

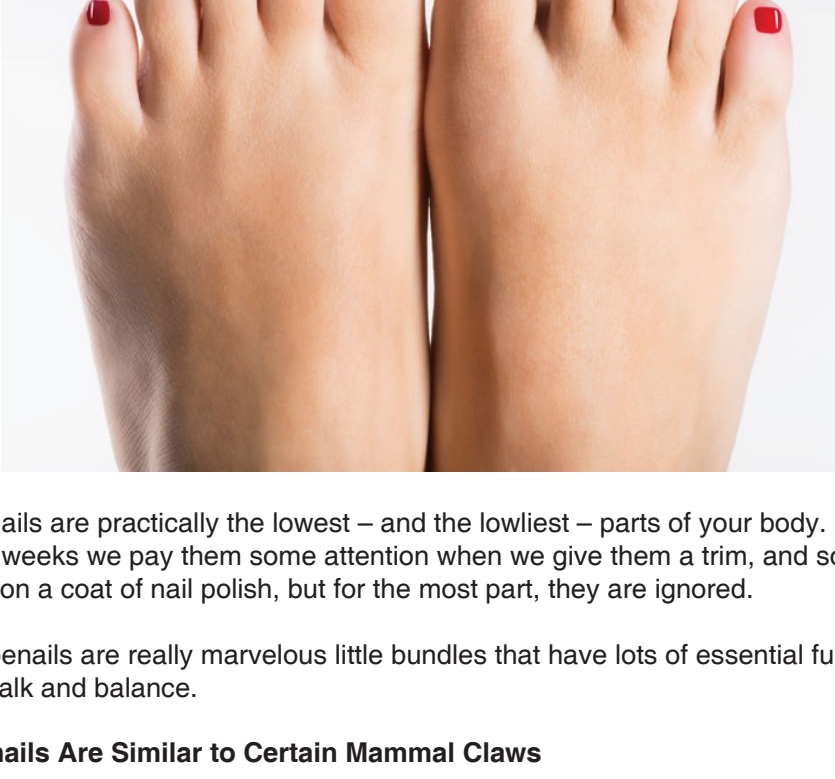


Office/Hours See Below

In This Issue...

- All About Our Remarkable Toenails
- Hmmm ... Could My Symptoms Be Diabetes?
- Don't Ruin Vacation Fun with a Foot Problem
- Recipe of the Month: Beef and Watermelon Stir-fry

All About Our Remarkable Toenails



Your toenails are practically the lowest – and the lowliest – parts of your body. Every couple of weeks we pay them some attention when we give them a trim, and sometimes we throw on a coat of nail polish, but for the most part, they are ignored.

But our toenails are really marvelous little bundles that have lots of essential functions to help us walk and balance.

Our Toenails Are Similar to Certain Mammal Claws

- Toenails are composed of keratin, which is a protein. They are actually quite similar to animal claws! Remember this the next time your little kitten sinks her claws into your lap.
- Where the nail starts is called the nail matrix, and most of it is hidden under your skin. Here the nail cells multiply and harden into nail material.
- Your cuticle is the skin where the toe meets the nail. Since the cuticle protects the toenail from infection, avoid cutting it in a pedicure.
- The actual nail itself is called the nail plate. The soft tissue under the nail, which anchors the nail plate, is called the nail bed.

Toenails Perform Important Jobs

In addition to looking pretty when polished or buffed, our toenails protect the toes from injury. And even though the nails themselves have no nerve endings, they help enhance the sensitivity of the toe tips and their movement.

Toenails grow more slowly than fingernails, but the growth rate is quicker in higher temperatures. In colder weather, when they are tucked away in socks and shoes, they grow more slowly due to the absence of light and air.

