



CLINICAL TOPIC OF THE SEASON

We are often asked for professional advice on various diagnosis and treatment matters and will address these in our newsletters. Many of these subjects are covered under TOPICS on our web site at <http://www.podiatryaffiliates.com>. A frequently asked question is "How are you treating warts in children?"

GUIDELINES AND PEARLS FOR TREATING WARTS IN CHILDREN

- We try to avoid pain, and reassure the patient before treatment begins, explaining what will be done.
- Start with non-painful, non-threatening treatment such as topical, over-the counter salicylic acid.
- Those patients with an "atopic" background (allergic hypersensitivity) may have a slower and less "full" immune response than patients without such a history.
- This is true for all warts, even the so-called "mosaic" type in all patients.
- Once our patient is comfortable with us, it is easier for them to accept a "cold spray" and/or a small pinch to establish local anesthesia.

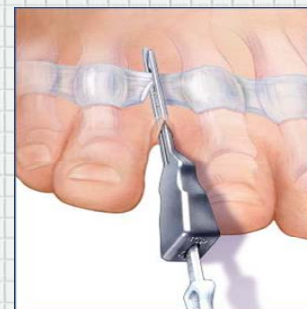
In our experience, low dose CO2 laser, utilized in addition to other therapy, speeds the overall resolution time. We are also able, in the office, to utilize the CO2 laser to destroy the lesions completely with the use of local anesthetics.

We occasionally will do this procedure at a surgical facility, with intravenous sedation, for patients with numerous lesions or those who cannot tolerate local anesthesia. In the office setting, we utilize a very low wattage of laser, which is barely felt by the patient, again, as an adjunct to other therapy applied at home.

We often utilize topical 5-fluorouracil cream at low doses which will act against the DNA of the wart virus rather than destroy the lesion itself. This is sometimes combined with salicylic acid or used alone.

ENDOSCOPIC NERVE DECOMPRESSION

Endoscopic procedures for nerve decompression utilizing an endoscope has worked well on the majority of patients with little or no loss of time from work. Immediate weight bearing is relatively comfortable for the patient in sneaker type shoes. Most people return to work the following day, and the two small 1/4 inch incisions heal in 2-4 weeks.



ENDOSCOPIC PLANTAR FASCIOTOMY

This minimally invasive surgical technique has been utilized in our office for more than four years. It is extremely successful for those patients who do not respond to conservative care.

A small incision is made on the inside of the heel and an instrument is inserted which is used to make a small cut in the ligament that is tight causing the pain. Allowing the ligament to stretch usually resolves the pain within a few months.

Patients are allowed to weight bear immediately and a return to work often occurs in 3-4 days after surgery.



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SOCK IT TO ME - YOUR SOCKS HAVE GONE HIGH TECH

New technology has invaded our homes and our offices. It has become essential in how we correspond with one another, how we drive our cars and even how we stay warm in winter. Even the socks we wear have undergone transformations that relate to technology.

New technology has made fabrics healthier, more comfortable, and better looking than ever. Using fabrics like cotton and getting away from synthetic materials can help keep feet dry, leaving them comfortable and blister free. From fabric to fit, making sure your footwear has the latest features is key.

Here are some tips to choose socks that are right for you and the occasion.

- A sock with a poly/cotton blend incorporating cotton and synthetics is an excellent combination for everyday wear. Opting for either a thick or thin sock will not affect the health of your feet.
- Socks should fit like a glove. There should be no loose fabric around toes or heels. Socks that bunch up can cause friction and lead to blisters. Socks that are too tight decrease circulation and comfort.
- If you have diabetes or decreased circulation, seamless socks are available to prevent friction that might result in irritation.
- Athletes should look for socks that wick moisture away from the foot. The best material is a cotton/polyester blend which will provide excellent comfort level, great wear, and moisture absorption. All socks should be tried with appropriate shoes. Do not use running socks with dress shoes - that is a recipe for buying the wrong socks.

The technology involved can be overwhelming, but your podiatrist can provide you with the appropriate guidance that matches the sport.

NEW PRODUCT SECTION

New Products:

- Silicone spacers for toes
- Silicone crest pads for hammer toes
- Topical antifungal that penetrates thicker nails
- Custom orthoses utilizing a digital scanner
- Custom insoles and diabetic shoes now available at our offices

See our website for details:

<http://www.podiatryaffiliates.com>

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