



# RIPEPI FOOT & ANKLE CLINICS

*Alleviating Foot & Ankle Pain*

News and Updates **August 2020**



## MLS Laser Therapy for Neuroma Treatment in Cleveland Ohio

When the nerve tissue leading up to your toes grows or extremely thickens, the resulting pain can quickly knock you off your feet.

### How Do You Know if You Need Neuroma Treatment?

Neuromas do not go away on their own, and their symptoms can worsen over time. We recommend that you schedule an exam as soon as possible if you experience any of the following symptoms. The sooner you see a foot doctor for your foot pain, the more likely it is that you'll be able to avoid surgery.

### About the Doctor

Dr. Ripepi / Sports Podiatrist



Dr. Ripepi's goal is to treat patients with the most current and the most effective treatment options available, so that they can get back to the activities that they enjoy as soon as possible. Dr. Ripepi's philosophy is that people want to be on their feet, not off their feet, and this is how he approaches the treatment of their problem.

He enjoys treating patients of all ages, including children, active adults, and the elderly.

Dr. Ripepi is a native of the Cleveland area. He attended St. Ignatius High School, John Carroll University, and the Ohio College of Podiatric Medicine here in Cleveland. Dr. Ripepi completed his residency training in foot and ankle surgery in St. Louis, Missouri. He has been in solo practice for 27 years in Parma and Rocky River, Ohio.

As part of providing the best care for his patients, Dr. Ripepi is board certified by the American Board of Podiatric Surgery and a member of the American College of Foot & Ankle Surgeons. He is on staff at Fairview Hospital, UH Parma Medical Center, and Southwest Hospital.

Dr. Ripepi participates in an active lifestyle and understands that his patients want to return to their activity as quickly as possible. He enjoys basketball, running, and overall fitness. After playing basketball and football in high school he now enjoys coaching his four children in CYO basketball.

Dr. Ripepi is a member of:

- ABPS – American Board of Podiatric Surgery
- AAPSM – American Academy of Podiatric Sports Medicine
- ACFAS – American College of Foot & Ankle Surgeons

Common symptoms of a neuroma are...

- Tingling
- Numbness
- Weakness
- Burning Pain
- Balance problems or feeling "unsteady" on your feet.
- Pain in feet, between your toes, and/or lower legs.
- Swelling between your toes
- Tingling or numbness in the ball of your foot
- Pain when you put weight on the ball of your foot



**The FDA-cleared MLS Therapy Laser** uses concentrated light energy to stimulate the body's own healing process to minimize pain, inflammation and neuropathy and reduce recovery times so you can return to a pain-free life. By using specific wavelengths and patented delivery system, MLS Laser Therapy can speed up the process of relieving inflammation and pain associated with many conditions. The MLS Therapy Laser has a unique pain-relieving effect, which can be dramatic. Many patients feel significantly better in just a few treatments.

### Benefits of MLS Laser Therapy:

- Rapid relief of pain without the use of addictive prescription painkillers
- Strong anti-inflammatory effect
- Non-surgical treatment
- No negative side effects
- Timely healing of sprains and strains
- Rapid recovery of the structural integrity of injured region
- Rapid resolution of swollen areas
- Immediate improvement of local blood circulation
- Rapid repair of superficial injuries, such as wounds and ulcers

Ultimately, the best way to know if your foot pain is caused by a neuroma is to schedule an evaluation with our sports podiatrist, Dr. Ripepi. He will provide you with a thorough examination, educate you on your condition, and discuss your available treatment options with you. Call 440-843-3692 to request an appointment at Ripepi Foot & Ankle Clinics and let us get you back on the path to a pain-free life!



# 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](http://www.myfussyeater.com).)*



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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.

