

August 2011 Newsletter

“Reply for FREE Football Tickets!”

Congratulations Linda A. and Valerie Q.!

Congratulations to Linda A. and Valerie Q.! They are *both* the winners of our July Give Away: a **FREE pair Sandalista Sandals**. (We had SO MANY amazing responses to our July newsletter with GREAT reasons why everyone wants sandals, there was no way we could pick just 1 winner!)

July Give Away Question: Why do YOU want to win a pair of Sandalista Sandals?

July Answer: Why would you NOT want a pair of Sandalitsa Sandals?! Readers said they love how Sandalistas are made of memory foam, are customizable, can fit custom orthotics, and are stylish but still comfy. Thank you to everyone who responded!

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE prizes, EVERY month! HFAA is giving away **2 50-yard line tickets to the University of Illinois Fighting Illini Football Team** for the month of August! These amazing tickets are for Saturday September 10 at 11 am against South Dakota State. **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 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 a pair of 50-yard line tickets for your favorite orange and blue!

This One's for the Guys!

So many people think a “podiatrist” is just for women- but men have foot care needs too! Guys, you may not be interested in our nail polish or sandalistas, but HFAA can give you the help needed to win the game for your team, play catch with your son, or just get through a long day at work. Dr. Lockwood and the team at HFAA want to dedicate the month of August to all of the men out there. This newsletter is loaded with testosterone- we are focused on how **men** can be helped by podiatry. And our prize is the all-American favorite: football tickets! Be sure to check out Facebook and our Tweets for other ‘manly man’ surprises throughout the month. So guys: this one is for you- Enjoy!

MAN UP- And Think About Your Feet!

Let’s admit it guys, we usually tend to wait too long to seek medical care. We avoid our medical problems until sometimes they become too serious to ignore. The term “weekend warriors” often applies to us, especially when we start on a new exercise routine. We also tend to binge on exercise during the weekend. And while we’re making a list, we are less likely to use the proper type of shoe for activities, and we tend not to prepare for those same activities with stretching before and after exercise.

When you experience an athletic injury, it’s important to do the right thing fast. Call Dr. Lockwood to discuss any and all foot and ankle injuries. She may recommend that you treat your injury at home, or may recommend that you meet her at HFAA or the ER. While you’re waiting, remember “RICE” — rest, ice, compression, and elevation.

Another problem that men may be more prone to is “athlete’s foot,” which is a fancy name for a crummy infection. While most men over fifty would love to have “athlete” associated with them in any way, this condition is probably not what you had in mind. Athlete’s foot is a skin disease caused by a fungus, usually occurring between the toes. The signs of athlete’s foot are dry skin, itching, scaling, inflammation, and blisters.

Men can do a lot to prevent infection by practicing good foot hygiene. Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes regularly to decrease moisture, help to prevent the fungus from infecting the feet. Men should also avoid walking barefoot, wear socks that keep feet dry and change them frequently, and reduce perspiration by using a powder recommended by Dr. Lockwood.

If you are a "weekend warrior", have an injury, or are suffering from "athlete's foot", please give us a call at 309-661-9975, or visit our website to schedule an appointment to help you get back into action as soon as possible.

Testosterone Deficiencies can Increase Death in Men with Diabetes

Allowing low testosterone levels to go untreated may sharply increase the risk of early death among men with Type 2 diabetes. This study is important because low testosterone is a common complication of Type 2 diabetes and treating this problem could save the lives of countless men.

For the study, the researchers examined the hormone levels of 587 men with Type 2 diabetes. The participants were classified as having healthy testosterone levels, receiving treatment for deficiencies or having untreated low levels. The men were then followed for six years.

During the course of the study, men who went untreated for testosterone deficiency were **more than twice** as likely to die, compared to those who had normal levels of the hormone. Participants who were on testosterone replacement therapy were the least likely to die. The results showed that 20 percent of the participants with untreated testosterone deficiencies died during the study, while only 9 percent of those with normal levels died during the testing period. Just 8.6 percent of men who were being treated for hormone deficiencies passed away during the study.

