Biology, Chemistry, and Mandarin Chinese. In 2012, he and his family moved to Philadelphia where he attended Temple University School of Podiatric Medicine. After graduation, Dr. Ward and his family moved to Albuquerque, where he completed a three year surgical residency at the

George Bernard Shaw

---



---

## WHAT'S AFOOT?



---

## Treat Toe Nail Fungus NOW!

### Summer Special



**\$100 OFF**

of Platinum Package  
or  
Deluxe Package

Please share this with  
your family & friends!

New Mexico VA Hospital. His training included both forefoot and rearfoot surgery.

Dr. Ward and his wife have four children. They enjoy volunteering in the community and serving in their local church, as well as, just spending time together as a family and enjoying the outdoors. Dr. Ward is very excited to continue serving the people of New Mexico and to call Albuquerque home.

Dr. Ward will be joining our practice on Monday, July 13th. We are excited to have him joining our "work family"!

---

## Summer Shoes for Problem Feet

By [Wyatt Myers](#) | Medically reviewed by [Lindsey Marcellin, MD, MPH](#)

Foot problems can be especially troublesome in the summer, but you can avoid many sources of foot pain by choosing the right shoes. Here are some of the best options.



Summer is a traditional time to kick off your shoes and relax, but it's not always the best time of year for foot health. All that heat and humidity paired with the desire to go barefoot or wear unsupportive shoes, such as flip-flops and sandals, can lead to a lot of problems for your feet.

While anyone can have a mishap that leads to foot pain issues in the summer, if you have certain foot health conditions, the elements can worsen your foot woes. Plantar fasciitis, bunions, and various complications related to diabetes can all feel worse in the sweltering heat.

By taking the right steps, however, many foot health problems can be avoided or at least lessened, even during the dog days of summer.

- \*Book your appointment by August 31st
- \*Mention this ad
- \*One offer per person

---

## We are always accepting New Patients!

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

---

### What do we wish people knew about keeping their feet healthy?

Cats and dogs stretch in the morning, and the first thing we do is go to Starbucks.

#### Meaning What?

If you stretch your feet, keep them well hydrated, keep them from getting infections and not be overweight - the number one thing that causes foot pain - your feet should be very happy.



---

## 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](#)

The secret is to pamper your feet by protecting them with the right summer shoes based on your feet's unique needs.

## The Right Shoes for Plantar Fasciitis



Plantar fasciitis is characterized by a sharp, burning pain in the heel of your foot. It's typically caused, over time, from wearing shoes that don't support your heel well. It's a common summer complaint since people tend to wear shoes with very little support, such as flip-flops and skimpy sandals, or go barefoot, which gives you no heel support at all.

But there is some good news when it comes to summer shoes, You can still wear sandals and at the same time prevent or relieve some of the heel pain issues related to plantar fasciitis if you choose sandals with a supportive heel, says Jordana Szpiro, DPM, a podiatrist in private practice in Boston.

Many such brands are available. One that Dr. Szpiro recommends is Orthoheel by Vionic. Another option is to see your podiatrist about having a custom footbed made for your sandals.

## Shoes for Feet With Bunions



If you have bunions, you likely have a big toe that points at least slightly inward toward your second toe, as well as an accompanying bump near the base of the toe. Not surprisingly, this can make



---

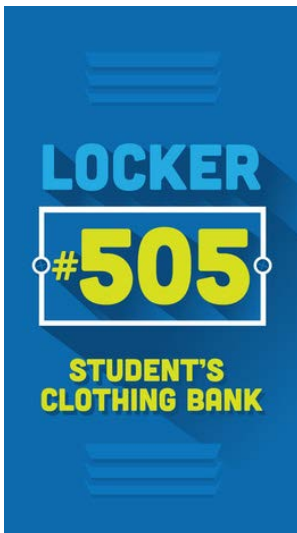
## Health & Wellness Expo's in June

We had the privilege of being a guest at the Kirtland Air Force Base "Summer Bash 2015" on June 5th.



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

---



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

wearing almost any type of shoe painful.

The general advice when it comes to choosing shoes for bunions is to get a shoe with plenty of room in the toe box. This will let your toes move about without being cramped.

