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What Your Feet Say About Your Health, Pretty Feet Tips, Vote for Us

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WHAT YOUR FEET SAY ABOUT YOUR HEALTH



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No matter how long the winter, spring is sure to follow.
~Proverb



"Either you run the day or the day runs you."

-Jim Rohn

Cold Feet, Many Culprits

If your toes are always cold, one reason could be poor blood flow -- a circulatory problem sometimes linked to smoking, high blood pressure, or heart disease. The nerve damage of uncontrolled diabetes can also make your feet feel cold to you. Other possible causes include hypothyroidism and anemia. A doctor can look for any underlying problems -- or let you know that you simply have cold feet.



Foot Pain

When your feet ache after a long day, you might just curse your shoes. After all, eight out of 10 women say their shoes hurt. But pain that's not due to sky-high heels may come from a stress fracture, a small crack in a bone. One possible cause: Exercise that was too intense, particularly high-impact sports like basketball and distance running. The weakened bones of osteoporosis increase your risk



The world's favorite season is the spring.

All things seem possible in May.

Edwin Way Teale



Annual Feet Washing

[Dr. Williamson](#), Meagan and Kellie participated in The Easter Feet Washing Event at the [Albuquerque Rescue Mission](#) on Saturday, April 19th. They serve the homeless community from our city by providing basic health services like; Dental and Medical Assessments, Foot and Vision care. It was an honor to serve and we look forward to doing it again next year.

Red, White, and Blue Toes

Raynaud's disease can cause your toes to turn white, then bluish, and then redden again and return to their natural tone. The cause is a sudden narrowing of the arteries, called vasospasms. Stress or changes in temperature can trigger vasospasms, which usually don't lead to other health concerns. Raynaud's may also be related to rheumatoid arthritis, Sjögren's disease, or thyroid problems.

Heel Pain

The most common cause of heel pain is plantar fasciitis, inflammation where this long ligament attaches to the heel bone. The pain may be sharpest when you first wake up and put pressure on the foot. Arthritis, excessive exercise, and poorly fitting shoes also can cause heel pain, as can tendonitis. Less common causes include a bone spur on the bottom of the heel, a bone infection, tumor, or fracture.

Dragging Your Feet

Sometimes the first sign of a problem is a change in the way you walk -- a wider gait or slight foot dragging. The cause may be the slow loss of normal sensation in your feet, brought on by peripheral nerve damage. About 30% of these cases are linked to diabetes. Nerve damage also can be due to infection, vitamin deficiency, and alcoholism. In many cases, no one knows what caused the nerve damage.

Clubbed Toes

In clubbing, the shape of the toes (and often the fingers) changes. The nails are more rounded on top and curve downward. Lung disease is the most common underlying cause, but it also can be caused by heart disease, liver and digestive disorders, or certain infections. Sometimes, clubbing runs in families without any underlying disease.

Swollen Feet

This is usually a temporary nuisance caused by standing too long or a long flight -- especially if you are pregnant.



In contrast, feet that stay swollen can be a sign of a serious medical condition. The cause may be poor circulation, a problem with the lymphatic system, or a blood clot. A kidney disorder or underactive thyroid can also cause swelling. If you have persistent swelling of your feet, see a physician.

Burning Feet

A burning sensation in the feet is common among diabetics with peripheral nerve damage. It can also be caused by a vitamin B deficiency, athlete's foot, chronic kidney disease, poor circulation in the legs and feet (peripheral arterial disease), or hypothyroidism.

Sores That Don't Heal

Foot sores that will not heal are a major warning sign for diabetes. Diabetes can impair sensation in the feet, circulation, and normal wound healing, so even a blister can become a troublesome wound. Those sores also are prone to infection. Diabetics should wash and dry their feet and check them for any wounds every day. Slow-healing of sores also can be caused by poor circulation from conditions such as peripheral artery disease.

Pain in the Big Toe

Gout is a notorious cause of sudden pain in the big toe joint, along with redness and swelling (seen here). Osteoarthritis is another culprit that causes pain and swelling. If the joint is rigid, it may be hallux rigidus, a complication of arthritis where a bone spur develops. Finally, turf toe is an ailment of athletes, particularly those who play on hard surfaces. It's caused by an injury to ligaments surrounding the joint.

Pain in the Smaller Toes

If you feel like you're walking on a marble, or if pain burns in the ball of your foot and radiates to the toes, you may have Morton's neuroma, a thickening of tissue around a nerve, usually between the third and fourth toes. It is eight to 10 times more common in women than in men. It is caused by injury or too much pressure on the toes.



Pretty Feet for Spring and Summer

Your feet have been buried in socks and heavy shoes all winter.

What can you do to get them ready for warmer weather?

[Dr. Nathan Ivey, DPM](#), and [Jonathan Williamson, DPM](#), of the [New Mexico Foot & Ankle Institute](#), have your pretty feet preparation guide.

Top picks:

A: Thick, dry patches pop up on heels during winter months because feet are often crammed into heavy socks and boots that don't allow for effective exfoliation of dead skin. To loosen up that scaly epidermis, use a cream like Calicylic Creme containing Urea (a moisturizer) and Salicylic Acid (an exfoliator) to get through tough skin. Calicylic Creme is effective as an aid in treating callous conditions, cracks and fissures, and rough dry skin.