The researchers said that their findings may help advance the understanding of complications that can arise in diabetics from hormone deficiencies. Professor Hugh Jones, who led the investigation, said that the findings are important, but they are likely the tip of the iceberg when it comes to complications associated with low testosterone in men with Type 2 diabetes. There have been few investigations into how hormone deficiencies affect men with the condition.

"It is well known that men with Type 2 diabetes often have low testosterone levels, so it is important that we investigate the health implications of this," he said. "We now need to carry out a larger clinical trial to confirm these preliminary findings. If confirmed, then many deaths could be prevented every year."

Dr. Lockwood can help all men and all diabetics. Stop by HFAA for a consultation to live a long healthy life!

Do you have heel pain? So did Eli Manning!

Plantar Fasciitis is one of the most common foot injuries...common in all level of athletes. Well America, you have good company. Super Bowl XLII MVP Eli Manning of the New York Giants had a MRI confirming the diagnosis in the past. Manning almost had to sit out on a big Sunday game due to his injury.

Plantar fasciitis, what Eli suffered from, is an inflammation of the plantar fascia ligament where it attaches to the heel bone. The pain is usually a sharp, stabbing pain when you first get up in the morning and after sitting for a period of time. It is very treatable with conservative measures. In fact, surgery is rarely needed. Anti-inflammatory medication, ice, night splints are all great first line treatments for heel pain.

Once you get plantar fasciitis under control, it may come back. To prevent that from happening, you should invest in custom orthotics. An orthotic mechanically balances the feet and lower extremity to manage the excess pulling that causes the inflammation.

So sitting out on Sunday may have been the best treatment for Eli if he wasn't 100% better. If you have any pain in your heel, don't wait- be like Eli, identify the problem, treat it quickly and aggressively, so you don't have much down time at all.

To learn more about heel pain, visit our website. If you are suffering from heel pain and want to get back into the game, call 309-661-9975 and make an appointment, Dr. Lockwood will be more than happy to chat about the latest game with you!

Upcoming Events:

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! This year's keynote speaker, Giuliana Rancis of E! News, will fill you in on "Hollywood, Fashion, Family and Faith". One grand prize winner will win a 4 day 3 night trip for 2 to Las Vegas, Nevada. The lucky winner will vacation in luxury as they enjoy the Planet Hollywood Resort and Casino. Come visit the HFAA team and enjoy fashion shows, food tastings, and shopping!

Step Out Walk to Fight Diabetes

- Saturday October 1, 2011

- 9am-noon

- Kingsley Junior High School, Normal, 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!

McLean County Senior Expo

- Monday October 3, 2011

- 9am-2pm

- DoubleTree Hotel & Conference Center, 10 Brickyard Drive, Bloomington, IL

A wide array of products and services, seminars and screenings, entertainment and activities, and games and giveaways will highlight this FREE one day extravaganza as all aspects of the "Home~Health~Hobby" theme are represented. Attendees will enjoy free hourly bingo games, refreshments, musical entertainment, and prize giveaways, including HFAA's giveaway of 1 pair of shoes! Enjoy informative and educational seminars hosted by some of McLean County's most respected names, including Dr. Lockwood's *Feet First* presentation at 9:15 am! Attendees can meet and greet the businesses, organizations, and groups that serve Bloomington-Normal at a convenient and comfortable location.

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?

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.

Reply for FREE Illini Tickets!

Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away FREE product each month. This month, we are giving away 2 50-yard line tickets to see U of I's Fighting Illini Football Team defeat South Dakota State. All you have to do is reply to this e-mail with the answer to the question below to be entered to win!

Question: What Super Bowl MVP suffered from plantar fasciitis, otherwise known as heel pain?

Good luck!