Preventing Foot Ulcers

Foot ulcers are pockets of hard skin or callus that develop from pressure. Ulcers can lead to infection of the bone and tissue underneath. Severe cases may require amputation. Ulcers commonly develop on the bottom of the foot, the heel, the side of the foot, or the ball of the foot. You can prevent foot ulcers by:

• Taking good care of your feet.
• Getting regular foot exams.
• Seeking prompt treatment when small problems begin.
• Taking care of your overall health to reduce your risk of developing complications.

Here’s a list of common problems affecting the feet, along with some important tips to help you keep them healthy:

• Neuropathy and Poor Circulation: A Bad Combination for Those with Diabetes
• Patients with Diabetes Must Watch for Toenail Problems
• Be Cautious in Nail Salons if You Have Diabetes
• Take Precautions To Prevent Fungal Nail

We treat the Foot & Ankle!!

Toenail Problems

• Don’t cut your own calluses or corns or apply over-the-counter acid products—ask your doctor for advice.
• Replace worn-out shoes promptly.
• Check your shoes, taking off the insoles if necessary, to make sure your feet don’t slip around in the shoes, creating friction on the skin.
• Choose well-fitting, good-quality shoes with plenty of room in the toe box. Make sure that your feet don’t slip around in the shoes, creating friction on the skin.
• Don’t go barefoot to avoid damaging your feet.
• Keep your feet clean and dry.
• Inspect your feet every day, including using a mirror to check the soles. Let us know if you see anything unusual that you find.

Preventing Foot Ulcers

• Don’t walk barefoot.
• Keep your feet dry with dry socks and shoes.
• Never go barefoot, especially in public areas. Wear flip-flops in spas, gyms and pools.
• Keep your feet clean and dry.
• Inspect your feet every day and tell us of any problems such as cuts, bruises or sores.
• Take your shoes off each day to inspect your feet and avoid igniting infections.
• Don’t try to treat foot ulcers yourself. Your doctor can treat them faster and more effectively by using a variety of methods, including surgery.
• Make sure you don’t have any foot injuries that might cause infection.

Neuropathy and Poor Circulation: A Bad Combination for Those with Diabetes

Diabetes and other conditions can affect your feet in ways that blight the quality of life. Neuropathy and poor circulation are two of the most important foot problems.

Neuropathy, or nerve damage, is the most common complication of diabetes. It causes loss of sensation in the extremities like the legs and especially the feet. With reduced sensation, you may not notice skin injuries, calluses, corns, or ulcers. And when you do notice them, it may be too late. Once a foot ulcer develops, it can become infected easily and lead to serious complications. Neuropathy and poor circulation are two of the most important foot problems.

Take Precautions To Prevent Fungal Nail

• Use a nail file or buffer before you apply a fungicide to the nail to help smooth the nail surface, which can make it easier to penetrate and kill the fungus.
• Avoid using nail polish over the infected nail.
• Keep your nails clean and dry.

Be Cautious in Nail Salons if You Have Diabetes

The closest nail salon to you may not be the cleanest one. If you choose to get a manicure or pedicure, you run the risk of adding to your diabetes problems. Many nail salons are overcrowded, and the manicurists and pedicurists are often not properly trained or have bad hygiene habits.

• Before getting a manicure or pedicure, ask to see the nail cutter andkarate knives. Ask to see the nail clipper, too, and make sure it hasn’t been used on anyone else’s nails.
• Ask the manicurist or pedicurist to wash her hands before she touches your nails.
• If you choose to use the foot bath, make sure that it has been sterilized since the last customer. Ask about the sterilization process.
• Choose your salon carefully. Check that it is clean and has sterilized instruments and towels.

Take Precautions To Prevent Fungal Nail

• Use a nail file or buffer before you apply a fungicide to the nail to help smooth the nail surface, which can make it easier to penetrate and kill the fungus.
• Avoid using nail polish over the infected nail.
• Keep your nails clean and dry.

Joke of the Month:

Q: Why are frogs so happy?

A: They vote for the US Senate.

Trivia

• Larry Hotchkiss, D.P.M.

Our Offices and Hours

Clinton Office:
9135 Piscataway Road, Ste 235
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Mon to Fri: 8:00am - 4:00pm

Waldorf Office:
1403 W. 3rd Street, Ste 209
Waldorf, MD 20602
Mon to Fri: 8:00am - 4:00pm

Office Hours:
We may close earlier or later due to patient load.

Meet Our Doctors

Larry Hotchkiss, D.P.M.

In the Lobby!!

We have a separate entrance in the back of the building. Do not go IN THE LOBBY!!

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*Offer expires 06/30/2017.

Directions

• 1/2 cup shredded part-skim mozzarella cheese
• 10 slices tomato
• 1 large eggplant, cut into 10 slices
• 1 teaspoon minced fresh oregano
• 5 teaspoons olive oil
• 2 tablespoons minced fresh basil
• 3 tablespoons lemon juice
• 1/4 cup shredded Parmesan cheese

Recipe courtesy of tasteofhome.com

Directions

1. Preheat grill to medium-high heat. Grill eggplant, covered, over medium heat for 3 minutes. Turn slices; spoon 3 tablespoons olive oil evenly over eggplant. Grill, covered, 2-3 minutes longer or until cheese is melted. Yield: 5 servings.