



About L. David Richer, DPM



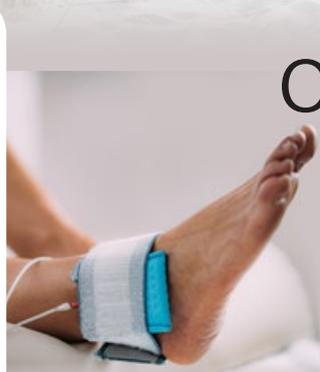
A native of the Bay Area, California, Dr. Richer pursued his medical education and training on the East Coast, attending Temple University School of

Podiatric Medicine in Philadelphia followed by a 3-year residency in foot and ankle surgery in New York City and Washington, D.C.

Dr. Richer relocated to Arizona in 2001 after his training and joined group practice. In 2006 he left the group and founded the Foot, Ankle & Leg Center in Scottsdale where he offers the latest medical and surgical care to patients of all ages.

At the Foot, Ankle & Leg Center our mission is to provide high quality, effective medical and surgical care. We do so in a comfortable, relaxed setting where we treat patients like family. We strive to eliminate your pain and get you back on your feet as quickly as possible so you can enjoy your favorite activities and sports. We empower our patients with the most up to date information needed to make the right decision for their own care. We utilize the least invasive methods, when possible, to fix the problem. If you have been suffering with Foot, Ankle or Leg pain, we can help!

We welcome you to the Foot, Ankle & Leg Center family.



One Face of Diabetes: Peripheral Neuropathy

Peripheral neuropathy is a nerve disorder that typically affects the extremities. Repercussions for feet include a sensation of tingling, burning, or shooting pain; numbness; or impaired muscle movement.

Causes of peripheral neuropathy (PN) include blunt trauma (e.g., auto accident, sports injury), repetitive-stress injuries, certain medications, vitamin B12 deficiency, and alcoholism, among others. However, according to the American Podiatric Medical Association, the most frequent cause of PN is uncontrolled diabetes. Sixty to 70 percent of diabetics who aren't as vigilant in their care regimen as they should be will develop diabetic PN.

Numbness in the feet is of particular concern. Tingling or movement issues alert a person to a problem. With numbness, someone may develop a blister or suffer a scrape or laceration and never realize it, rendering them more susceptible to a dangerous ulcer and infection. Those with diabetic PN may also fail to sense damaging heat, cold, or pressure.

Although there is no cure for diabetic PN, the following measures can help manage it successfully:

- Prescription medications to relieve pain and burning.
- Physical therapy to improve balance and the ability to walk more easily.
- Custom orthotics to limit the movement of feet within shoes, decreasing friction; or to reduce pressure on vulnerable areas of the foot.
- Transcutaneous electrical nerve stimulation (TENS) treatment to alleviate pain.
- Daily foot inspections. Report any changes to your podiatrist, such as redness, swelling, sores, cuts, calluses, corns, blisters, etc.

Preventing diabetic PN is an even better remedy. Diligence with one's diabetes treatment regimen, a healthy diet, daily exercise, avoiding excessive alcohol intake, and quitting smoking are key.



Signs Your Child's Feet or Ankles Are Hurting

When children experience foot and ankle discomfort, they are often reluctant to say anything to their parents. They may fear a trip to the dreaded doctor's office, being told they are temporarily banned from a favorite activity, or just don't think anything of it ... the pain's not too bad. Alert parents can prevent problems from getting worse.

Signs of foot or ankle discomfort vary. Some kids lag behind in sports or backyard activities. If there is an issue with the foot, muscles in the foot, ankle, and lower leg may have to work harder to compensate, resulting in fatigue. Flat feet are a common culprit.

Limping is an obvious sign that something is wrong. Ankle sprains and ingrown toenails are frequently to blame.

If your child withdraws from participating in activities they normally enjoy, it could be due to heel pain. Kids from ages 7 to 14 may experience inflammation of a growth plate at the back of the heel (Sever's disease).

Stress fractures can strike active kids. Repetitive stress on a bone from running and jumping can trigger pain in the affected area that will progressively worsen without rest, affecting athletic performance.

If your child's ankle gives out far too frequently, they may have chronic ankle instability. A previous ankle sprain that wasn't properly cared for typically precipitates this condition, which can have long-term consequences if left untreated.

Parents are encouraged to inspect young children's feet periodically. Look for discoloration or swelling; thick calluses at one particular area; and growths.

If you suspect a problem with your child's foot or ankle, contact a podiatrist for a proper evaluation, diagnosis, and treatment.

