



# Southern Ohio Foot And Ankle

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Issue 1

## Foot Odor Prevention Guide

Foot odor can be an embarrassing problem. Most foot odor can be controlled. Try some of these simple steps and see if they work for you.

- Wash feet daily with an antibacterial soap, especially between toes.
- Dry your feet well. Moisture can cause bacteria and odors. Try using a blow dryer to insure complete dryness.
- Wear cotton absorbent socks and change them often. Always wear socks with shoes.
- Wear "breathable" shoes. Switch between shoes, allowing them to dry completely before wearing again.
- Sprinkle a commercial foot powder in the toes of your socks to help feet stay dry.

Serious persistent foot odor could be a sign of a bacterial skin infection. Consult your podiatrist if conventional treatment has not helped.

## Athlete's Foot - Are You Infected?

Athlete's Foot fungus (tinea pedis) is a common foot infection. Most people will develop athlete's feet at least once in their lifetimes. This "dermatophyte" is a fungus of the ringworm family. It occurs mainly between toes, but may spread to other parts of the foot. Infected skin may appear red, swollen and have blisters that contain a clear sticky fluid.

These fungi thrive in warm moist places and are communally spread. Public showers, gyms, locker rooms and pools are breeding grounds for this fungi.

If over the counter medications have not helped your condition, consult your podiatrist. Many forms of prescription treatments are available for this common foot infection.



### Did You Know?

If left untreated, athlete's foot can spread to your hands and in some cases, even your face!

## It's No Trick to be Safe on Halloween



Chillicothe Trick or Treat night is scheduled for Tuesday, October 26th.

To make sure you and your child are safe consult these basic safety rules.

- Costumes should not be long enough to trip on
  - Falls are the leading cause of injuries on Halloween
  - All costumes should be fire-retardant
  - Add strips of reflective tape to back, arms and legs so children are more visible
  - Carry a Flashlight
  - Avoid masks and hoods that obscure vision
  - Obey all traffic rules
  - Walk, and never run from house to house or across the street
  - Walk on sidewalks instead of the street. If walking on the street is unavoidable, walk on the left side of the street facing traffic
  - If possible, cross streets at a crosswalk
  - Remind your children of the "Stop, Look and Listen Rule"
- Never allow children to eat treats before you inspect them. Follow the Golden Rule "When in Doubt, Throw it Out"

Have a Safe and Happy Halloween

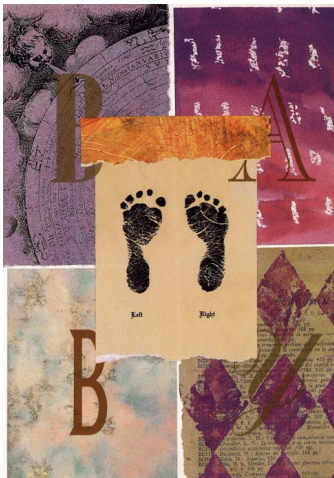
## October Footfalls

With cold weather approaching it is time to put away those open-toed sandals and put on warmer footwear. Improperly fitted shoe wear such as boots and walking shoes can cause painful ingrown nails. Shoes that are too tight, or too short in the toe box, or hose and socks that are too tight can cause ingrown nails.

Cutting the nail down the side of the toe, pulling, picking at, or tearing the nail may also cause ingrown nails. Ingrown nails can become infected and quite painful. By following some simple guidelines listed below, you may be able to avoid this painful condition.



- Make sure your shoes are well-fitted by having a certified shoe fitter measure your feet. You need adequate room in the shoe without having them be too loose. Remember, a longer shoe does not mean a wider shoe. If a certified shoe fitter is not available, then keep in mind these points when purchasing shoes:
  - Purchase shoes at the end of the day. Many people's feet and ankles tend to swell during the course of the day. Shoes purchased first thing in the morning may be unbearably tight by the end of the day.
  - For a proper fit you need approximately the width of your thumb between the end of your longest toe and the end of the toe box in the shoe.
  - Make sure the heel of the shoe does not slip up and down when you are walking
  - Try on both shoes. It is normal to have one foot larger than the other. Purchase the pair that fits the larger foot.



### Did You Know?

Treatment of ingrown nails can be easy and painless with the use of an instrument known as a *Dermajet*.

This instrument has the ability to numb the skin around the nail without using a needle.

Dr. Boyle and Dr. Graham are currently accepting new patients. If you suffer from any of the conditions discussed in this newsletter, and feel you need medical attention for them, please call our office at 740-775-7800 to schedule an appointment