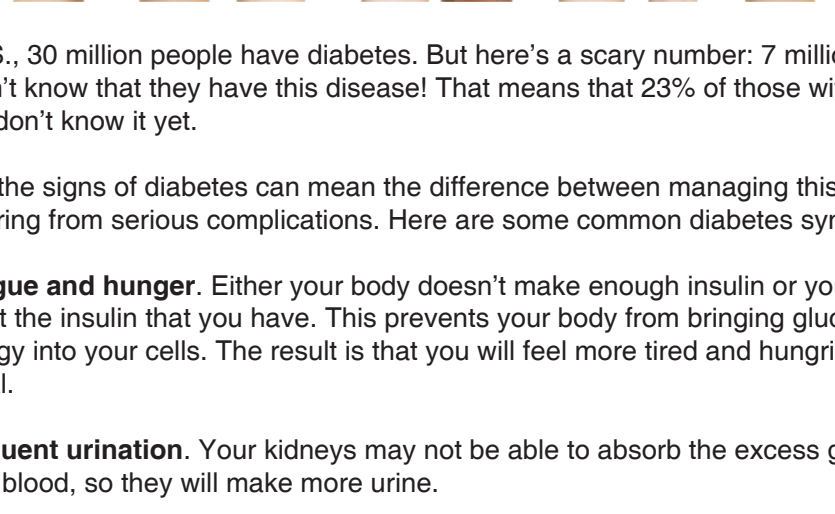
Watch for Common Toenail Problems

Ingrown toenails occur when the toenail presses into the skin on the sides of the toe. This injury often becomes infected. An ingrown toenail may be caused by trimming the nails in a curve, rather than straight across. Wearing tight or narrow shoes, or excessive wearing of high heels, can make the problem worse. Watch for reddening, warmth, swelling and pain around the nail.

Fungal nail is contagious and the infection can be picked up in public areas such as pools, locker rooms, gyms and spas. Toenail fungus will cause the nail to yellow, become crumbly or ragged, thicken and sometimes emit an unpleasant odor.

For these and other toenail problems, a visit to our office is in order for a professional evaluation and diagnosis and for effective treatment. Avoid over-the-counter products for any toenail, foot or ankle problem – let us help!

Hmmm ... Could My Symptoms Be Diabetes?



In the U.S., 30 million people have diabetes. But here's a scary number: 7 million of these don't know that they have this disease! That means that 23% of those with diabetes don't know it yet.

Learning the signs of diabetes can mean the difference between managing this disease and suffering from serious complications. Here are some common diabetes symptoms:

- **Fatigue and hunger.** Either your body doesn't make enough insulin or your cells resist the insulin that you have. This prevents your body from bringing glucose for energy into your cells. The result is that you will feel more tired and hungrier than usual.
- **Frequent urination.** Your kidneys may not be able to absorb the excess glucose in your blood, so they will make more urine.
- **Increased thirst.** Because you are urinating more frequently, you will be thirstier.
- **Itchy, dry skin.** As you eliminate more fluids, your skin can get dehydrated and itchy, and your mouth may feel dry too.
- **Blurred vision.** The changing fluid levels may cause your eye lenses to swell, change shape and lose focusing ability.

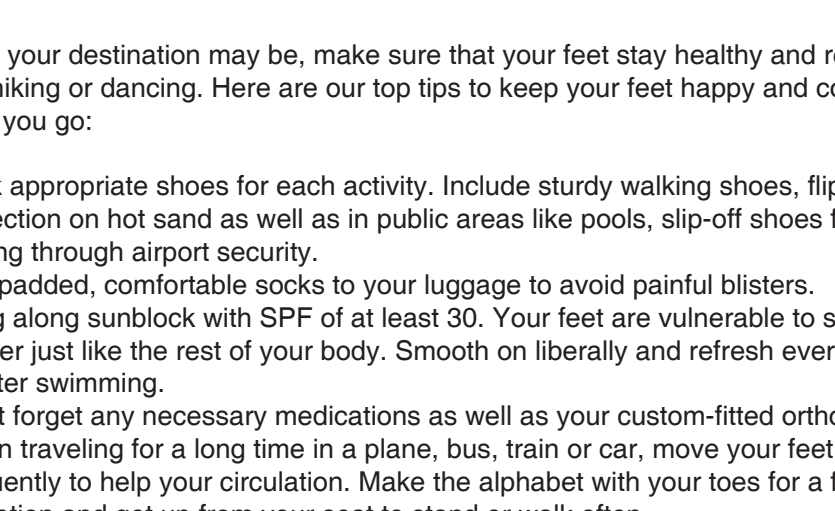
Be Alert for Diabetes Symptoms in Your Feet

If your blood glucose level has been high for some time, you may notice differences in your feet.

