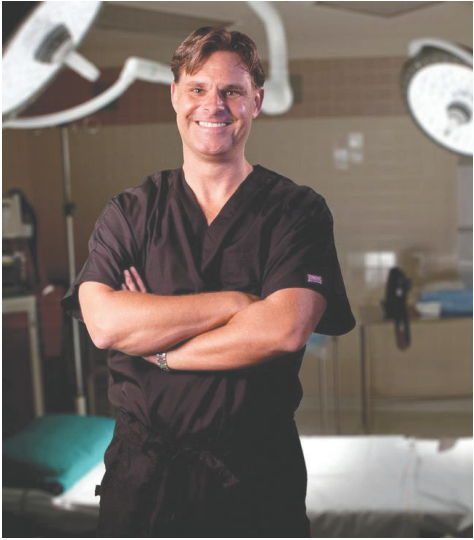


Foot-care resolutions worth keeping in 2018!



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The most popular New Year resolutions are to get healthier, travel more, and live fuller lives. These are also common goals for many podiatry patients who have been living with foot pain for years.

If you are tired of living with the agony of foot pain and stopped doing your routine or favorite physical activities, it's time to put your problems behind you. Here are some foot-care resolutions worth keeping in 2018.

Resolution 1: Don't ignore heel pain

Heel pain is a signal that

something needs to be checked by your podiatrist. The most common form of heel pain is tendonitis (plantar fasciitis), typically caused by high arches, flat feet, tight Achilles tendons, sudden weight gain or obesity, or poorly supported shoes. Heel pain can also be caused by arthritis, a stress fracture, and bone spurs.

In most cases, heel pain can be resolved with conservative treatment like non-steroidal anti-inflammatory medications, different footwear that provides better support, stretching exercises, cold therapy, and rest. Other treatments may include corticosteroid injections, orthotic devices, removable walking casts, night splints, padding and strapping, and physical therapy.

Alternative therapies include extracorporeal shock wave therapy, a minimally invasive surgical (Tenex) surgical procedure that uses ultrasound, and MLS laser therapy.

In some cases, surgery becomes the only option to repair a torn or detached plantar fascia from the heel bone.

Resolution 2: Stop bunion discomfort and pain

If a bunion is interfering with your daily activities and you've exhausted all conservative and alternative treatments, it's time

to explore surgical options. Avoiding surgery may cause more harm than good. Altered walking patterns contribute to other mechanical problems in your feet causing unwanted stress on your ankles, knees, hips, and back. The goals of bunion surgery are to relieve pain, to remove the bunion and keep it from returning, and to correct the alignment and mechanics of your foot. Advanced surgical options are available that offer quick recovery, enhanced function, and beauty as well.

Resolution 3: Say goodbye to toenail fungus

If you have thickened or discolored toenails, concerned about the way your toenails look, or missing activities because of embarrassment, winter is the perfect time to attack your toenail fungus problem. Treatment options include topical drugs, oral drugs, and laser.

Topical drugs have no side effects. They are usually applied directly to the nail daily for 12 months. Sometimes topical drugs are ineffective because they cannot pass through the nail to reach the infection.

Oral prescription medications are more effective than topical drugs. Medications are taken daily for 6-12 weeks.

In some cases, they may cause side effects and require weekly blood tests for certain patients. Generally, oral drugs are not used on patients in poor health with liver disease or in poor health.

Laser treatments are considered to be the most effective treatment to eliminate toenail fungus and restore clear nails. Three 15-40 minute treatments are required during a three month period. In the majority of cases, there are no drugs or side effects. In some more chronic cases, topical and oral drugs are prescribed. Treatments are pain-free and reasonably priced. Approximately 70 to 80 percent of patients treated show improvement and achieve clear nails within 9-12 months.

Resolution 4: Healthy feet in 2018!

This New Year, you have a chance to end your foot problems and improve your quality of life. Contact a board certified podiatrist to assess your condition and select the best treatment options for you. If you are seeking assistance, call the Foot & Ankle Center of Illinois at 217-787-2700 for a consultation. Visit myfootandanklecenter.com for additional information.

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