



Have Beautiful Feet Again

Are you embarrassed by the appearance of your toenails? Do you avoid taking off your shoes when around others? Do you hide abnormal toenails by covering them with band aids? You may have a fungal infection of the toenails, called Onychomycosis. This difficult-to-treat condition often requires a lengthy course of strong oral antifungal pills, often for up to 12 months, to treat this slow growing, resistant fungal infection. Frequent blood work while taking these medications is necessary to detect any damage to your liver, as these medications are toxic. These medications interact with many other medications, and you are not supposed to drink alcohol while taking them.

We are excited to announce a safe and effective treatment for fungal infections of the toenails. The Lunula laser is the 1st and only FDA cleared laser device proven to increase clear nail growth in patients with Onychomycosis. The lunula laser uses 2 wavelengths of laser light: a 405 nm (violet) wavelength that interacts with cells to generate hydrogen peroxide and other reactive oxygen species to destroy fungus, and a 635 nm (red) wavelength that improves blood flow to the toes, which aids the natural immune response in fighting off the infection.

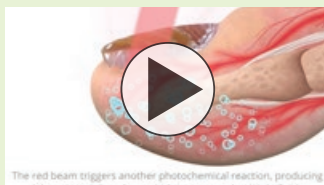
Laser therapy is painless, does not generate heat, and has no side effects. No blood monitoring is required. The treatment is done weekly in the office for 4 sessions, then 2 additional sessions are spaced 1 month apart. Treatment time is 12 minutes per foot. Both feet are treated simultaneously. This procedure is not covered by insurance, as it is considered "cosmetic." According to results published in the Journal of Clinical and Aesthetic Dermatology, 89% of treated toenails demonstrated an increase in clear nail growth across the 6 month study period.

Imagine being able to wear your favorite sandals or open-toed shoes and love the way your feet look. If you have been dealing with abnormally thick, discolored, or crumbly toenails or find yourself embarrassed by your toes, give us a call to see if Lunula Laser therapy could benefit you.

About L. David Richer, DPM



Dr. David Richer is the founder of the Foot, Ankle & Leg Center, a premier podiatry practice in Scottsdale, AZ providing exceptional medical and surgical care in a comfortable, relaxed setting where we treat patients like family. Our mission is to eliminate your pain and get you back on your feet quickly so you can enjoy your favorite activities and live your best life. Our specialty areas include heel pain, sports injuries, chronic foot & ankle pain, ingrown toenails, flat feet, plantar warts, fungal toenails, and neuropathy. We have a modern office with the most advanced technologies. We offer 3D printed custom foot orthotics, Swift Immunotherapy for plantar warts, Radial Pulse Wave Therapy for heel pain, Lunula laser therapy for fungal toenails, MLS laser therapy for painful conditions, and regenerative medicine such as PRP therapy. You don't have to walk in pain. Request an appointment today.



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Baby's Feet and Ankles — Year One

A baby's overall health is of prime importance for parents, but some aspects get glossed over — such as their feet and ankles. Parents can help their child by staying watchful for the following:

- Scrunched or cramped-looking toes.
- Slow toenail growth or perhaps none at all.
- Discoloration of toenails or skin.
- Swelling or decreased mobility of the ankles or feet.
- Your baby's feet do not respond to touch, or your child seems agitated if anything touches their feet.

Monitoring your baby's feet and ankles can pay dividends down the road, as some foot/ankle issues experienced later in life have their origins in infancy.

It's also important that your baby's feet not be constricted. There is no need for shoes or booties indoors; they inhibit a baby's foot growth and development. Lying uncovered is beneficial for your baby. It allows them to kick and perform other related motions that prepare them for weightbearing.

When a child is ready to walk, they'll walk. A normal walking age varies greatly, typically from 10 to 18 months. Parents can "encourage" walking by providing a safe environment for their child; allowing for plenty of playtime, which can help their baby build muscle strength and balance through crawling and pulling themselves up to a standing position; and avoiding a baby walker, which can delay walking and lead to injuries.

Once walking, a child should walk barefoot indoors to develop grasping action in their toes as well as overall strength. If they're outside, they should wear a pair of shoes that are made of natural ("breathable") materials, lightweight, and flexible.

If anything about your baby's feet or ankles is concerning you, please don't hesitate to give our office a call.



Mark Your Calendars

- Mar. 4** Mardi Gras: Mardi Gras parade float riders must wear a mask or paint their face.
- Mar. 5** Ash Wednesday: The word "Lent" did not enter Church lexicon until the 11th century.
- Mar. 9** Daylight Saving Time begins: The time changes at 2 a.m. instead of midnight as to not interfere with bar/restaurant hours.
- Mar. 17** St. Patrick's Day: Until 1970, St. Patrick's Day was considered a religious holiday in Ireland; the pubs were closed!
- Mar. 20** First day of spring: Children grow faster during the spring than any other season.
- Mar. 28** Weed Appreciation Day: (Not *that* weed!) Hey, weeds produce oxygen, serve as shelter for certain animals, and dandelions are a delightful salad addition.
- Mar. 31** Bunsen Burner Day: Everyone waxes nostalgic about high school chemistry class, right?

