

## WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

Listen to our Podcasts and view our videos on foot and ankle problems at: [www.rfainstitute.com](http://www.rfainstitute.com), call us at 877.797.FOOT, Visit us on Facebook or Twitter.

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We provide Comprehensive Foot and Ankle Care® to our patients with offices currently in Frederick and Hagerstown, Maryland. From basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, we provide a one-stop shop for all your needs. For your convenience, all recommended medicines and foot-care products are available through our in-office and online retail stores [www.rfainstitute.com](http://www.rfainstitute.com). Same day and emergency appointments are available without a wait. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery we have advanced training in all types of foot and ankle surgery to ensure your optimal outcome. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers.

### **KICK ATHLETE’S FOOT TO THE CURB**

Whether you regularly give your feet a hard workout on the field, or just keep them comfortably elevated in “couch potato” mode, you might be surprised to hear that your feet are susceptible to a common ailment—athlete’s foot. No matter what your level of exercise may be, however, your podiatric physician is your best defense against this unwelcome condition.

Athlete’s foot is a skin infection caused by a fungus, usually occurring between the toes or on the soles of the feet. The fungus most commonly attacks the feet because shoes create a warm, dark, and humid environment, which encourages fungus growth. The warmth and dampness of areas around swimming pools, showers, and locker rooms are also breeding grounds for fungi. Because this infection is common among athletes who use these facilities frequently, the term “athlete’s foot” became popular. But anyone,

regardless of their exercise level, can contract athlete's foot.

Some of the symptoms of athlete's foot can include one or more of the following: dry skin, itching, scaling, inflammation, and blisters. Blisters often lead to cracking of the skin. When blisters break, small, raw areas of tissue are exposed, causing pain and swelling. Itching and burning may increase as the infection spreads. While it may not be possible to prevent athlete's foot, you can do much to avoid infection by practicing good foot hygiene. Washing the feet daily with soap and water, drying carefully, especially between the toes, and changing shoes and hose regularly to decrease moisture, help prevent the fungus from infecting the feet. Also helpful is daily use of a quality foot powder if recommended by your podiatric physician.

There are many effective medications that can be used to treat and help control fungal infections like athlete's foot. A visit to your podiatric physician and an evaluation of the infection will result in much better outcomes than most over-the-counter treatments. The podiatrist will first determine if a fungus is the cause of the problem. If it is, a specific treatment plan, including the prescription of antifungal medication, applied topically or taken orally, may be suggested. If the infection is caused by bacteria, then antibiotics appropriately targeted against the bacteria may be prescribed. In most cases, the podiatrist can work with you to resolve the issue in just a few visits.

Podiatric physicians recommend a number of ways to lessen your chance of contracting athlete's foot. These include avoiding walking barefoot, using shower shoes in public areas, and attempting to reduce perspiration by using a good powder. It is also recommended that patients change shoes regularly and wear socks that keep feet dry and wick away moisture. Your doctor can recommend appropriate shoes and socks for your condition.

For sterilization of your shoes RFAI recommends and has available ultraviolet shoe horn sterilizers which are very smart devices that kill all organisms in your shoes in a short period of time. UV light will destroy fungus and bacteria and can hurt your eyes so these shoe horns have safety devices built in so they will not leak UV light. These shoe horns come in 3 sizes and we utilize these devices in our evidence based treatment for Athlete's Foot and toenail fungus. Combining these devices with our antifungal foot cream will provide rapid relief of your Athlete's Foot.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with one of our state of the art offices in Maryland:

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Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. No problem is too small or large to manage in our pleasant, friendly, warm, state-of-the-art facilities that utilize evidenced based medical solutions to all ailments. We provide Comprehensive Foot and Ankle Care® to our patients with offices in Frederick and Hagerstown, Maryland. At the Reconstructive Foot & Ankle Institute, LLC our experienced qualified and highly trained Practitioners and Patient Care Professionals are dedicated to providing quality compassionate care to our patients. We strive to help make a difference in the quality of life for these individuals.

The Institute provides evaluation and management services from basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, pediatric to geriatric, diabetic foot care/amputation prevention, heel pain, trauma, bunions, ingrown toenails and hammertoes. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery, we have advanced training in all types of foot and ankle surgery to ensure your optimal outcome. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs. All Providers have full hospital privileges at Washington County Hospital and Frederick Memorial Hospital as well as our on site ambulatory surgical center in Hagerstown to provide you with the most efficient and effective care possible. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems.

Efficient scheduling, same day, emergency appointments and convenient hours are available without a wait. Our offices provide in-office diagnostic ultrasound, X-ray (digital radiography), shockwave therapy, electronic prescribing, electronic medical records, ambulatory surgical care, physical therapy services, nerve, vein and arterial testing and medical equipment for rent or purchase. A full array of shoes and braces that support lower extremity pathology and augment surgical repair as well as advanced surgical techniques are available. The Institute participates with most insurance plans and offers patients the convenience of an on-site and online retail store supplying over the counter foot and ankle care products as well as a full line of dress, athletic and custom shoes, sandals and braces.

Please visit our website at [www.rfainstitute.com](http://www.rfainstitute.com) to learn more about the Institute. For questions and other information e-mail us at [info@rfainstitute.com](mailto:info@rfainstitute.com).

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We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care®.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates