

Two Peas in a Pod

Each foot has two tiny, round sesamoid bones. They are embedded in a tendon at the base of the big-toe joint (unattached to other bones/joints). They act as pulleys to enable the tendon to glide smoothly; help stabilize the joint; aid the big toe in pushing off; and assist with weight bearing, easing pressure on the big-toe joint. They're tiny, but important.

Being bones, sesamoids can be fractured. A quick cut or strong impact as the big toe is pushing off can do it, which prompts immediate pain and swelling.

Longtime overuse can cause a hairline fracture of a sesamoid, too. Constant pounding takes its toll on surrounding tissues as well, producing inflammation (sesamoiditis) and pain. Pain might come and go, though, depending on footwear and activity choices.

Turf toe occurs when the big-toe joint is extended beyond its normal range. The pain is immediate and sharp, accompanied by swelling. Oftentimes the tissues surrounding the sesamoids are the focal point of the pain, but a fracture sometimes occurs as well.

Occasionally, blood flow to a sesamoid bone is compromised, and bone cells begin to die off (avascular necrosis). Each step will remind you that something is wrong.

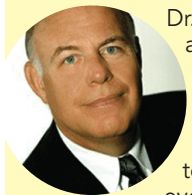
People most susceptible to sesamoid issues include those who ...

- suddenly and sharply increase their activity levels,
- wear high-heeled shoes,
- have high arches or flat feet,
- overpronate,
- have a bunion, or
- subject their sesamoids to repeated stress (e.g., athletes, dancers).

Fortunately, conservative treatments are highly successful for sesamoiditis. If they fail, a sesamoid may need to be surgically removed.

If you are experiencing foot or ankle pain, schedule an appointment at our office for a thorough evaluation, accurate diagnosis, and effective treatment.

About the Doctors



Dr. Richard Nichols compassion and expertise help to set the standard in the industry. He has truly dedicated himself to his profession of Podiatry. He adds humility and personal touch to his relationship with everyone he does business with.

More than the value of his service it's his way of treating everyone like an extended member of his own family that people remember the most. As a talented disciplined professional he has maintained a proven track record of quality service, driven by his desire to succeed. He prides himself on honesty and integrity. He is the kind of professional admired by colleagues and peers alike.



Dr. Joseph Harvey is passionately committed to an integrative approach to podiatry that balances the latest medical techniques with compassionate care.

His holistic approach to podiatry includes alleviating chronic pain and providing stem cell therapy and orthobiologics to men, women, and children with foot and ankle problems in the Dallas and Fort Worth, Texas area. His aim always is to restore full function and a return to daily activities as quickly and safely as possible.

Dr. Harvey received his bachelor's degree in Materials Engineering from Pennsylvania State University.



Smart ABI/TBI PAD Testing

SMART ABI/TBI PAD (PERIPHERAL ARTERIAL DISEASE) TESTING

According to the American Heart Association, Peripheral Arterial Disease affects about 8 million Americans. Peripheral Arterial Disease is a hardening of the arteries that occurs when blood vessels in the legs are narrowed or blocked by fatty deposits, decreasing blood flow to feet and legs. Patients with PAD have an increased risk for heart attack and stroke.

The American Diabetes Association estimates that 1 out of every 3 people with diabetes over the age of 50 have peripheral arterial disease, but many of those with warning signs don't realize they have the condition and are not treated.

ARE YOU AT RISK FOR PAD?

In addition to having diabetes, the risk of PAD is greater under the following conditions:

- Smoking
- High blood pressure
- Abnormal blood cholesterol levels
- Overweight
- Not physically active
- Over age 50
- History of a heart disease, or you've have had a heart attack or a stroke
- Family history of heart disease, heart attacks, or strokes

POSSIBLE SIGNS AND SYMPTOMS OF PAD INCLUDE:

- Foot, calf or thigh discomfort
- Pain when resting your legs/feet
- Foot or toe pain that disturbs your sleep
- Toes/Feet that are pale or discolored
- Skin wounds or ulcers that are slow to heal
- An infection that may be gangrenous

SUDOMOTOR FUNCTION TESTING (PERIPHERAL AUTONOMIC NEUROPATHY)

Peripheral Autonomic Neuropathy is a disease in which the patient has damage to the nerves that control automatic bodily functions on the periphery. This nerve damage affects the messages sent between the brain and the autonomic nervous system in the hands and feet and can affect the sweat glands and blood vessels.

If you suspect that you have peripheral artery disease or peripheral autonomic neuropathy, you should call our office and request to be tested.

