



RIPEPI FOOT & ANKLE CLINICS

Alleviating Foot & Ankle Pain

September 2022

stopfootpaintoday.com

News and Updates



Falls Prevention Awareness Day

September 22, 2022

According to the Centers for Disease Control and Prevention, falls are the number-one cause of injuries, and deaths from injury, among older Americans. One in five falls will result in a serious injury, such as a fracture or traumatic brain injury. One in four older Americans who fracture a hip die within six months.

Falls can rob an older person of their independence and cause quality of life to plummet. A prior fall may strike fear in a person, so they reduce their activity level and become physically weaker and less flexible — elevating their risk of falling.

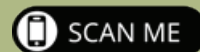
Vision problems, medications, and home hazards are a few causes of falls in those age 65+, but another major one is pain or dysfunction in the feet and ankles. Examples include heel, ankle, and arch pain; deformities such as hammertoes and bunions; systemic diseases such as diabetes and osteoporosis; and seemingly minor conditions like corns and calluses.

A person who feels pain or discomfort tends to compensate by shifting their weight or altering their gait (walking pattern). This can affect their balance and place too much stress on other body parts, reducing stability. In addition, inappropriate or improperly fitted footwear may decrease traction or contribute to pain, foot deformity, or clumsiness — resulting in falls.

But there is good news. **Podiatric treatment for foot and ankle pain or dysfunction can prevent many falls.**

If you or a loved one is experiencing foot or ankle pain, contact us for an evaluation, diagnosis, and treatment.

Scan this QR code with your phone camera and it will lead you to our complimentary Falls Prevention Checklist.



HE WANTS TO WALK... BUT YOU HAVE FOOT PAIN

STOP FOOT PAIN TODAY

GOTO
stopfootpaintoday.com
CALL 440-843-3692





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.



RIPEPI & ASSOCIATES FOOT & ANKLE CLINICS, INC.

Medicine and Reconstructive Surgery of the Foot, Ankle and Lower Leg / Podiatry

19109 Old Detroit Road, Rocky River, OH 44116 • (440) 331-9383

5500 Ridge Road, Ste#140, Parma, OH 44129 • (440) 843-3692

StopFootPainToday.com



Go to website to learn more:
www.stopfootpaintoday.com



Scan this QR code with your phone camera and it will lead you straight to our website.

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.