



## Treatment and Prevention of Blisters

Blisters can occur on any area of the skin where there is some type of irritation, pressure, or rubbing. On the feet, the most common type of blister is the friction blister. It is caused when socks or shoes, and sometimes a combination of both, rub against the skin.



### Blister Basics

Blisters can occur on the heels, the outside of the big or little toe, or sometimes in between the toes. Often, these types of blisters are a sign of poorly fitting shoes or wearing the wrong types of shoes and socks.

It is also possible to develop contact dermatitis in the summer, particularly when walking through grass and vegetation in flip flops or sandals. It can also occur with skin contact with specific types of chemicals on the surface of concrete or flooring when walking barefoot. This is a different type of blister and rash caused by a reaction of the skin to some type of substance in the environment. Blisters on the feet can be particularly hard to treat due to their location and the challenges in bandaging and keeping the area clean, dry, and free from bacterial infection. For those with diabetes, blisters on the feet should be very carefully treated and monitored. Any signs of infection should be treated by a doctor to prevent more significant health risks.

### Treatment

The fluid-filled sac of the blister is actually a protective "pillow" for the underlying tissue. Ideally, noting the blister before the blister pops or breaks will reduce the risk of infection.

To treat a blister:

- Early blisters - Use moleskin or gauze to surround the blister, but not cover it, and tape this in place. This provides additional padding around the area to prevent further rubbing of the irritated tissue.
- Open blisters – If the blister is open and the fluid has drained, wash the area with clean, warm water and mild soap to remove any dirt. Dry it carefully by patting the area to avoid removing any additional skin. Apply a small amount of antibiotic ointment and bandage. Call your Podiatrist to prevent infection from an open wound.
- Bleeding blisters – Bleeding blisters mean underlying tissue damage. Carefully clean the area and apply antibiotics. Keep it bandaged and avoid wearing any shoes or footwear which rubs or irritates the blister. Call for an appointment to prevent infection and delays in healing.

Talk to your podiatrist or doctor if there is any swelling, unusual pain, or if the blister is not healing within a few days.

## JULY 2018

Hello! We are pleased to send you this monthly issue of *FootPrints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

### Monthly Joke



#### Once Word Gets Out

A florist went to the barber for a haircut. When the barber was finished, he turned down any payment. "I'm dedicating this week to community service, so I'm not charging for haircuts."

Grateful, the florist went back to his shop and sent a basket of flowers to the barbershop.

The next day a baker walked in. He got a haircut, and again the barber refused payment, explaining his community service commitment. The baker responded by sending the shop a box of one dozen fresh doughnuts.

A day after that, a Congressman came in for a haircut. He tried to pay from his expense account, but the barber repeated his promise.

The next day 10 Congressmen lined up outside the door for free haircuts.

## Safe Viewing for Kids on YouTube

The online video world can be overwhelming for children and more than a little confusing for parents. The web is full of child-friendly fun such as games, entertaining animal videos and homework assistance, but there are also many videos and websites children should not be accessing. The good news is there are ways parents can be sure their kids are viewing only safe sites. One good tip is to limit your child's access to video creators you know you can trust. There are many well known brands for children on YouTube, though it can be challenging to find new ones. The best way to go about this is to search for videos on the platform while in "restricted mode", which can help to introduce exciting new channels to your family while screening out potentially inappropriate results. Subscribing to trusted channels allows kids to easily scroll through many safe videos while you will also receive email alerts for new additions. Enabling restricted mode will mean children are protected from bullying and other undesirable interactions by removing posted comments from other people below the videos.

## Facts About the Weather

Rain or shine, the weather is a constant in all of our lives, and yet many people do not know even the most basic of scientific facts about the atmosphere, the climate and how the weather actually works. One interesting fact that will undoubtedly come as a surprise to most people is that hail is not the same as sleet, and sleet is not the same as freezing rain. Sleet is actually a snowflake that has partially melted but then frozen into pellets of ice before reaching the ground, while hail is formed amid intense thunderstorms that normally take place during warmer periods, while freezing rain is the name for rain that freezes after it has hit the ground. Climate does not have the same meaning as the weather. The weather simply refers to the conditions you are currently experiencing in your local environment, such as rain, sunshine, snow etc. Climate on the other hand refers to conditions that last over the whole planet, or a large area of it, for many years. People can still get sunburn even when the sun is not visible due to cloud cover. Up to 80 percent of UV rays from the sun are actually capable of penetrating cloud cover.

## Diet and Parkinson's Disease

Parkinson's disease is a complicated neurological condition that comes with a variety of mental and physical symptoms that can be experienced in different ways by different people.



Although no specific diet is capable of treating the disease or the symptoms, such as anxiety, hallucinations, sleep disturbances, slowness of movement, depression, stiffness and shaking, a diet that is nutritious, healthy and well balanced can cause an improvement in general wellbeing and timing meals can also benefit those on certain medications.

Many people who have Parkinson's disease also have low blood pressure, so it is important to eat small meals on a frequent basis and to stay well hydrated by drinking plenty of water. Good hydration can also assist to ease another side effect of the condition, cramping.

Sufferers should also consume more vegetables than they do fruit, although several portions of both should still be eaten every day.

Make use of different cooking methods such as stir-frying or steaming to preserve the antioxidant content and use as many colors as you can, choosing organic whenever possible. Sufferers should also avoid refined and white carbohydrates and keep sugar consumption to a bare minimum.

## Antioxidants and Supplements

In addition to helping you stay on your feet, Fixing Feet Institute is committed to enhancing the way you feel. We are now offering Pharmanex Supplements in our office which is a complete approach to anti-aging with nutritional supplements formulated to nourish and protect your body against the ravages of time. With over 70 dedicated staff scientists and affiliations with scientists around the world, Pharmanex research and development engine produces proprietary products that enable them to set new industry standards in anti-aging.



The patented Pharmanex BioPhotonic Scanner is a cutting edge testing tool that non-invasively measures carotenoid levels in living tissue, providing an immediate indication of a person's overall antioxidant levels. Everyone can instantly know their own antioxidant status, empowering individuals to make improvements to their diet and lifestyle, and help them to make an informed decision on which supplements are properly formulated to impact their antioxidant health.

We are now able to perform these scans right in our office and give you an immediate result of your overall antioxidant level. Please talk to our staff about getting scanned and finding out your antioxidant level. We can also help you prepare a plan to improve your level and health.

## Tips for Properly Fitting Shoes

Purchasing the right shoe that fits properly and supports your foot adequately can be difficult.

Here are some tips that might help:

1. Trying on shoes is best done late in the day, when your feet may tend to be swollen.
2. Always make sure you have at least an extra ½” in the toe box past your longest toe.
3. Always break in a new pair of shoes by walking just around the house, and wearing for short periods of time, gradually increasing the time.
4. If you have a pair of orthotics that you normally wear, be sure to use them in the new shoes.
5. Ask your podiatrist for recommendation of shoe brands and type that would work best for your feet.
6. Look for the APMA (American Podiatric Medical Association) Seal of Acceptance. Shoes with this seal have gone through a formal review by podiatrists. The Seal is a recognition that a product promotes good foot health.



## Thank You for your Generosity

During the month of May Fixing Feet Institute held a donation drive to benefit CASS (Central Arizona Shelter Services). collected New Socks, Gently used or New Shoes and Bottled Water in our office.

Ending homelessness in Maricopa County has been at the heart of Central Arizona Shelter Services' (CASS) work since the agency opened its doors in 1984.

As the needs of this population changed, CASS expanded its continuum of care to better address the needs of those who transition out of shelter and into permanent housing. Today, CASS continues to be the largest provider of shelter and supportive services. Through their enhanced continuum, CASS is able to provide a diverse array of services to meet the needs of individuals and families in Arizona and empower them to rebuild their lives and permanently end their homelessness.

As usual, you came through again with your compassion. We were pleased to be able to donate 47 pairs of gently used and new shoes to this organization that were donated by our patients, friends and staff.

We also offer many medical grade shoe styles for sale in our office such as Vionic, Anodyne, Dr. Comfort, and more. Stop by our office and we can help you find a style and fit that works best for you.

## Health Advice for the Elderly

Aging brings certain limitations but there is no reason for the elderly to give up trying to be healthy so they can enjoy the remainder of their lives in the best condition possible.

One good health tip for the elderly is to give up smoking.



Even if you are fortunate enough to have smoked all of your life with no ill effects so far, smoking can still result in issues such as cancer, erectile dysfunction and heart failure in addition to adversely affecting the skin's elasticity, resulting in making you appear much older than you might otherwise look. It is never too late to stop smoking.

Staying physically active is also important for elderly people. You may not have the same flexibility of movement as you did in your younger years, but physical activity should still be pursued as much as possible as an active lifestyle will allow you freedom of movement for a longer period of time and also promotes cardiovascular health.

A balanced diet full of good nutrition remains as vital during old age as at any other time of life, and will increase your overall happiness while also providing more energy.





# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JULY 2018

## Summertime Foot Care Supplies Available in our office.



### Nail Polish Recommended by Doctors.

Made with naturally  
occurring elements &  
NO toxic ingredients  
for high shine and  
color.



### Pedigenix Products

A comprehensive, multi-  
functional foot care  
system that helps offer  
effective topical  
treatments to target and  
correct foot concerns.



### Regenecare

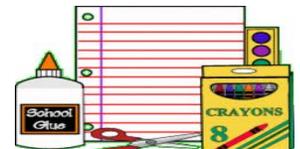
An amorphous  
hydrogel dressing  
proven to help reduce  
pain intensity and  
itching without side  
effects.

## July Dates to Remember

- July 1<sup>st</sup> – International Joke Day
  - July 4<sup>th</sup> – Independence Day
  - July 6<sup>th</sup> – National Fried Chicken Day
  - July 11<sup>th</sup> – Cheer Up the Lonely Day
  - July 15<sup>th</sup> – Cow Appreciation Day
  - July 18<sup>th</sup> – National Hot Dog Day
  - July 22<sup>nd</sup> – Parent's Day
  - July 24<sup>th</sup> – Cousin's Day
  - July 26<sup>th</sup> – Aunt and Uncle Day
  - July 28<sup>th</sup> – National Day of the Cowboy
  - July 30<sup>th</sup> – Father-In-Law Day
- July is also: Eye Injury Prevention Month  
<https://www.ao.org/>

## We are collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Autumn House Domestic Violence Shelter in the East Valley and Faith House Domestic Violence Shelter in the West Valley among others.



For the months of June and July, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area.  
Crayons – Pens – Pencils – Markers – Highlighters – Paper – Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners – Mini- Staplers – Scotch Tape – Calculators – Mini Scissors – 2 pocket folders – 3 Ring Binders – Soft Pencil Cases - Backpacks.