



## Foot Notes

July 2011



*“Arch supports not only support your foot but also your ankles, making you less prone to fall or twist your ankles.”*

### The Season of Flip Flops is Here

Why put on flip flops? This query comes up on so many occasions. Are there guidelines to the etiquette of sandal wear? In a lot of areas and especially where there's a seashore culture, sandals are the footwear of choice 12 months out of the year.

Why settle for a flimsy pair of flip flops that hurt your feet when you can wear a pair of flip flops with arch support? A comfortable shoe will not only make your feet happy but will improve your posture and overall balance. Many flip flops are designed with arch supports and are not only comfortable, but are also quite stylish.

Choosing a shoe that supports your arches is important since arch supports can prevent and relieve foot pain while providing comfort. An arch support in a

shoe such as a flip flop, which normally offers zero support, can make a big difference. Since arch supports make it possible to distribute your weight more evenly, you will have better posture and more balance in a flip flop having a supportive arch. It can also cushion your foot and reduce leg fatigue. Arch supports not only support your foot but also your ankles, making you less prone to falls or twist your ankles.

The advantages of wearing sandals on your feet fluctuate to the actions that you're interested in. Flip flops clearly don't suffice for any exercise that requires correct foot protection. They are nice for wearing indoors and take only seconds to put on or take off. Flip Flops come in a plethora of styles. On the seashore, at parties and

even at enterprise conferences, there is a variety of sandals which are available. From brilliant colored flip flops, to casual wedge-fashion platforms, there are enough types out there to go well with any occasion. There are numerous types of sandals that not only look good, but they give your toes good ventilation and foot circulation. Sandals are even making winter appearances in cooler climate areas.

The sandal business has considerably elevated in the last few years. Sandals have now expanded to nearly one-fifth of the footwear market, though shopping for sandals is not quite easy. Finding a pair that is supportive is hard to come by. Most local shoe stores have a small selection. You also have the option of procuring online from all kinds of flip flops from any brand.



### Noveon Laser: Getting Rid of Toenail Fungus

#### Laser Treatment for Toenail Fungus

A treatment is the use of lasers to treat the toenail fungus. So far there have been some small studies that show promising results. The lasers work by killing the fungi while leaving the

nail and surrounding tissue unharmed. Several companies are hoping to market these lasers.

#### Is the Treatment Painful? Is it Safe?

Because the laser has no effect on normal, healthy tissue, there

is no pain at all. In studies so far there have been no side effects, complications or adverse reactions.

Gulfcoast Foot and Ankle is now providing this treatment. Please call us or visit our website for more information.



## Cold Southwestern Corn and Shrimp Soup

### Ingredients:

- 4 packages (10 ounces each) frozen corn kernels, thawed
- 1 cup low-fat yogurt
- 1 cup milk
- 1/3 cup fresh lime juice (from 2 or 3 limes)
- 1 teaspoon ground coriander
- Pinch cayenne pepper
- 1 pound cooked frozen shrimp, thawed, roughly chopped, reserving 4 whole shrimp
- Coarse salt and ground pepper
- 1 cup grape tomatoes, halved
- 1 avocado, halved, pitted, peeled and diced

### Directions:

1. In a blender, working in two batches, puree corn, yogurt, milk, lime juice, coriander, and cayenne. Strain through a fine-mesh sieve into a large bowl, pressing to extract as much liquid as possible; discard solids. Stir in chopped shrimp, and season with salt and pepper.
2. Serve garnished with tomatoes, avocado, and reserved whole shrimp.

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*Beat the summer heat with this cold soup. The coolness of the soup and not using the stove will keep you cool.*

## Upcoming Events

- **Hot Summer Nights**

**Date:** Friday, July 15, 2011

**Time:** 6:00 pm - 9:00 pm

**Venue:** Fleischmann Park

**Contact:** 239-213-3020

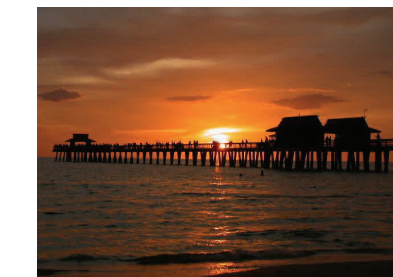
- **Thursdays on Third**

**Date:** Thursday, July 21, 2011

**Time:** 7:00 pm - 10:00 pm

**Venue:** Third Street S. Shopping District

**Contact:** 239-261-8936



- **Summer Jazz Concert**

**Date:** Saturday, July 23, 2011

**Time:** 7:00 pm - 10:00 pm

**Venue:** Watkins Lawn at the Naples Beach Hotel

**Contact:** 239-403-4099

## Toe Touching Accurately Predicts Foot-ulcer Risk

Lightly touching the toes of a patient with diabetes is an effective way to assess the risk of foot ulcers, research shows.