WE ARE LIVE!

www.footanklelegcenter.com



FOOT, ANKLE & LEG CENTER

Introducing Our New Website

The Foot, Ankle & Leg Center is pleased to announce our new website: **FootAnkleLegCenter.com**.

We hope you like the new website and find the content and information helpful. Here you can **book an appointment**, find helpful videos on a variety of topics, as well as past and present newsletters covering various topics about foot and ankle health. As always, if you are having a problem with the foot, ankle or leg, please reach out and let us know. We are here to help!

VISIT OUR NEW WEBSITE!

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Whole-Wheat Irish Soda Bread

Yield: 2-lb. loaf (12 servings); cook time: 10 min.; additional time: 1 hr. 20 min.; total time: 1 hr. 30 min.

Soda breads are hearty, healthy, and tasty. They're versatile, too, as the dough can be shaped into scones or a round loaf, depending on the occasion.

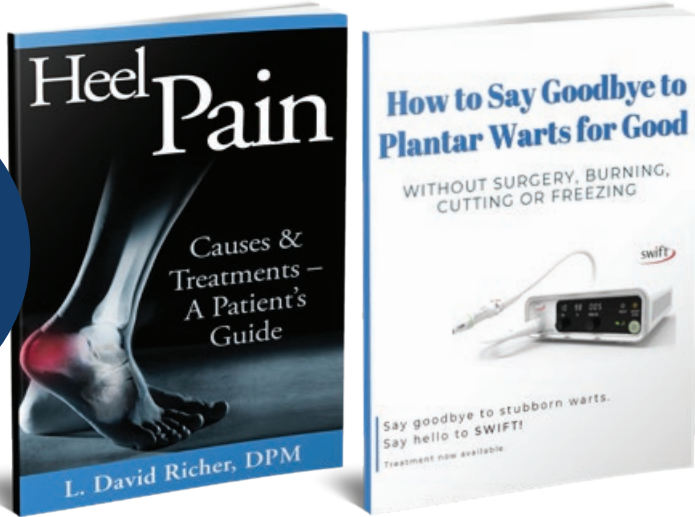
Ingredients

- 2 cups whole-wheat flour
- 2 cups all-purpose flour, plus more for dusting
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2¼ cups buttermilk

Directions

1. Preheat the oven to 450°F. Coat a baking sheet with cooking spray, and sprinkle with a little flour.
2. Whisk whole-wheat flour, all-purpose flour, baking soda, and salt in a large bowl. Make a well in the center and pour in buttermilk. Using one hand, stir in full circles (starting in the center of the bowl, working toward the outside of the bowl) until all the flour is incorporated. The dough should be soft but not too wet and sticky. When it all comes together, in a matter of seconds, turn it out onto a well-floured surface. Clean the dough off your hand.
3. Pat and roll the dough gently with floury hands, just enough to tidy it up and give it a round shape. Flip over and flatten slightly to about 2 inches. Transfer the loaf to the prepared baking sheet. Mark with a deep cross using a serrated knife, and prick each of the 4 quadrants.
4. Bake the bread for 20 minutes. Reduce oven temperature to 400°F, and continue to bake until the loaf is brown on top and sounds hollow when tapped, 30 to 35 minutes more. Transfer the loaf to a wire rack and let cool for about 30 minutes.

Recipe courtesy of www.eatingwell.com.



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A Spring Return to Outdoor Running

Whether you're a new runner or someone who took a winter hiatus from outdoor running, the following tips can boost your odds of remaining injury-free.

Running shoes shouldn't have more than 300-500 miles on them. Cushioning and shock absorption have deteriorated, and tread is worn down, leaving you susceptible to foot and heel injuries. Spring's a great time for a new pair.

If you're planning to run on natural terrain, first take a walk over the course to scout for potential trouble spots. Overall, natural terrain can be great for the joints, but its unevenness has caused many an ankle sprain. Slippery turf can precipitate damaging falls too.

Do some light stretching and/or walking before you run. Save the more vigorous stretching for your warm-down. When setting out, start off slow and steady. Even if you've been doing some treadmill work over the winter, running outdoors is a different ballgame. Do not attempt to pick up where you left off previously. It's an injury waiting to happen.

If you've done some running research, you might have come across terms like "heel strike," "forefoot strike," and "midfoot strike." Don't worry about changing the position in which your feet strike the ground. Factors such as foot structure, leg length, muscle strength, and more can influence each person's situation. Run with a natural stance and pace that suits you; allow your feet to land how they want to land. Research does not point to any one way being the best.

Finally, if you experience lingering pain in your feet or ankles, and rest and icing do not seem to be helping, schedule an appointment with our office before it gets worse.