- **Numbness or pain in your feet or legs.** Diabetes causes nerve damage called neuropathy because of excess glucose in your blood. Neuropathy can cause you to lose sensation in your feet, and you may not notice when they have experienced an injury.
- **Slow-healing sores.** Diabetes can cause problems with your circulation and, when coupled with neuropathy, you may have a cut or sore on your foot that can quickly worsen into an ulcer.

If you suspect that you have diabetes, act quickly! Visit your doctor or come in for a neuropathy check on your feet. The sooner you address symptoms of diabetes, the quicker you can begin to manage this progressive disease.

Don't Ruin Vacation Fun with a Foot Problem



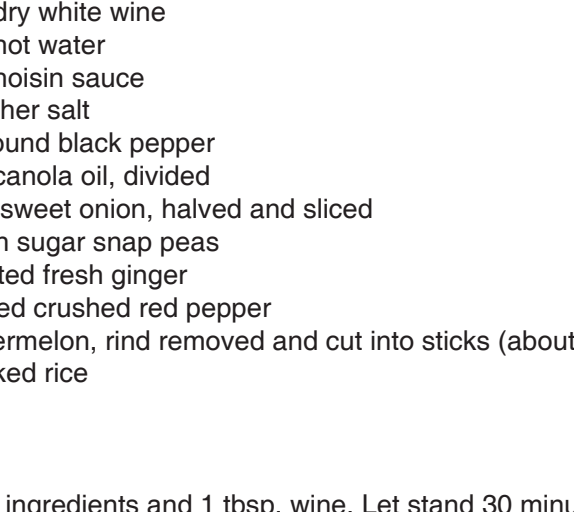
The last thing you want while vacationing is to be sidelined by a toe or foot injury. It's always a good idea to take good care and protect your feet, but especially so when you are away from home.

Whatever your destination may be, make sure that your feet stay happy and comfy for walking, hiking or dancing. Here are our top tips to keep your feet healthy and comfortable wherever you go:

- Pack appropriate shoes for each activity. Include sturdy walking shoes, flip-flops for protection on hot sand as well as in public areas like pools, slip-off shoes for ease getting through airport security.
- Add padded, comfortable socks to your luggage to avoid painful blisters.
- Bring along sunblock with SPF of at least 30. Your feet are vulnerable to skin cancer just like the rest of your body. Smooth on liberally and refresh every 2 hours or after swimming.
- Don't forget any necessary medications as well as your custom-fitted orthotics.
- When traveling for a long time in a plane, bus, train or car, move your feet around frequently to help your circulation. Make the alphabet with your toes for a full range of motion and get up from your seat to stand or walk often.
- Drink plenty of fluids to stay hydrated.

Add our telephone number to your contact list and please call us if any toe, foot or ankle problems arise!

**Recipe of the Month
Beef and Watermelon Stir-fry**



The sweet heat of this beef dish is surprisingly refreshing. Fresh juicy watermelon and sweet sugar snap peas deliver a satisfying crunch in every bite. Garnish with fresh cilantro for extra zing.

