

April 2011 Newsletter
"Reply for a FREE Callus Kit!"

CONGRATULATIONS BOBBI H.!

Congratulations to Bobbi H. of Bloomington! She is the winner of our March Give Away: a **FREE French Manicure Set.**

March Give Away Question: What is 1 toxin or chemical that is usually in regular nail polish, but not in Dr.'s Remedy nail polish?

March Answer: Regular nail polish usually contains formaldehyde, DBP, and toluene. Formaldehyde is a chemical that has been proven to cause cancer. DBP is a potential developmental and reproductive toxin that may cause birth defects. Toluene is a chemical the EPA restricts in our drinking water, which causes nervous system disorders and damage to the liver and kidneys. All of the above listed chemicals are NOT in Dr.'s Remedy enriched nail polish

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE product, EVERY month! HFAA is giving away a **FREE callus kit!** **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The drawing will be held at the end of each month, so every reader has a chance to reply. There will be a different question each month, with a different prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a FREE callus kit!

Foot Funnies

In honor of April Fool's Day, we have some podiatry humor to share!

- Why did the only two podiatrists in town hate each other? They were arch enemies!!!
- What's the condition called when all your toes go to sleep? Coma-toes?
- What do you call toes that smell? Hali-to-sis.
- Why didn't the grizzly wear any shoes? He wanted to go bear foot.
- What candy do podiatrists give out at Halloween? Candy corns and candy calluses!
- If athletes get athlete's foot, do astronauts get mistletoe?
- Usually our noses smell and our feet run. But if you turn it around, it still makes sense: Noses run and feet smell!
- Scotty, a three year old, put his shoes on all by himself. His father, Philip, noticed that the left shoe was on the right foot and vice-versa. He sat Scotty down on a chair and said quietly, "Scotty, your shoes are on the wrong feet." Scotty looked up at his father with a quizzical expression and replied, "Dad- stop kidding, I know these are MY feet."
- I went to Dr. Lockwood to have a bunion removed. When the treatment ended, I asked if another appointment would be necessary. Dr. Lockwood replied, "No, but if you experience any discomfort, you should callous back."
- The Easter Bunny's car broke down Easter eve. He flagged down a passing motorist and asked, 'Can you help fix my car?' 'Sorry,' the motorist replied. 'I'm not a mechanic - I'm a podiatrist.' 'Well', said the Easter Bunny, 'can you give me a toe?'

Easter Eggs and Your Feet?

As Sunday April 24 approaches, families across the country will be dyeing and hiding colorful Easter eggs. You wouldn't think of using one of these beautiful creations on your tootsies, but many consumers are using another, more dangerous egg, on their feet. They are using the 'cheese grater-like egg-shaped foot file found in the As Seen on TV aisle at local stores', which will hereafter be referred to as the 'Egg File'.

This Egg File is essentially an oval file that scrapes dead, callused skin from the bottom of the feet and contains the scrapings in its shell. This is not a one-time fix for calluses, whatever caused the calluses to form in the first place is not changed by using the Egg File, and they will come back over time.

There are certain patients who should **never** use products like the Egg File. Patients who are diabetic, have poor circulation, lack the ability to feel pain, have neuropathy, have difficulty seeing their feet, or have difficulty healing should **never** use this or similar products. A sharp file cannot distinguish normal versus callused skin, which leaves a huge risk for cuts and abrasions. If a person is over zealous in filing their calluses, they could end up going too deep, which can lead to sores, infection, and worse.

Another concern is that you must be certain that what you are filing is actually a callus. Calluses are commonly confused with warts. Warts are caused by a virus, and using a file can spread the virus, and thereby spreading the wart to other parts of the foot. Also, warts tend to have blood vessels that come close to the surface, so using this product on a wart will greatly increase the chance of bleeding.

If you do own an Egg File, it is not advised to share it with other members in your family. Sharing the Egg File will increase the risk of spreading diseases, including athlete's foot. Additionally, the files that come with the Egg File will eventually wear out. Once this happens, they will become much less effective in removing calluses cleanly, and there will be a greater chance of damaging healthy skin.

Before using the Egg File, make sure you know what you're treating. A trip to Heartland Foot and Ankle Associates will be a smart investment in your feet, and will be much less painful than a visit after the damage is done. So while you're dying dozens of eggs this Easter remember to be cautious of one egg- the 'Egg File'.

So...how does Dr. Lockwood treat calluses then?

To treat calluses, Dr. Lockwood first shaves down with a sterile scalpel blade. The scalpel is then discarded after a single use to not transmit diseases. Or, if the callus is not too thick, a file will be used to soften and smooth the callus. Secondly, whatever musculoskeletal problem is causing the callus is addressed, to prevent the callus from developing again. This will also help relieve any pain. An athletic strapping, medical grade inserts, or orthotics can relieve pressure from the callous area, preventing or reducing reformation.

