

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.



Eliminate Plantar Warts Forever

Many people will contract a wart during their lifetime. Warts that occur on the soles of the feet and toes are called plantar warts. Warts are caused by the Human Papillomavirus or HPV, a highly contagious skin infection which can easily spread or be transferred to others. The virus enters the skin when we walk barefooted in common areas such as pools, gyms, spas, locker rooms and hotel rooms. Once the virus enters our skin, it commands our skin cells to keep producing more and more infected skin cells. Not only are they unsightly and contagious but they often cause pain and may bleed profusely if cut. The virus lives in the layers of skin where it is not recognized by our immune system, allowing it to grow and spread unchecked.

Traditional methods of getting rid of warts can be painful, difficult to eradicate, require multiple treatments and often have a high recurrence rate. These treatments include repeated applications of cryotherapy (freezing the lesions), surgical excision, laser destruction, strong acids, or injecting medication into the wart to destroy it. These treatments attempt to get rid of the wart by destroying the skin the virus lives in. Too often patients abandon continued treatment because of lack of improvement, too much pain, or both.

We are the first and most experienced clinic in Arizona utilizing the new SWIFT treatment for plantar warts. SWIFT is different. SWIFT uses low power microwave energy to injure the wart, which causes our immune system to recognize the HPV virus and destroy the wart. When the wart clears, you are immune from contracting HPV again!



Treatment with SWIFT is quick, nearly painless (no anesthetic is required), does not damage the skin or leave a scar, no bandage is required, and no time off from work or your favorite activities are needed. It usually takes 3 treatments for adults spaced 4 weeks apart to fully destroy the wart. Children, who have a stronger immune system, may get rid of their warts quicker.

Swift received FDA clearance in November 2018 and over 70,000 treatments have been performed with a success rate over 85%. We have had excellent success getting rid of warts that failed traditional methods of treatment. More information can be found on our website, including a before and after photo gallery. Give us a call or come in for a consultation to find out if this state-of-the art technology can help you!

SWIFT: it's not just a treatment, it's a cure!



Psoriasis Can Take a Toll

According to the National Psoriasis Foundation, over 8 million Americans deal with psoriasis, an autoimmune disease noted for areas of thick, reddened skin mixed with dry, whitish-silver patches. It can break out on any part of the body, including the feet (palmoplantar psoriasis).

Psoriasis is not contagious, but it's itchy, irritating, sometimes painful, and can affect self-image. It tends to run in families and is the leading risk factor for psoriatic arthritis, which typically attacks the joints of the lower extremities. Triggers for palmoplantar psoriasis flare-ups include repetitive trauma, infection, stress, smoking, and chemical irritants.

Normally, new skin cells take about a month to work their way to the skin surface, coming off the bench to replace dead skin cells. For most people, it's a seamless transition. For those with psoriasis, the new skin cells rise to the surface too rapidly, before older skin cells are ready to exit. New skin cells pile onto older ones, resulting in plaques or tiny, pus-filled blisters.

Keeping the skin clean and moisturized (e.g., hypoallergenic moisturizers, colloidal oatmeal baths) can ease discomfort and improve skin health. But any sudden foot irritation warrants a call to our office.

People who develop palmoplantar psoriasis sometimes think they have athlete's foot. That's why a thorough evaluation and accurate diagnosis are so important. After an exam and review of your medical history, we might take a biopsy to confirm a palmoplantar psoriasis diagnosis.

We can treat mild cases with prescription topical creams. Severe cases might require systemic (body-wide) medication. We may need to coordinate with other healthcare professionals as well.

Palmoplantar psoriasis can't be cured, but we can offer pain relief and help reduce the likelihood of future flare-ups.

Mark Your Calendars

- Sept. 5** Labor Day: In 1917, the Adamson Act was passed, establishing the 8-hour workday.
- Sept. 11** Patriot Day: DNA identification has yet to happen for over 1,100 victims of 9/11.
- Sept. 14** Cream-Filled Doughnut Day: Per capita, Canada has the most doughnut shops.
- Sept. 17** Apple Dumpling Day: Dessert, breakfast, main dish ... hot or cold ... sweet versatility.
- Sept. 22** First day of autumn: Autumn's alias, "fall," is short for "fall of the leaf."
- Sept. 26** Rosh Hashanah: The sounding of the shofar (ram's horn) ushers in the Ten Days of Repentance (through Yom Kippur).
- Sept. 27** Crush a Can Day: Recycled cans typically find their way back to store shelves within 90 days.



Let's Count a Few Sheep

Sleep is one of the pillars of good health and is finally receiving its just due. Sleep restores our energy and enables our brains to get reorganized, but that's only scratching the surface, as scientists are working to unravel its mysteries.

