



Southern Tier
PODIATRY

the experts in foot & ankle healthcare

News and Updates

September 2015



Achilles Tendinitis Tips to Keep You in the Game

What can your Foot Doctor do for you??

Do you ever wonder what all those other people in the doctor's waiting room are being seen for?

I mean, you know what you're being treated for, but what about everyone else? Why do people come and see a *foot doctor*? Why are some people wearing those big black boots??

Exactly what other types of problems does Dr. Boyuka treat??

Well, Dr. Boyuka is an expert in foot and ankle health, which means she actually covers quite a wide range of problems of the lower extremity. In fact, she is a Board Certified Foot Surgeon and is on staff at both Lourdes and UHS hospitals.

In addition to seeing patients in the office, she also performs a wide variety of foot and ankle surgery and also treats patients who are in the hospital.

Let the games begin! Fall sports of all kinds are kicking off, and every athlete wants to start the season strong. If you're training too hard, though, it can take its toll, especially on your Achilles tendon.

Achilles tendinitis is an overuse injury and often occurs in those who increase the duration and intensity of their workouts too quickly. To avoid this sidelining condition, it's best to gradually boost your training and be sure to warm up properly beforehand. The right shoes make a difference, too. Make sure yours offer plenty of cushioning and support to reduce tension placed upon your Achilles. Orthotics can provide additional help as well.

Another great prevention method is cross-training. Alternating low-impact activities—like biking and swimming—with your high impact workouts can help minimize stress on the tendon. Strong calf muscles can do so as well, so try strengthening exercises like rising up and down on your toes.

Finally, if you do feel pain, rest! Avoid running, especially on hilly terrain, and ice the area to reduce inflammation. A little patience will go a long way here. Coming back too early can make the problem worse and even encourage future flare-ups.

Follow these tips and by the time the ref blows the whistle, you'll be more than ready to play! Just ask our friendly staff if you want to find out more.



Fitting in Fitness at Work

When you work all day, it's hard to get in the exercise you need to stay fit and healthy. Well, in honor of Labor Day, we'd like to offer all you hard-workers some helpful hints on how to fit fitness into your busy work week.

The last thing anyone feels like doing after a long and tiring day on the job is coming home and squeezing in a workout, so try getting up early instead. Set your alarm—and don't hit that snooze (you snooze, you lose!). Exercising before heading to work is a great, energizing way to start your day!

Not a morning person? Then take advantage of your lunch break. Walk to the sandwich shop, take a quick trip to the gym, do some stretches after you eat, keep some hand weights in your desk drawer—you get the idea.

Another great way to get in some fitness is to skip the elevator and take the stairs, or hop on your bike or walk to work instead of driving. You can forget emailing co-workers too—get up and go deliver the message in person! Even if you need to stay seated for long periods of time, you can still work some muscles simply by contracting them periodically. You can also exchange your chair for an exercise ball, or set a timer to stand up and move right at your desk—do some calf raises, squats, leg circles, and wall pushups, or walk in place or around your desk a few times.

If you are destined to have to exercise after work, be sure to develop a set routine so you can make it part of your everyday agenda without skipping a beat. Once it's a habit, it'll be hard to break.

Have a Happy and Healthy Labor Day!



Mark Your Calendars

- September 6** Read a Book Day—Snuggle up with a good book!
- September 7** Labor Day—Goodbye summer, hello fall
- September 12** Chocolate Milkshake Day—Quick, grab a straw!
- September 13** Grandparents Day—Give 'em a hug
- September 18** National Cheeseburger Day—Fire up the grill
- September 19** International Talk Like a Pirate Day—Arrr!!

Listen to Your Body's Warning Signs

It's pain awareness month! Okay, so it's not exactly the best cause for celebration—after all, no one wants to actually be aware of feeling pain! Everyone goes through it from time-to-time, though, and too often we ignore this built-in warning signal our body gives to tell us something's wrong. We figure it'll probably just go away, then try to see if we can tough it out. However, pain is not normal and should never be ignored.



Foot pain in particular can be the result of any number of problems, some of which can be quite serious. The only way you can truly know what's wrong is to have a podiatrist (like ours!) assess your condition and make a diagnosis—only then can it be determined how best to treat the problem and put an end to your pain, or at the very least manage it.

There are two main types of pain:

Acute, which is usually sharp and sudden, and ranging from mild to severe as a result of injury, for example.

Chronic, when pain persists for longer than 3 months, affecting quality of life both physically and mentally.

Managing an underlying condition that is causing the pain is one way of minimizing discomfort. Medication, physical therapy, and surgery are just a few other techniques that can be used to alleviate pain and help you to live a full and active life. So if your body is sending the warning sign of pain—listen! Then, ask our expert staff for help.



Backpack Packing List

The school bell has rung and kids are clamoring back into the classrooms, but are your kids ready to get off to a great start? They will be if you stock up on these must-have school supplies:

- Notebooks & folders
- Pencils, erasers, and pens/markers
- Highlighters
- Glue sticks
- Flash drive
- Pencil sharpener
- Stapler (and staples!)
- Planner
- Sticky notes
- Scissors
- Ruler
- Re-usable lunch tote
- Locker accessories
- And of course, a cool new backpack to put it all in!



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**Are you registered for the
Athenahealth Patient Portal?**



athenahealth

**Be sure to log in and learn about all the tools
that the Portal has for your convenience.**

**If you are not registered yet, be sure to ask
our staff how you can get registered today!**

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Prompt Attention for Puncture Wounds

After stepping on something sharp, the first thing you'd probably do is scream out in pain then hop around on your good foot, but the next thing you better do is take care of it. Prompt treatment of puncture wounds is crucial to preventing infection. If you don't have diabetes, and you have had a tetanus shot, a minor puncture wound can be treated at home with a little TLC.

First, as much as we're sure you don't want to, you're going to have to take a look at it. Check if the object that caused the wound—or any piece of the object—is still inside. If it is, use sterilized tweezers to carefully remove it. Next, after allowing some blood to flow for a bit to promote cleaning, stop the bleeding by applying direct pressure. Then, wash the wound thoroughly with mild soap and water. Do not use anything else to avoid harming tissue and slowing the healing process.

Protect the area with a sterile bandage. You can ease any pain by keeping your foot elevated as much as possible and taking recommended medication. If you see any signs of infection—redness, swelling, warmth, increased pain, fever, or discharge—call us right away.

For more information, just ask. We are always happy to help. Oh—and watch your step!

