


NEW MEXICO Foot & Ankle INSTITUTE

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“Autumn is a second spring when every leaf is a flower.”
— Albert Camus



Witch and ghost make merry on this last of dear October's days.
~Author Unknown



The balloon seems to stand still in the air while the earth flies past underneath.

~Alberto Santos-Dumont

WHAT'S AFOOT?

Got Foot Pain? Call a Podiatrist

By [Eric Metcalf, MPH](#) | Medically reviewed by [Lindsey Marcellin, MD, MPH](#)

A podiatrist is a trained physician who specializes in problems involving feet and ankles. You'll probably visit a podiatrist if you have foot pain or foot-related diseases, like diabetes.



Name any body part — ears, nose, eyes, heart — and you can find a doctor who specializes in treating it. The doctors who focus solely on the feet and ankles are called podiatrists or [doctors of podiatric medicine](#).

Roughly 15,000 podiatrists treat foot pain and other problems in the United States, according to the American Podiatric Medical Association (APMA). For their training, podiatrists attend four years of podiatric medical school following their undergraduate education. They then typically work in a residency program for two years.

Podiatrists do many of the same procedures as other medical doctors, such as performing surgery, taking X-rays, and prescribing drugs. They also consult on issues that your primary doctor might not, such as analyzing the way you walk and prescribing special inserts for your shoes.

When to See a Podiatrist

Although a family practitioner may be a reasonable choice to treat some [common foot conditions](#), your primary care doctor may refer you to a podiatrist, says Paul F. Brezinski, DPM, a Chicago-area podiatrist and president of the Illinois Podiatric



It's Health Fair Season!

Our goal when attending is to educate our community about foot & ankle health. We were invited to Ambercare's Health & Wellness Fair on September 24th, TriCore's Health & Wellness Fair on October 2nd and CNM's Health Fair on October 10th. The best part is getting to meet everyone and forming lasting relationships.



Tammy, Sol the "Fierce Wildcat" & Lori at CNM's Health Fair



NMPMA's 2nd Annual Meet Up with State Legislators



Our meeting on Tuesday evening, September 30, with Senators Jerry Ortiz Y Pino, Daniel Ivey-Soto, Michael Padilla and Representative-Elect Deborah Armstrong continues to build relationships that NMPMA will find to be beneficial in the future. NMPMA's key state legislative concerns were shared with our invited guests who in turn shared their insights as to upcoming legislative priorities directly affecting our practices. NMPMA outlined the impact of extremely high speciality copays that effect the ability of our patients to access our services.

NMPMA Annual Sock Drive

October - December 5th

Medical Association. "I would say that if you're having a specific foot problem, your best bet is to go see a podiatric physician."

Because several serious conditions such as diabetes and peripheral arterial disease can show up first in your feet, a podiatrist who spots a more widespread disease may recommend that you see an internist or other doctor to treat this underlying problem, Dr. Brezinski says.

Finding the Right Podiatrist

Here are some tips to keep in mind and questions to ask when planning to see a podiatrist for foot pain or other foot problems:

Find a doctor who's a good fit

It's a good idea to seek out a podiatrist affiliated with the APMA, Brezinski suggests, since this large organization maintains standards of practice and supports continuing education for its members. In addition, look for a podiatrist with the same qualities that you'd seek in a general physician.

"You want to have somebody who will answer questions, treat you with courtesy, and take time to explain and educate you about the problem you're having," Brezinski says.

Ask about credentials and areas of expertise

Like other medical doctors, podiatrists have areas of expertise. Treating an [ingrown nail](#) is one thing; looking for a surgeon to remove that painful [bunion](#) is another. You'll want someone with experience in your particular problem, especially if it is a potentially life-threatening disease like diabetes.

Bring a list of your medications

Jot down all the medicines you take on an index card, Brezinski suggests. Or bring the bottles with you so the podiatrist will know the dosages and how often you take them. By checking your medications, the podiatrist can learn more about any health conditions you may have. In addition, because a podiatrist can prescribe medicines, he or she will want to make sure that any new prescriptions won't interfere with ones you're already taking.

Wear or bring your usual shoes

It's helpful for the doctor to see the shoes you normally wear, especially if you're having [heel pain](#) or other problems involving structures within your foot. "If somebody brings in a shoe they've been wearing for a good period of time, I can inspect the wear pattern," Brezinski says. "The way we walk is as unique to each of us as our fingerprints. The shoes can often provide good input and good clues as to what the source or the



Drop off NEW children & adult socks to either of our offices in the designated area through December 5th. Last year the socks were divided up and donated to the APS/Bernalillio county clothes bank and to the Nasciemento Community Foundation that is out of Cuba, NM. We're open to new suggestions of worthy groups and are in the process of identifying where the need is greatest.

Just In... New Products

Intense Softening Stick with 40% Urea

*Recommended for calluses and very thick, dry skin on feet.
*Diabetic safe with doctor supervision.

Dry Skin Relief Cream with 20% Urea
*Recommended for rough, dry skin on feet, hands and elbows.

*Diabetic safe with doctor supervision.

Strutz Moisturizing Gel Socks

*Provides intense relief to dry, cracked feet.

Use these products singularly or in any combination to beat calluses, thick, dry & cracked skin on your feet!

All products are available in either of our offices.

Trick or Treat FIX MY FEET



NO
more pain would be
SO SWEET!!

cause of the problem is."

Concludes Brezynski: Wash your feet and put on fresh socks before heading to the podiatrist. Feet can become smelly at times, and "clean socks are always appreciated."

DO YOUR SHOES FIT PROPERLY?

- Ill-fitting shoes can cause problems over time, like calluses, bunions and deformities.
- There's a reason your feet may hurt at the end of the day. Many people are squeezing into shoes that pinch and don't fit well.
- New research results of about 2,000 adults show that nearly half of the women and a third of the men in the study admitted purchasing shoes that did not fit properly.
- It may be a good time to get your shoe size professionally measured.
- The study also revealed the average shoe size has increased about two sizes in the past 40 years.



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October 2014 Newsletter
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