



Ingrown Toenails and Other Common Problems of the Feet

There are many problems with the nails and skin of the feet, some are more common than others, and some more serious than others, requiring medical treatment.

Ingrown toenails rarely resolve without medical and sometimes surgical intervention. Recurring ingrown toenails are not just painful, but can cause an infection. Depending on the extent of the infection, the duration and the severity, will determine treatment necessary. Some ingrown toenails may be due to trauma, ill-fitting shoes, heredity, fungus, or improper trimming of the nails.



Mild cases may be remedied with warm Epsom salt soak, trimming the nail, applying an antiseptic and a bandage. However, if there are signs of infection, such as pain, redness, swelling, drainage, etc., it is time to seek professional care and call our office for an appointment.

Once the ingrown has become infected, medical care is necessary, not all result in surgical intervention. You do not want to hesitate when signs of infection are present. The anatomy of the toes does not leave a great deal of protection for the bone if the infection progresses. Diabetic patients, patients with artificial joints, pregnant patients and those that may be on chemotherapy should be seen immediately. We at Fixing Feet, can provide same day appointments for most cases.

Other skin and nail problems needing care are: trauma to the nails, open blisters or wounds, painful lesions and foreign bodies. Any trauma to the nails can result in deformity of the nail. The sooner we treat the problem the better the possibility for normal growth. No open wounds should go untreated, due to potential for infection and complications, especially for diabetic patients, immunocompromised patients and those with poor circulation. Foreign bodies can be anything from a cactus thorn or broken piece of glass, to a sewing needle. Once the body mounts a defense against the foreign substance, pain and inflammation ensue and infection is likely. Most foreign bodies can be removed in the office, few will need go to an outpatient surgery. All need to be evaluated if pain is present. Painful lesions sometimes include foreign bodies, but can also be corns, callusities or warts. They will need to be evaluated to provide proper treatment, all done in the office.

The best prevention for most of the problems mentioned above is proper fitting of shoes that allow enough length and width for the feet without cramping the toes and putting pressure on the nails. Diabetic patients and children are at most risk with poor fitting shoes. Diabetics are often unable to feel their feet due to neuropathy and may need assistance and suggestions. Children's feet grow so fast that they grow out of the shoes, but do not realize it is a problem until the nails are affected.

As fall rolls around and you move from sandals and flip flops to closed toed shoes, you will need to check for proper sizing. Living in the Desert, you should always wear shoes to protect the feet and prevent foreign bodies. Check your feet daily and if you should need help, or have questions, please let us know. Fixing Feet Institute can help.

OCTOBER 2020

5 Ways to be Kind to your Community during COVID-19

Be A Good Neighbor – Check in with your neighbors to make sure they have what they need and to let them know they have people that care. Be especially aware of elderly neighbors and people that live alone.

Support Local Businesses – Order takeout or buy gift cards for later use. Keep your memberships going. Continue to give to your area non-profits.

Remember the Caretakers – Find a way to say thank you to health professionals and first responders. Post words of encouragement on their social media channels. If you have to go to the doctor's office or hospital, practice grace and understanding if they are short on time, resources or answers.

Be Generous – Don't take more than you need when it comes to groceries and supplies. Or if you do buy extra, drop them off at Police or fire stations and emergency rooms. If you eat out, leave a bigger tip than usual.

Help People – From hungry kids that are missing school lunches to people in demand shifted jobs like restaurant workers and event custodians, there are people all over struggling. If you know them, think of what help could look like and reach out.

Another Big THANK YOU!!! To our Generous Patients

Even with the limitations and restrictions of COVID-19, our patients still stepped up and donated supplies, food, clothing, etc over the last 2 months during our donation drive for Children's First Leadership Academy.

100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need our help.



NW Valley Drop off site for Empty Bowl Pet Food Pantry

Fixing Feet Institute is now the official NW valley drop off site for donations to the Empty Bowl Pet Food Pantry. Due to our years of supporting this organization, CJ Anderson the CEO of Empty Bowl Pet Food Pantry asked if we would be willing to be a drop off site, and we enthusiastically said yes.

This means that we will now be accepting donations for Empty Bowl Pet Food Pantry year round in our office. We will be accepting donations of pet food, supplies, toys, etc. They also accept cash donations of which you can make in our office or online thru their website -

<https://www.emptybowlpetfoodpantry.org/>



Donations delivered in September.

Plant-Based Tips

When we get older it is more important than ever to adjust our diet to ensure we age as healthily as possible.

Consuming the right nutrients is a vital part of this process. Potassium is a vital mineral that is not actually produced by the human body, important for many essential functions including normal water balance, nerve impulses, and the pH balance of the body, blood pressure, muscle contractions, digestion and heart rhythm.



Potassium is also an electrolyte that helps to conduct electrical impulses through the body.

4700mg of potassium is recommended for adults every day, and can be found in a number of plant-based foods such as apricots, kiwis, pineapples, beet greens, leafy grains, potatoes, nuts and beans.

Magnesium is also vital, assisting in as many as three hundred physiological functions including the regulation of nerve and muscle function, blood pressure and blood sugar levels.

Good sources include all leafy greens, seeds, coffee and bananas.

