

Podiatry In Motion

Bay Area Foot Care

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Smoking and its Effect on Foot Health...

Most of us would know that smoking is a worldwide health issue- it causes many major diseases such as cancer, lung diseases, cardiovascular disease, and so on.

How does cigarette smoke affect foot health?

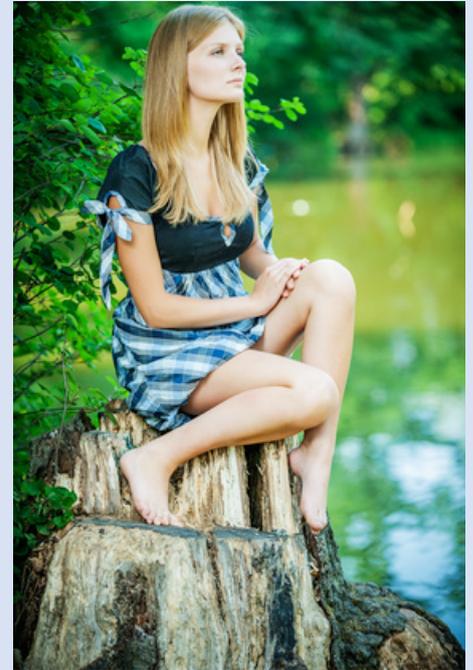
A cigarette contains nicotine which is absorbed by the body and causes numerous harmful side effects. Nicotine causes thromboses or blood clots that can impede blood flow. It also causes vasoconstriction in the veins which further contributes to the impedance of blood flow in our bodies.

Our feet are victims of this process since small capillaries are found on our extremities. Blood flow is also slower in our feet compared to central parts of the body due to gravity.

How will I know if I'm having foot problems caused by cigarette smoking?

1. Change in temperature on your foot from other parts of your body.

Your foot may seemingly feel cold when touched. This is an indication that less blood flow is present.



2. Ulceration

Ulceration occurs when there is not enough blood to carry nutrients to the tissues. It is also a sign that there is presence of poor healing.

Special techniques and imaging are available to ascertain the cause of the poor circulation, especially if it is caused by a thrombus.

3. Skin discoloration

Our skin becomes grayish or blackish in color when there is no proper circulation. There is a lack of nutrient distribution and moisture to the tissues, thereby causing gangrenous effects.

Bacterial contamination is common since white blood cells (which are responsible for fighting bad bacteria) are unavailable due to lack of access to the infected site.



4. Foot pain

Pain may indicate a thrombus or clot present in the vein. It may be felt by applying pressure and sometimes just comes intermittently.

Summary

The best way to prevent the negative impact of smoking on your feet health, is simply to quit smoking! This will not only save your feet, but also your overall quality of life.

Ingrown Toenails?

Feeling that pain and discomfort when walking with your tight-fitting shoes? This may be a sign that you are having an ingrown toenail.

Ingrown toenails are quite common. It is a condition where the free edge of the nail penetrates through the skin surrounding the nail, and commonly penetrates on the sides.

The big toe is almost always the toe that gets affected.

Ingrown toenails can be caused by pressure externally (such as tight fitting shoes and stockings) or internally (foot deformities, curved toenails, growth under the nail). This can also be caused by infection and trauma.

The affected area usually looks red and pain, and may be bothersome, especially when walking. The pain and discomfort may cause significant limited mobility to many people.



Treating Ingrown Toenails with Care

Here are some tips to care for ingrown toenails:

1. Trim the toenail carefully by following its contour. Using a nail file to separate the nail from the inflamed skin can also help.
2. Wash your feet regularly and wear protective shoes to prevent infection and trauma.
3. Decrease pressure on the surrounding area by wearing wide shoes.

Investing in proper shoes may be the most cost-effective way to prevent ingrown toenails.

4. Keep your feet dry, especially the toes. This may help prevent infection and inflammation.
5. Applying warm, wet soaks can drain the infection for faster healing.
6. When infection is present, application of antibiotics on the site is necessary.
7. Avoid strenuous activities when inflammation is severe.

Sometimes excision of the nail is the only remedy despite all measures, and seeking a podiatrist is the only solution.

When severe pain, redness, inflammation, and fever is/ are present, do not hesitate to call your podiatrist immediately. You certainly would not want that stubborn toenail to persist in giving you problems! ♦

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Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries, do feel free to contact **Bay Area Foot Care** (see details left).

Once again, thanks for your unwavering support!

Events and Updates

State Podiatry Conference 10-15 November 2016

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