Mark Your Calendars

- August 1** National Raspberry Cream Pie Day: Berry, berry good!
- August 3** National Watermelon Day: Sweet, refreshing, fat-free, and packed with nutrients.
- August 7** National Lighthouse Day: Only Boston Light has a human keeper.
- August 13** National Left-Handers Day: Left-handers never do anything right.
- August 18** Bad Poetry Day: No rhyme or reason for this day.
- August 21** National Senior Citizens Day: Honor and respect your elders!
- August 26** National Dog Day: The only true dog day of August.
- August 27** Just Because Day: No need to explain yourself.



From Dirt to Culinary Penthouse ... the Truffle

Truffles are revered in the culinary world for their aromatic, flavorful qualities. In addition, they're nutrient-rich (especially protein), high in antioxidants, and have antibacterial properties.

Classified as a type of mushroom, truffles grow beneath the soil in symbiosis with primarily oak, beech, hazel, and poplar trees. They provide the host tree with phosphorus; the host tree reciprocates with sugar. Only a few truffles grow per tree, so as to not overwhelm the host in a battle for resources. If the truffles kill the host, they're doomed themselves.

The most delectable truffles are found only in a narrow band of territory stretching from northern Spain through southern France, northwestern Italy, and into Croatia. However, the Pacific Northwest is striving to join this exclusive club. These areas have the precise combination of environmental conditions necessary for finicky truffles to prosper.

Trained dogs or sows are utilized to locate ripe truffles. Most foragers prefer dogs for two reasons: Truffles produce a chemical compound similar to a sex pheromone found in a boar's saliva, which makes sows wild with desire. They frequently damage the root systems of the trees in their frenzied digging, and they're far more likely than dogs to wolf down the prize.

Truffles rank among the most expensive delicacies in the world. In 2019, Italian white truffles were priced at \$220 per ounce; black truffles, \$22 to \$85 per ounce. Some people use truffle oil as a less expensive substitute for fresh truffle, but beware: Most truffle oils are frauds, concocted of synthetic truffle "flavor," "aroma," or "essence" — not a hint of actual truffle.

If you break open the piggy bank to purchase fresh truffles, think of the sow that would have gone hog wild.



Greek Yogurt Chocolate Mousse

*Serves 4; calories per serving: 325; prep time: 5 minutes;
cook time: 2 hours*

It's chocolaty, chilled, and healthier than regular mousse (but just as tasty!). Need we say more?

Ingredients

- 3/4 cup milk
- 3-1/2 ounces dark chocolate
- 2 cups Greek yogurt
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract

Instructions

1. Pour the milk into a saucepan and add the chocolate, either grated or very finely chopped or shaved. Gently heat the milk until the chocolate melts, being careful not to let it boil. Once the chocolate and milk have fully combined, add the honey and vanilla extract and mix well.
2. Spoon the Greek yogurt into a large bowl, and pour the chocolate mixture on top. Mix together well before transferring to individual bowls, ramekins, or glasses.
3. Chill in the fridge for 2 hours (if longer than that, cover with plastic wrap or foil). Serve with a small spoonful of Greek yogurt and some fresh raspberries.
4. The Greek yogurt chocolate mousse will keep in the fridge for 2 days.

*(Recipe courtesy of Ciara Attwell,
www.myfussyeater.com.)*



One Face of Diabetes: Peripheral Neuropathy

See page one.

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Don't Underestimate a Puncture Wound

In the summertime, many people ditch their footwear. The freedom, the luxurious comfort of lush grass caressing the feet ... the allure is understandable. Bare feet become commonplace indoors, too.

But ... puncture wounds are waiting to strike. Puncture wounds are not the same as cuts. A cut is an open wound that causes a long tear in the skin. A puncture wound occurs when something pointy — such as a nail, piece of glass, sewing needle, toothpick, jagged seashell, etc. — penetrates the skin and leaves only a small entry hole in its wake.

A puncture wound on the foot can be more sinister than a cut. It might not look as sensational (many don't bleed much), but it frequently runs deeper. The penetrating object could become embedded. At the very least, it will drag in dirt and debris from the outside and possibly deposit a tiny piece of itself (or rust) in the wound.

The deeper a puncture wound, the higher the risk of complications. Since depth can be hard to judge, immediate professional treatment is the safest course of action. A prompt cleaning is imperative, as delays can lead to infection — *always* a serious matter. For those who have lost sensation in their feet, puncture wounds highlight the importance of daily foot inspections.

If the wound was treated during an ER visit, call a podiatrist for a follow-up visit as soon as possible. ER attendants perform a great service, but they are not experts of the foot and ankle.

Proper footwear is your best bet to avoid puncture wounds, both indoors and outdoors. If you suffer a puncture wound, contact a podiatrist for an evaluation and treatment.