From an evolutionary standpoint, sleep's advantages must be monumental. After all, sleep leaves an animal wide open to predators; not to mention, we sleep about a third of our lives away.

Speaking of nature, sea otters hold paws while they sleep to avoid drifting away from each other — a true Hallmark moment. Dolphins, porpoises, and whales sleep with half their brain (and opposite-side eye) awake in order to stay alert for predators and remain conscious to breathe. Bulldogs are the only canines known to experience sleep apnea. A short snout, underbite, and odd upper airway and body type will do that.

Humans are the only creatures that willingly delay sleep. The introduction of electric lights, then television, then ultimately the internet (among other reasons) all keep people up, by choice, when their bodies are pleading for sleep.

Being awake for 16 straight hours is the general equivalent of a .05% blood alcohol level (legal limit, .08%) when performing tasks. Lack of sleep also diminishes the level of the hormone leptin, an appetite regulator, so the battle of the bulge intensifies. Regular exercise improves sleep patterns, unless you work out just prior to bedtime.

Insufficient sleep is estimated to gouge the U.S. economy over \$400 billion each year through poor job performance, job-related accidents, absenteeism, etc. Drowsy driving is a factor in over 6,000 auto accident fatalities annually.

Science dreams of unlocking the secrets of sleep. In many respects, it's still a riddle wrapped in a blanket.



State Fair Cream Puffs

Makes 10 servings; Prep time: 25 min.;
Bake time: 30 min. + cooling

It's fair season. State fair, county fair, street fair — all's fair when it comes to this luscious treat.

Ingredients

- 1 cup water
- 1/2 cup butter
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs, room temperature
- 2 tablespoons 2% milk
- 1 large egg yolk, lightly beaten
- 2 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- Additional confectioners' sugar

Directions

1. Preheat oven to 400°. In a large saucepan, bring the water, butter, and salt to a boil over medium heat. Add flour all at once; stir until a smooth ball forms. Remove from heat; let stand for 5 minutes. Add eggs, 1 at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.
2. Drop by 1/4 cupfuls 3 in. apart onto greased baking sheets. Combine milk and egg yolk; brush over puffs. Bake until golden brown, 30–35 minutes. Remove to wire racks. Immediately cut a slit in each for steam to escape; let cool.
3. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until almost stiff. Split cream puffs; discard soft dough from inside. Fill the cream puffs just before serving. Dust with confectioners' sugar. Refrigerate leftovers.

Recipe courtesy of
www.tasteofhome.com.

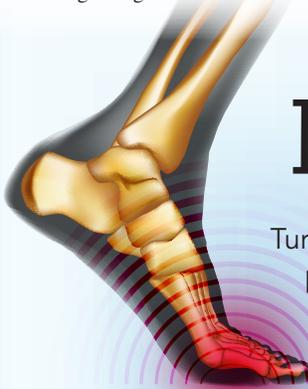


**Free
Book**



[Visit FootAnkleLegCenter.com](http://FootAnkleLegCenter.com)

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.



Dealing with Turf Toe

Turf toe is a condition that can bedevil football players, hoopsters, gymnasts, and dancers — or participants in any activity that involves substantial flexing of the big toe on hard surfaces.

Turf toe is a sprain/hyperextension of the big toe's primary joint (metatarsophalangeal [MTP] joint). The MTP joint is surrounded by important structures that hold it in place and provide stability, including the plantar plate (a thick, strong ligament), collateral ligaments, tendons, and two tiny sesamoid bones embedded in a tendon. When any soft tissue of the MTP joint is overstretched, partially torn, or completely torn, turf toe is born.

Typically, turf toe strikes suddenly during a fateful push-off or pivot/cut, but it's not unheard of for it to slowly evolve over time. Pain and swelling can range from moderate to severe. Tears will likely produce bruising.

The term "turf toe" became prominent with the introduction of artificial-turf playing fields in the 1970s. Artificial surfaces are harder, less shock absorbent, and "stick" more than natural grass, and are therefore tougher on the joints. Today, colleges and many high schools depend on them. In addition, the softer, more flexible footwear designed for them is great for agility but lousy for forefoot stability.

Moderate turf toe symptoms will benefit from the RICE method: Rest, Icing, Compression, and Elevation. If symptoms are severe or moderate symptoms don't improve in a few days, a call to our office is advised.

Some turf toe issues may require immobilization (e.g., a walking boot or cast). Healing time can range from several days to a month or more, and physical therapy may be recommended. Surgery is rarely necessary; however, those experiencing severe turf toe whose livelihoods involve high-level athletics may be candidates.