


NEW MEXICO Foot & Ankle INSTITUTE

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We know what we
are, but know not
what we may be.

William Shakespeare



April Showers bring
May Flowers



Don't walk behind me; I
may not lead. Don't walk
in front of me; I may not
follow. Just walk beside
me and be my friend.

Albert Camus

WHAT'S AFOOT?

Fungus Among Us?

[Nail fungus](#), also medically known as [onychomycosis](#), is a chronic fungal infection of the fingernails and/or toenails by dermatophytes, that easily attack the nail and thrive on keratin, the nail's protein substance, leading to gradual destruction of the nail plate. It is more likely to affect toenails, particularly the first toenail, than fingernails, according to the National Institutes of Health (NIH). About half of the population is affected with nail fungus by the time they reach 70 years of age,

Nail bed injury may make the nail more susceptible to all types of infection. Those who suffer chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to toenail fungus. If basic foot care guidelines are followed, you more than likely can avoid most common foot fungus problems.

Symptoms

An infected nail often could have the following symptoms:

- Discoloration
- Brittleness
- Loosening, thickening, or crumbling of the nail
- In some cases the nail will emit a slightly foul odor
- Separation from the nail bed



Nail fungus typically begins with a fungal infection of the skin, such as athlete's



Annual Feet Washing



Dr. Williamson, Kellie, Lily and Amber participated in The Easter Feet Washing Event at the Albuquerque Rescue Mission on Saturday, April 4th.

We received this thank you and this is why we participate in the ABQ Rescue Missions Annual "Washing of the Feet" event:

"THANK YOU!!! You guys were the best to come and volunteer your time and service to our clients! Everyone was so blessed. I had a homeless man, Dion, tell me he was so humbled to get his feet washed and wasn't going to do it, but decided to let a volunteer wash his feet. He was SO OVERWHELMED by the experience, he just kept thanking me over and over again, for this event- the new socks, new shoes, toiletry totes...he was smiling ear to ear! So you all made everyone's day! So thank YOU!!!

We counted 171 homeless come through for this event. I don't know the exact count on foot washing or how many shoes we gave out just yet. But we sure appreciate YOU! We will count you IN for next year! "



Did you know your

foot. Once the skin is treated, however, the nails may act as a reservoir for reinfection that can spread the fungus to other parts of the body or to other people.

Onychomycosis is not self-healing and may be a source of more widespread fungal lesions on the skin, or vice versa. A toenail may take up to 78 weeks to grow fully, and preventative measures should be taken during that gap to avoid recurrent infection.

Prevention

The fungi that cause onychomycosis thrive in warm, moist areas such as public swimming pools, gyms or shower rooms, according to the NIH.

Fungi is everywhere, it lives in your shoes, it lives in your socks, it lives in your bathroom. It is resistant to freezing and heating. Even if you can get them off your skin, the risk of re-exposure is quite high.

General hygiene practices such as keeping all nails short, dry and clean by regular trimming will help decrease the risk of infection. One should avoid going barefoot in public places, particularly public showers, and choose a reputable salon that properly cleans and disinfects its manicure and pedicure instruments.

Sometimes, patients will have onychomycosis on just one nail, often because a trauma such as dropping a book on a toe, may make it easier for a fungal infection to take hold. Because the fungus can spread to other nails, we encouraged people to clean their nail clippers. People who pursue treatment for their feet should also buy new socks and shoes.

Fungal spores can remain viable for months in your shoes.

Follow These Tips To Prevent Toenail Fungus:

- Use proper hygiene and regularly inspect your feet and toes.
- Keep your feet clean and dry.
- Wear shower shoes in public facilities whenever possible.
- Clip nails straight across so that the nail does not extend beyond the tip of the toe.
- Use a quality foot powder (talcum, not cornstarch) together with shoes that fit well and are made of materials that breathe.

podiatrist is a local TV celebrity? Dr. Ivey was interviewed on NM Style, on Monday, April 20th.

Thank you Julie and Mercedes for so graciously agreeing to appear with Dr. Ivey.

[Click here](#) to see the interview.