A UK study noted that in the absence of neurologic devices such as monofilament, many doctors “touch the feet with cotton wool or even their fingers”. The team from Ipswich Hospital in Norfolk formalised the method into a technique they called the ‘Ipswich Touch Test’.

The test involves lightly touch-

ing or resting the tip of the index finger for one-to-two seconds on the tips of the first, third and fifth toes and (optionally) the dorsum of the hallux of both feet. Neuropathy is defined as being insensate at two or more sites.

In their study of the technique in 265 diabetic patients, they instructed examiners not to push, prod, tap or poke. With eyes closed, subjects were instructed to say yes whenever they felt the touch.

The study found “almost perfect agreement” between the Ipswich

test and 10g monofilament, using a vibration perception threshold of at least 25V. Inter-operator reproducibility – assessed by repeat testing in 26 patients by a different researcher – was also strong.

The authors recommended excluding the hallux from the test, as it did not significantly improve test performance.

“The procedure is simple, reliable and quick; requires no special instruments; and is always at hand,” they wrote.

*“Neuropathy is defined as being insensate at two or more sites.”*

## Diabetes-related Foot infections Reduced Through New Imaging Technique

A new study has found that combining two different imaging agents with accurate molecular imaging techniques can offer patients with type 2 diabetes an effective screening method to deal with foot infections.

Since diabetes can bring problems such as nerve damage and reduced blood flow to the feet, people suffering from the metabolic condition are open to possible infection. This new research involved 191 patients

who had molecular imaging with the two imaging agents and were scanned with single photon emission computed tomography and computed tomography (SPECT/CT), which provides images with anatomical and functional details about the body.

The findings, which included 84 cases of infected bone, 93 infections of the soft tissue, 25 combinations of both and 25 other pathologies, offered further evidence that dual isotope SPECT/CT is a viable way to evaluate diabetes-related soft-tissue infec-

tion and osteomyelitis. It is hoped the study will help reduce the amount of necessary amputations from infected feet through the use of the dual isotope.

Sherif Heiba from the Mount Sinai School of Medicine in New York commented “As a result of this study we have concluded that dual isotope SPECT/CT is an important method for detecting infection in diabetic patients who might otherwise receive unnecessarily aggressive treatment such as amputation .”



Please visit [www.gulfcoastfootcare.com](http://www.gulfcoastfootcare.com) for a free copy of “The Foot Book” and “The Heel Pain Book.” You can also call 1-888-794-3462 for you copy of “The Foot Book” and 1-866-414-8006 for “The Heel Pain Book.”



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**Visit us on the Web!**

**[www.gulfcoastfootcare.com](http://www.gulfcoastfootcare.com)**

*Welcome to the Gulfcoast Foot and Ankle Center, a podiatric medical and surgical practices with offices conveniently located in North Naples, Physicians Regional Medical Center on Pine Ridge Road and Bonita Springs, Florida. Dr. Gordon treats patients in the North Naples and Physicians Regional offices. Dr. Adarve treats patients at the Bonita Springs and Physicians Regional offices and Dr. Crist treats patients at the Bonita Springs and Physicians Regional offices.*

*For more information on our physician's, offices and services, visit us at [www.GulfcoastFootCare.com](http://www.GulfcoastFootCare.com)*

**\*\*\*\*\* ANNOUNCING \*\*\*\*\***

*Dr. Brooke Austin of Carmel, Indiana will be joining our practice in July after finishing her surgical residency at Long Beach Hospital in California. Check our website as her bio will be posted shortly.*

**Gulfcoast Foot & Ankle Center Student Scholar Athlete Scholarship awards six scholarships this year**

Gulfcoast Foot and Ankle, Physicians Regional Healthcare System, Arthrex Inc., M & I Bank, ProScan Imaging and Everbank are pleased to announce the winners of this years Gulfcoast Foot and Ankle Centers Student Scholar Athlete Scholarships.



From left to right: Christine Mansour, Adriene Prokop-Ervin, Kristine Ma, Lisvet Luceno, Penny Combs and Jasmine Vecchio.

Each season through out the school year, the coaches nominate students that excel in athletics and academics for the Gulfcoast Foot & Ankle Center Student Scholar Athlete Award. This opportunity is available for two male and two female high school students to be recognized from each of Collier County's 7 public high schools each season. The selected students are presented with certificates and sports medals, and then become eligible for one of six (in 2011) \$2,500 scholarships awarded in late spring of their graduating year. The eligible students then submit their application and qualifications to be reviewed by the scholarship committee. This year there were almost 50 candidates applying for the six scholarships. It was a difficult decision, but this years Scholarship winners are Penny Combs from Gulf Coast High School; Lisvet Luceno from Golden Gate High School; Kristine Ma from Gulf Coast High School; Christine Mansour from Barron Collier High School; Adriene Prokop-Ervin from Naples High School and Jasmine Vecchio from Lely High School.

The scholarships were presented to the students on Thursday, May 19th at the Everbank office on Immokalee Road.