A moisturizing cream is also recommended to be used once or twice daily on the affected areas. To treat stubborn calluses, a product containing 20% to 40% urea will usually be recommended. Urea is a compound that not only moisturizes the skin, but aids in removal of the calluses as well. HFAA recommends Gordon Laboratories Gormel Crème with 20% urea to help debride the callus. It works by helping the breakdown of dead skin, which helps to loosen and shed hard and scaly skin.

Between visits, instead of using a sharp device to remove the calluses, patients can use a pumice stone or foot file. This will remove calluses much more safely. HFAA offers a double sided foot file, a rough and finer side, to get calluses even softer. We also offer a personal pumice stone for your convenience.

If you want Dr. Lockwood to treat your calluses you can call (309) 661-9975 or schedule an appointment by clicking [here](#). All of the products mentioned in this article (Gormel Crème, double sided foot file and a personal pumice stone) are available in our office during normal business hours. Or- reply to this email with the correct answer to the question at the bottom for a chance to WIN the callus kit!

Upcoming Events:

Delivering Spring in Style

-Friday April 1, 2011

-10:30 am-1:30 pm

-Marriott Hotel and Conference Center 201 Broadway Normal, IL 61761

Help HFAA raise money for the new birthing center at OSF St. Joseph Medical Center! The runway will be awash with color and style and the latest spring fashions for men, women and children. Attend a brief educational seminar or browse our two silent auction areas featuring gift baskets for every member of the family or beautiful handmade baby quilts. A gourmet lunch will be served at 11:30 am, then relax and enjoy a rainbow of spring fashions. Tickets are \$40 per person and may be purchased at the OSF St. Joseph Gift Shop or the Foundation office located in Eastland Medical Plaza I. For more information or for reservations, please call the Foundation office at (309) 665-4900.

BroMenn Diabetes Update

-Saturday April 9, 2011

-8am-noon

-Advocate BroMenn Conference Center conference rooms (on South side of building)

Join HFAA at BroMenn's 25th annual Diabetes Update! BroMenn will be showcasing a morning filled with facts, fun, and friends. Vendors will be showcasing the latest equipment and resources available. There will be well-known speakers from across the Midwest to discuss issues that are of importance to the diabetic community.

Be Content at Home Expo

-Monday May 2, 2011

-9:00am- 3:00pm

-Parke Hotel & Conference Center, 1414 N. Towanda Rd, Bloomington

Be Content at Home Expo is all about choices- YOU have the choice to stay at home as you age. This expo will connect those people who wish to stay in their homes as they age to those organizations and providers who can assist them to do just that. For more information about this

free expo, call Faye or Larry Andris at (309) 452-9646, or email them at llandris@aol.com. We look forward to seeing you there!

What Women Want NOW! Expo

- Saturday September 17, 2011

- 9am-3 pm

- U.S. Cellular Coliseum, 101 S. Madison St Bloomington, IL

Attend the second annual What Women Want NOW! Expo to get great freebies, hear informative speakers, and get everything a woman wants- NOW! Last year's expo included a Twilight celebrity, Jill Cataldo- "The Coupon Queen", and Dr. Lockwood's 'Feet First' presentation. Stay tuned for more information on what this year's expo will offer!

Step Out Walk to Fight Diabetes

- Saturday October 1, 2011

- 9am-noon

- White Oak Park, Bloomington, IL

Did you know that 1 in 3 children in the United States faces a future with diabetes? The American Diabetes Association works everyday to change the frightening future that diabetes has in store, but we need your help. Together we can stop diabetes. Take the first step today by registering to walk in our local Step Out: Walk to Fight Diabetes event. Every step you take and every dollar you raise helps the American Diabetes Association provide education programs in our community, protect the rights of people with diabetes and fund critical research for a cure. Walking is one of the easiest, most relaxing forms of exercise for many people, but especially for those living with diabetes. By participating in Step Out: Walk to Fight Diabetes, you can get fit, reduce your risk for type 2 diabetes and support the American Diabetes Association!

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at

sam@heartlandfootandankle.com

Become a Fan of HFAA:

Did you know you can follow HFAA on Facebook, Twitter, and on our blog? Click below to check us out online!

Become a fan of HFAA on facebook.

Check out our 'tweets' on twitter.

Read our informational blog.

Or, visit our website anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

[<http://www.facebook.com/pages/Bloomington-IL/Heartland-Foot-and-Ankle-Associates-PC/122622043893>]

Reply for a FREE Callus Kit!

Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away a FREE prize each month. This month, we are giving away a 1 free callus kit. All you have to do is reply to this e-mail with the correct answer to the question below to be entered to win!

Question: What Gordon Laboratories product does HFAA recommend for callus care? (Hint: it contains 20% urea)

Good luck!