



Affiliated Podiatrists, Inc.

February 2011 Newsletter

“When your feet hurt... You hurt all over”

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Ingrown Toenails

What is an Ingrown Toenail?

When a toenail is ingrown, it is curved and grows into the skin, usually at the nail borders. This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

If an ingrown nail causes a break in the skin, bacteria may enter and cause an infection in the area, which is often marked by drainage and a foul odor. However, even if the toe isn't painful, red, swollen, or warm, a nail that curves downward into the skin can progress to an infection.



Ingrown Nail



Normal Nail

Causes

Causes of ingrown toenails include:

- **Heredity.** In many people, the tendency for ingrown toenails is inherited.
- **Trauma.** Sometimes an ingrown toenail is the result of trauma, such as stubbing your toe, having an object fall on your toe, or engaging in activities that involve repeated pressure on the toes, such as kicking or running.
- **Improper trimming.** The most common cause of ingrown toenails is cutting your nails too short. This encourages the skin next to the nail to fold over the nail.
- **Improperly sized footwear.** Ingrown toenails can result from wearing socks and shoes that are tight or short.
- **Nail Conditions.** Ingrown toenails can be caused by nail problems, such as fungal infections or losing a nail due to trauma.

Treatment

Sometimes initial treatment for ingrown toenails can be safely performed at home. However, home treatment is strongly discouraged if an infection is suspected, or for those who have medical conditions that put feet at high risk, such as diabetes, nerve damage in the foot, or poor circulation.

Home care:

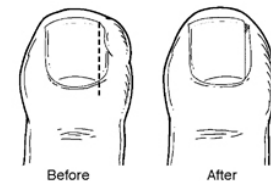
If you don't have an infection, you can soak your foot in room-temperature water (adding white vinegar may be recommended by your doctor), and gently massage the side of the nail fold to help reduce the inflammation.

Avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. If your symptoms fail to improve, it's time to see a podiatrist.

Physician care:

After examining the toe, your podiatrist will select the treatment best suited for you. If an infection is present, an oral antibiotic may be prescribed.

Sometimes a minor surgical procedure, often performed in the office, will ease the pain and remove the offending nail. After applying a local anesthetic, the doctor removes part of the nail's side border. Some nails may become ingrown again, requiring removal of the nail root.



Following the nail procedure, a light bandage will be applied. Most people experience very little pain after surgery and may resume normal activity the next day.

Tips for Cutting Your Toenails

Trimming your toenails may seem simple enough, but it isn't something to be done carelessly. While most people don't need to visit a podiatrist to take care of their toes — many people need to be sure they're clipping their nails properly to reduce the risk of future foot problems.

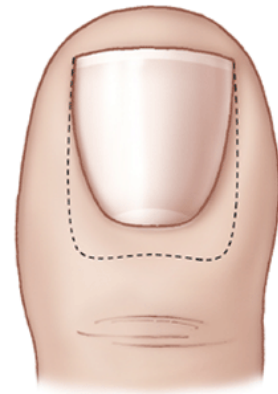
Trimming Toenails: The Basics

- **Cut straight across:** Guide the clippers straight across the nail of each toe and avoid cutting nails into a curved shape.
- **Use appropriate toenail clippers.** Larger clippers are meant for larger nails, and will be easier to cut toenails with than fingernail clippers. Keep clippers and any other tools you use on your toes disinfected (cleaning them with rubbing alcohol before and after using them will do the trick).
- **Leave nails a little long.** Don't cut nails too short, as it's another reason ingrown toenails occur. It can also leave your toenail susceptible to infection — plus, it hurts!
- **Cut nails when they're dry, not wet.** Wet nails may be likely to tear, bend, or not cut smoothly because they're softer when wet. Cutting dry nails will give you a cleaner, smoother cut.
- **Make a few small cuts.** Don't try to clip each toenail in one shot. Make a few small cuts across your nail.

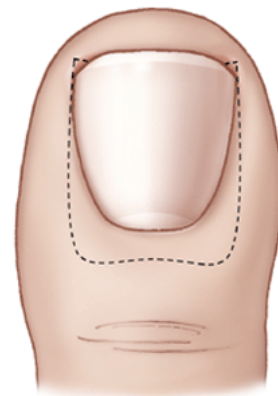
Trimming Toenails: A Timeline

Everyone's nails grow at different speeds, so there's no set time frame for how often you should trim your toenails. Just keep an eye on how long your nails are and give them a trim before they start rubbing against your shoes causing pain.

Clean, well-cared for, and neatly trimmed toenails mean comfortable, healthy feet. Your feet take a beating during the day, so keep toes in tip-top shape with proper, regular trims to prevent foot problems.



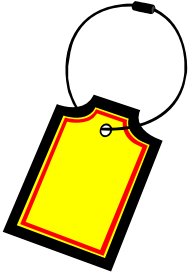
Proper: Cutting the toenail straight across.



Improper: Rounding off edges of toenail.

Important News About You!

the *SHOE STORE*



\$10 Off
of all In-stock CROCS

10% Off
of all In-stock LYNCOs and
SOCKS

In-stock items only. Limited sizes
and selection. Come in quick
while supplies last!

Pedicures

Affiliated Podiatrists, Inc is very
pleased to offer our New Pedicure
Services!!

Whether you're a current patient,
new patient, or just anyone who
wants to enjoy the pleasurable
feeling of a great pedicure than
we can help you!!

We offer several different pricing
packages to your needs and
budget, call (440)946-5858 to ask
about Express and Full deals. All
instruments are properly
sterilized and autoclaved.

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

Dorothy H.	Karen T.	Robin C.	David W.
Irene H.	Warren C.	Aubrey H.	Denise K.
Krista L.	Melissa B.	Julie F.	George G.
Denise L.	Victoria N.	Drew G.	Margaret K
Joyce H.	Brandon D.	Mark P.	Patricia L.
Lori L.	Chad S.	Alex T.	Brenda O.

Thanks for allowing us the chance to serve you!

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy
birthday to you... We'd like to give
special recognition to all the patients
who have a February birthday. We
have a large patient population with
a birthday in February, so
unfortunately we can not list all of
you. We hope each one of you
enjoys your special day.

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Check out our Blogs:

<http://drrobertrosenstein.blogspot.com>

<http://affpodiatrists.blogspot.com>

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We Are Moving!



Affiliated Podiatrists, Inc. is pleased to inform you that we will be moving to a bigger, better and more convenient location!

In April of 2011 we will introduce you to our New and Improved Office!

The New Address will be:

7230 Mentor Ave
Mentor, Oh 44060

Right between Penn Station and the Gordon Food Store

Just minutes from our current location

Please call for any question, comments, or concerns!
440-946-5858