How a Good Night Sleep Can Improve your Health

The importance of getting a good night's sleep has never been more understood than it is today, and a recent study has suggested that there is a link between healthy sleeping and eating habits. Not to mention studies that show a good night's sleep helps the body recover, keeps the heart healthy and can even act as a pain killer.



Some research has also shown that not getting enough sleep can contribute to Type 2 Diabetes. Not only do we tend to make poor food choices when we do not get enough sleep, the study showed that not getting enough sleep affects the body's ability to process glucose.

So, all the research and more studies in progress all tend to demonstrate that a good night's sleep is necessary to maintain and may improve your health. Turns out your mood, weight, eating habits, blood pressure, immune system, ability to deal with stress, and your memory are all dependent on a good night's sleep.

COVID Corner

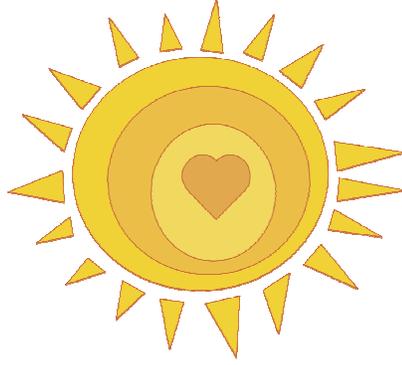
What you need to stay healthy during this virus – Get 6-8 hrs of sleep each day, eat healthy, wash your hands, wear your mask and take your Vitamin D.

Turns out that about 40% of the US population is low in Vitamin D. Some populations are at higher risk, including people over 65, those with poor nutrition habits and pre-menopausal women.

Low Vitamin D and COVID severity have been linked in a recent study. Vitamin D deficiency may also increase your risk of getting COVID.

Getting 15-20 minutes of morning sunshine is a great mood lifter for the day, as well as for activating Vitamin D. Vitamin D levels can be easily tested in your blood, and supplements are readily available

COVID advice for this month – Check with your doctor as to whether and how much Vitamin D supplement you need to take.



Stay Healthy!!

Digestive Health Tips

It is more important than ever to stay healthy and to take care of gut health while boosting your immune system.

Foods such as honey, seeds, berries and nuts include antioxidants known as polyphenols, which fuel the microbes that assist with the digestive process.

One good tip is to try to avoid foods that contain artificial sugar additives such as sweeteners added.

Sucralose and aspartame are sugar substitutes, found in a lot of food and drinks, which can cut down on gut diversity and disrupt the metabolism, and can even cause problems such as diabetes, weight gain and brain fog.

All processed foods should be avoided as much as possible. Fresh fruits and vegetables should be consumed, choosing organic when possible.

According to some studies, people who own pets possess a more diverse microbiome, as do those who live in rural areas and those who drink alcohol in small quantities.



Tips for Coping with Unemployment

Losing your job can be a daunting experience, particularly for those with little in the way of savings.

However, there are ways to cope with being made unemployed, including looking into hidden benefits to which you may be entitled.

Employees who have been laid off, or whose jobs have become redundant, often receive a severance package.

If this is happening to you, try to find out what you can expect from your severance package and the length of time that your medical coverage will last.

It is also a good idea to take advantage of your employer's counseling service and use any benefits they may offer to improve the strength of your position.

Work out your present financial status and calculate what annuity payments you may be owed from insurance benefits you have contributed to over the course of several years.

You will also need to work out your monthly expenses and then come up with a plan for the future.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS OCTOBER 2020

Amerigel - #1 rated Wound and skin care products



Amerigel is a wound dressing to manage pressure ulcers, stasis ulcers, diabetic skin ulcers, skin irritation, cuts, and abrasions. Hydrogel formula provides a moist wound healing environment. Amerigel is the #1 Physician-Rated Wound/Ulcer Topical Since 2006



Amerigel Care Lotion Rehydrates and soothes dry, irritated skin. Softens and exfoliates corns and callouses. Moisturizes and protects dry skin associated with diabetes. Minimizes the appearance of: bruising and venous stasis dermatitis.

October Dates to Remember

- October 2nd – National Name Your Car Day
- October 4th – National Golf Lover’s Day
- October 12th – National Farmer’s Day
- October 15th – I Love Lucy Day
- October 16th – National Boss’s Day
- October 21st – Medical Assistant Recognition Day
- October 24th – National Make a Difference Day
- October 25th – National Mother-In-Law’s Day
- October 26th – National Pumpkin Day
- October 31st – Halloween
- October is also: Breast Cancer Awareness Month
<https://ww5.komen.org/>
 Leukemia & Lymphoma Awareness Month
<http://www.lls.org>

Fires in California, Oregon and Washington

We at Fixing Feet Institute want to help support the victims of the wildfires in California, Oregon and Washington.

In lieu of our monthly fundraiser/donation drive, we are asking you to join us in making a donation to one of the charities below:

American Red Cross

<https://www.redcross.org/donate/donation.html/>
 or
[1-800-HELP NOW](https://www.redcross.org/donate/donation.html/) (1-800-435-7669).

California Firefighters

<https://www.californiawildfirerelief.com/donations/california-wildfire-fund/>