Health & Wellness Expo's in April

We had the privilege of being a guest at the following Health & Wellness Fairs:

- DTRA Wellness Fair on the Kirtland AFB on April 16th
- US Forest Service Tree Mile Run & Wellness Fair on April 22nd
- Tempur-Sealy Safety Week Wellness Fair on April 22nd



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

Locker #505 hosted a Mini Golf Tournament Fundraiser on April 17th at Hinkle Family Fun Center. We participated as a hole sponsor and had a team participate. It was fun and for a good cause!

- Avoid wearing excessively tight hosiery, which promotes moisture.
- Wear dry cotton socks, and change them two or three times a day if necessary.
- Wear dry shoes that allow air to circulate around your feet (tight, enclosed, moist shoes contribute to toenail fungus infections).
- Disinfect home pedicure tools and make sure the tools used in salons have been cleaned properly.
- Don't share shoes or socks with others.
- Don't share nail clippers or nail files with others.

Treatment For Toenail Fungus



Toenail fungus treatment options, depending on the type of infection you have and the severity, include:

- [Laser Treatment](#) that uses a laser light beam to penetrate the nail bed and kill the pathogens embedded in the nail causing the toenail fungus. This is the most effective method for toenail fungus treatment.
- Over-the-counter liquid antifungal agents that are applied directly to the nail.
- Debridement which is when the diseased nail matter and debris is removed.
- In severe cases, surgical toenail fungus treatment may be required to remove the entire infected nail. Permanent removal of a chronically painful nail, which has not responded to any other treatment, permits the fungal infection to be cured and prevents the return of a deformed nail.



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!

Thanks to all of you we have filled and shipped another 2 full boxes!



National Walk at Lunch Day was Wednesday, April 29th. This event was hosted by the American Heart Association at various sites in the metro area and we participated at the Lovelace Westside Hospital. We put on our walking shoes and joined in the fun!



Put Your Best Foot Forward With

Dr.'s REMEDY®
Enriched Nail Care 

Over the Counter Products

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

- Antifungal Cream
- Clarus
- Clarus Shoe Shield
- Dr. Remedy Enriched Nail Care
- Kera
- Neu RX-TF
- Steri-Shoe

If you think you have toenail fungus, or would like more information about toenail fungus treatment, please give us a call at 505.880.1000 to schedule a consultation.

The longer you wait,
the harder it is to treat!



Current blogs on our [website](#):

Topic:

[What Orthotic Do I Need & Why Not To Pay Too Much?](#)

The Fix for Funky Feet

When your feet sweat or get wet, bacteria build up and cause odor. The best solution? Keep your tootsies as moisture-free as possible. Dry them well after every shower and be sure to wipe in between your toes. If sweat's your problem, spray your feet with an antiperspirant from the deodorant aisle of the drugstore. An excess of foot sweat can even lead the dry skin between your toes to ball up into another icky foot issue: toe jam. We recommend using [Clarus Shoe Shield](#) designed to kill odor causing bacteria.

Avoid wearing socks and heavy shoes outside in the heat if you can help it. If these methods don't get rid of the stench a prescription-strength roll-on made for body odor can probably kick it.



Purchase **3** of
our POLISH's....
and we'll give you
REMEDY Remover
FREE!

What's in it for you?

Nail Polish: Podiatrist formulated advanced nail enamel. Long lasting, brilliant color. Enriched with Garlic Bulb Extract, Tea Tree Oil, Wheat Protein and Vitamins C and E.

Exceptional wear, quick drying, high gloss and chip resistant.

Hydrating Therapy: Clear coat nail treatment for dry brittle nails.

A natural nail conditioner, infused with the carbohydrate complex Pentavitin which contains moisturizing binding capabilities. Hydration is also enriched with whole wheat protein and four major vitamins.

Remover: A non-acetone enriched nail polish remover.

REMEDY Remover is a non-acetone enriched nail polish remover infused with vitamins, protein and naturally occurring anti-fungal ingredients. Why not do something good for your nails, even when taking the polish off?





Offer Good Thru: 05/31/15



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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