B. Pair the Calicylic Creme with a pair of SOLEanGEL Socks and wear to bed. SOLEanGEL moisturizing socks provide intense relief to dry, cracked and tired feet. The advanced fabric seals in moisture, for smooth, supple feet.

C. To buff the dead skin away once it's been softened, use a pumice stone for gently sanding down thick skin on the heel and ball of the foot. Once the bottoms of your feet are smooth, keep them hydrated with our Therapeutic Foot Cream, which is infused with Aloe & moisture-locking Shea Butter. Our foot cream is gluten-free, safe for diabetics, paraben-free, natural & organic and feels oh-so-good.

D. If you painted your toes in rich, dark hues throughout the winter, you may be noticing some nail yellowing. Take a break from polish for a week or two and the discoloration will slowly fade. Once you're back to coating your toenails in polish, be sure to start with a clear base coat and we recommend using Dr.'s Remedy Enriched Nail Care products. It is the best non-acetone polish and remover on the market and is infused with Tea Tree Oil, Vitamins and Wheat Protein.

E. Is this dry winter causing your nails to be dry, brittle, split and weak? If so, try using Dr.'s Remedy Nail Moisturizer Hydrating Treatment. This treatment adds moisture to dry, brittle nails to keep them healthy, strong and beautiful! Use once a week with polish

Itchy Feet

Itchy, scaly skin may be athlete's foot, a fungal infection that's common in men between the ages of 20 and 40. A reaction to chemicals or skin care products -- called contact dermatitis -- can cause itching, too, along with redness and dry patches. If the skin on your itchy feet is thick and pimple-like, it may be psoriasis, an over-reaction of the immune system. Medicated creams can relieve the symptoms.

Claw Toe

This foot deformity can be caused by shoes that are tight and pinch your toes or by a disease that damages nerves, such as diabetes, alcoholism, or other neurological disorder. Your toes will be bent upward as they extend from the ball of the foot, then downward from the middle joint, resembling a claw. They may respond to stretching and exercises of the toes or you may need special shoes or even surgery.

Foot Spasms

A sudden, sharp pain in the foot is the hallmark of a muscle spasm or cramp, which can last many minutes. Overwork and muscle fatigue are common causes. Other causes include poor circulation, dehydration, or imbalances in potassium, magnesium, calcium, or vitamin D levels in the body. The changing hormone levels of pregnancy or thyroid disorders may play a role. If spasms are frequent or severe, see a doctor. Strengthening exercises can help with muscle fatigue.

Dark Spot on the Foot

We associate skin cancer with the sun, so we're not as likely to check our feet for unusual spots. However, a melanoma, the most dangerous form of skin cancer, can develop even in areas that are not regularly exposed to the sun. Melanoma can even appear beneath the nail, where it might look like a black spot.

Yellow Toenails

Your toenails tell a lot about your overall health. A fungal

change or if using alone as a base coat, apply twice a week. This is great for your finger nails or toe nails in our dry climate.

F. Now your feet are ready for spring....let's show them off! We have Vionic Sandals (with Orthaheel Technology) in stock to show off your feet. Come by our offices and see what we have for you. Unable to get to one of our offices or we don't have what you want in stock? Visit our website at nmfootandankle.com to see more sandal/shoe options.

All highlighted items in this article are available in our office and no appointment is necessary.

Goodluck starting your spring/summer with happy feet!

Albuquerque The Magazine's Best of the City



Albuquerque The Magazine's [Best of the City](#) voting officially went live on May 1st. Currently, there is not a medical/doctor category so we need your help to get one started. Here's how:

Register your name and email address

Start voting (you can vote for as little or as much as you want)

Go to the very last line of the survey titled "[Last But Not Least Category](#)"

infection often causes thickened yellow toenails. Thick, yellow nails also can be a sign of an underlying disease, including lymphedema (swelling related to the lymphatic system), lung problems, or rheumatoid arthritis.

Spoon-shaped Toenails

Sometimes an injury to the nail or frequent exposure to petroleum-based solvents can create a concave, spoon-like shape. However, iron deficiency also can cause this unusual shape.

White Nails

Injury to the nail or illness anywhere in the body can cause white areas in the nails. If part or all of a nail separates from the nail bed (shown here), it can appear white -- and may be due to an injury, nail infection, or psoriasis. If the nail is intact and most of it is white, it can sometimes be a sign of a more serious condition including liver disease, congestive heart failure, or diabetes. Talk with your health care team about any concerns.

Pitting of the Nails

Pitting, or punctured-looking depressions in the surface of the nail, is caused by a disruption in the growth of the nail at the nail plate. It affects as many as half of people with psoriasis.

If you notice any of the above issues call our office to schedule your appointment with one of our highly skilled podiatrists.

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

Best Category we left out? Type onto line: Best
Doctors Office/NM Foot & Ankle Institute

Thank you for your vote
and we'll let you know if we get a new
category on the list.

Voting ends August 1st and you can only
vote once.

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