Open-toed sandals worn during the summer months may actually be good for people with bunions. That's because there is no toe box at all, which gives the toes room to move freely and not be constricted. One problem with sandals, however, can be the straps. For instance, a sandal with a strap that goes right across your bunion is going to be quite painful, especially the more you walk in it. Make sure any sandal design you're considering doesn't lie over or rub against a bunion, hammertoe, or any bony prominence, Szpiro says.

## Summer Advice for People with Diabetes

Problems with the feet, including foot pain and foot swelling, are common among people with diabetes, and these problems can easily worsen during hot summer months. Even minor mishaps such as cuts, scrapes, and blisters can be quite serious when you have diabetes because of circulation problems that impede healing.

Considering all this, it's critical that you take very good care of your feet during the summer, says Lucille B. Andersen, MD, a foot and ankle surgeon at Webster Orthopedics in the San Francisco area. "Never, I repeat, never go barefoot if you have diabetes," Dr. Andersen says. "Also, be aware that your normal shoes may be too tight because of foot swelling, and be sure to check your feet more frequently for blisters and breakdown." See your doctor or podiatrist immediately if you have

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 collecting and just sent in another full box!**

---

## Remember the Sunscreen!



**GOT FUNGUS?**

**We have just what you need!**



concerns about any foot issues.

## More Tips for Choosing Summer Shoes



Overall, Szpiro says, be practical and realistic when it comes to choosing the right shoes for summer. For example, flip-flops might be just fine for lounging poolside, but not the best choice for walking around a city sightseeing for hours. Also, leather tends to breathe better than rubber, so leather-soled shoes can be a better choice if sweaty feet are an issue.

Bright colors and sexy styling make many summer shoe designs as tempting as an array of chocolates in a candy store window. But it's best to choose your footwear with an eye toward both looks and comfort.

---

## Treat your feet well



Athletes experiencing foot pain could use a good stretch. Not stretching can cause swelling in tendons and muscles that can make running, jumping and even walking painful. Remember to stretch your legs. Stretching your calves can help avoid ankle and heel pain.

Regularly \$29

**NOW  
\$23**

Antifungal Cream helps treat the most common fungal infections including candida albicans, tinea pedis (athlete's foot), tinea cruris (jock itch) and tinea corporis (ringworm of the body). Helps relieve itching, scaling, cracking, burning, redness, soreness, irritation, discomfort and chafing associated with most common fungal infections.

Offer Good Thru: 07/31/15

---

## High heel injuries on the rise: How to wear heels without hurting yourself



[Click here](#) for the full article and videos

---

### OUR DOCTORS



[Nathan Ivey, DPM](#)

Get a frozen water bottle. Roll it from your toes to your heel and from the left side of your foot to the right. The cold can reduce swelling. The motion can loosen tight tendons.

Get on your knees and curl your toes under. Sit back. This stretches the bottom of your foot. Then, uncurl your toes so that your toenails are on the floor. Sit back. This stretches the front of your foot and ankle.

Also, stand on a raised surface like a step or a curb. Let your heel hang off the edge. This [stretches](#) your calves, reduces pain in the heel and helps avoid Achilles tendon injuries.

---

## Over the Counter Products

[Click here](#) to go to our Over the Counter Product List on our website. Below is a list of a few of our products we carry for your convenience:

- Clarus Antifungal Cream
- BioFreeze
- Dr. Remedy Antifungal Nail Polish & Remover
- Powerstep Plantar Fasciitis Support Sleeve
- Therapeutic Foot Cream
- Dry Skin Relief 20% Urea



Jonathan  
Williamson, DPM

OTC Products are always available... .  
no appointment is necessary.

We take of your feet....so they'll  
take care of you!



Justin Ward, DPM



We have same day & next day  
appointments! Call us today  
@ [505.880.1000](tel:505.880.1000) to schedule an  
appointment with one of our doctors.



Copyright © 2015 New Mexico Foot & Ankle Institute  
All rights reserved.  
July 2015 Newsletter  
Our mailing address is: 4343 Pan American Freeway NE  
Suite 234  
Albuquerque, NM 87107  
505.880.1000  
OR  
4801 McMahon Blvd. NW  
Suite 235  
Albuquerque, NM 87114  
505.872.3333  
Our email address is: [info@nmfootandankle.com](mailto:info@nmfootandankle.com)  
Our website address is: <http://www.nmfootandankle.com>