Mark Your Calendars

- Oct. 4** Walk to School Day: About 11% of kids in the U.S. walk or bike to school.
- Oct. 9** Columbus Day: "You'll never cross the ocean until you have courage to lose sight of the shore."
— Christopher Columbus
- Oct. 12** Farmer's Day: Roughly 97% of U.S. farms are family-owned and -operated.
- Oct. 14** National Dessert Day: Only eight states have an official state dessert; 48 have state insects ... that bugs us!
- Oct. 16** Boss's Day: Around a farm, "boss" can refer to a young cow or calf.
- Oct. 26** Pumpkin Day: Pilgrims' pumpkin pie recipe — pumpkin hollowed out; filled with milk, honey, and spices; then baked.
- Oct. 31** Halloween: Polarizing candy corn was originally called "chicken feed."

Medical Underpinnings of Vampire Mythology

The character Dracula is loosely based on a real-life prince, Vlad the Impaler, a 15th-century Transylvanian infamous for his gruesome ways. However, physical traits and behaviors of Dracula might be better credited to a medical condition.

Porphyria is an inherited blood disorder in which the body produces less heme than normal. Heme is a critical component of hemoglobin, a protein in red blood cells that carries oxygen from the lungs to tissues elsewhere in the body. Symptoms of porphyria have eerie similarities to attributes associated with vampires.

For instance, porphyria causes extreme sensitivity to sunlight. Sun exposure can lead to blistering and painful skin lesions, which may eventually result in scarring and changes in skin pigmentation.

With facial disfigurement a prominent feature of porphyria, it stands to reason that sufferers may be a little gun-shy about standing in front of a mirror. Vampires' inability to see their reflections might be an offshoot.

The urine of those with porphyria is red or brown, which centuries ago gave people the idea that a person must have been drinking blood. Prior to more modern treatments for porphyria, some physicians *did* recommend that patients drink animal blood, thinking that would compensate for their red blood cell deficiency.

Repeated attacks of porphyria can also cause gum recession, exposing more of the teeth and emphasizing the eye teeth — that is, the cuspids or ... fangs.

The sulfur content of garlic can sometimes trigger porphyria attacks and spur considerable pain. Naturally, one would try to avoid it.

It appears highly likely that porphyria plays a supporting role in vampire mythology. The stake through the heart might be all that's missing. That's where Vlad the Impaler comes in.



Halloween Mediterranean Pasta Salad

Servings: 4; prep time: 15 min.

This spooktacular side dish is a fun Halloweenish-themed salad with classic Mediterranean flavors. The black and white pasta is tuxedo orzo, but if you can't find it, any plain orzo will do. (This recipe tastes even better the next day, when the flavors have had a chance to sit and combine. Add the cheese just before serving!)

Ingredients

- 1¼ cup tuxedo orzo
- 1½ orange bell peppers, diced
- ½ cup orange cherry tomatoes, halved
- 12 olives pitted and sliced, black (or kalamata)
- 3 tbsp. red onion, minced
- 3 or 4 tbsp. feta cheese, crumbled
- ¼ cup lemon juice, roughly half a lemon
- ¼ cup olive oil
- 2 tsp. honey mustard
- pinch each of salt and pepper to taste

Directions

1. Cook pasta in a large pot of boiling, salted water for 7-8 minutes until cooked but still slightly firm.
2. Drain pasta and rinse under cold water to cool it down. Be sure it is drained well.
3. Combine the lemon juice, olive oil, honey mustard, and salt and pepper in a jar, and shake to combine.
4. Add to the pasta and stir. Add the remainder of the ingredients, except for the feta cheese, and mix to combine.
5. Cover and refrigerate for 20 minutes or until ready to use. Add feta just before serving.

Recipe courtesy of saltwaterdaughters.com.



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Avoid Halloween Trauma to Feet and Ankles

At Halloween, young candy marauders need healthy feet and ankles to carry out their mission. Here are a few ways parents can assist them.

Avoid novelty footwear with costumes. Novelty footwear is typically made of cheap, flimsy materials that provide no foot support. In addition, the footwear may be clunky and elevate the risk of tripping. Have your child wear sneakers instead. Clashing a bit with the costume is a small price to pay. A firm “no” to high heels as well. If not sneakers, something comfortable, stable, and flat will suffice.

A costume’s length should not reach the feet or drag behind your trick-or-treater. Your child or someone else might step on the lengthy garb and cause a tumble. Also, masks should not impair vision. Clear vision is vital for noting steps, curbs, raised sidewalk, and other potential hazards.

Don’t allow kids to take shortcuts through neighboring yards to reach front doors. Stick to paved walkways. Holes, objects in the yard, moisture on the grass, and slopes are all recipes for slips, stumbles, or falls — and strains, sprains, or fractures, especially during dusk or nighttime hours.

Speaking of which, stay in well-lit areas. Take a flashlight for dimly lit sections; even a glow stick is better than nothing.

Shoelace checks throughout the evening are in order, too. A kid might not even notice untied laces due to all the excitement. If there’s a nip in the air, wearing socks made of merino wool can help with warmth and moisture wicking to keep feet dry.

If your child (or you!) comes out of Halloween with lingering discomfort in their feet or ankles, contact our office to find relief.