Ingredients

- 1 pound sirloin strip steak, cut into thin strips
- 3 garlic cloves, minced
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 ½ teaspoons sesame oil
- 2 tablespoons dry white wine
- 2 tablespoons hot water
- 2 tablespoons hoisin sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons canola oil, divided
- 1 medium-size sweet onion, halved and sliced
- 12 ounces fresh sugar snap peas
- 1 teaspoon grated fresh ginger
- ½ teaspoon crushed red pepper
- 16 ounces watermelon, rind removed and cut into sticks (about 2 cups)
- 2 cups hot cooked rice

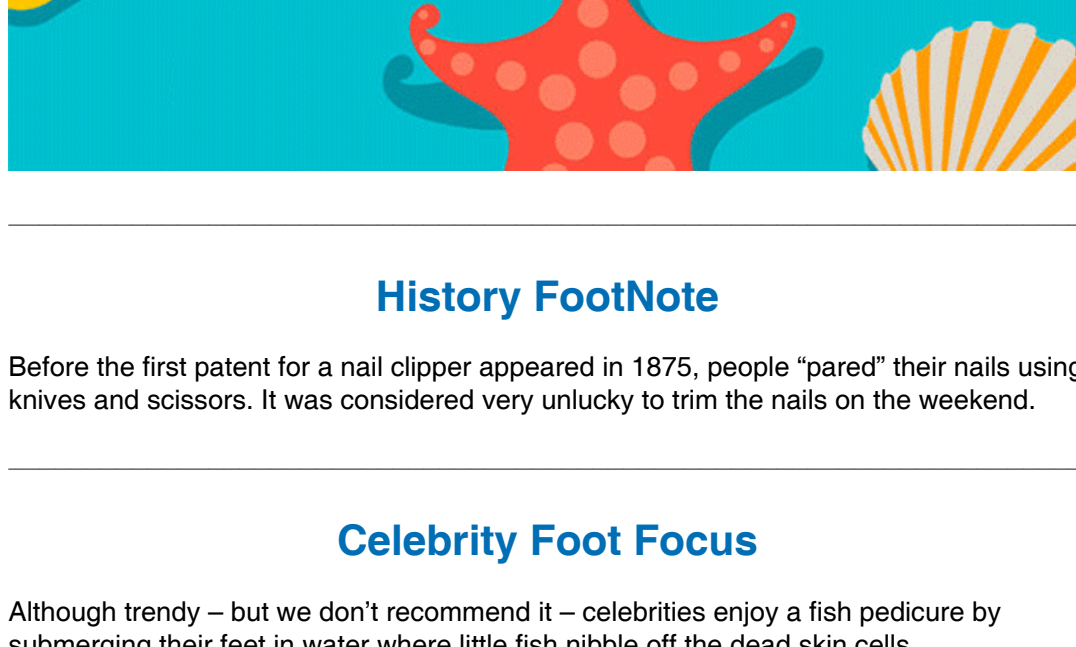
Directions

Toss together first 6 ingredients and 1 tbsp. wine. Let stand 30 minutes. Meanwhile, stir together hot water, hoisin, and remaining 1 tbsp. wine.

Cook half of beef in marinade, discarding marinade. Sprinkle with salt and black pepper; cook half of beef in 1 1/2 tsp. hot canola oil in a large skillet over high heat, without stirring, 45 seconds or until browned; turn beef, and cook 30 seconds or until browned. Transfer to a warm plate. Repeat with remaining 1 1/2 tsp. oil and beef.

Stir-fry onion in remaining 1 tbsp. hot canola oil in skillet over medium-high heat 2 minutes or until tender. Add sugar snap peas, ginger, and crushed red pepper; stir-fry 2 minutes. Add beef and hoisin mixture; stir-fry 1 minute or until slightly thickened. Remove from heat. Stir in watermelon. Add salt, black pepper, and red pepper to taste. Serve immediately with hot cooked rice.

Recipe courtesy of Southern Living



History FootNote

Before the first patent for a nail clipper appeared in 1875, people "pared" their nails using knives and scissors. It was considered very unlucky to trim the nails on the weekend.

Celebrity Foot Focus

Although trendy – but we don't recommend it – celebrities enjoy a fish pedicure by submerging their feet in water where little fish nibble off the dead skin cells. Complications can include infection and toenail trauma.

Foot Funnies

😄 Watch out for that foot doctor – if you give him an arch, he'll take a foot.

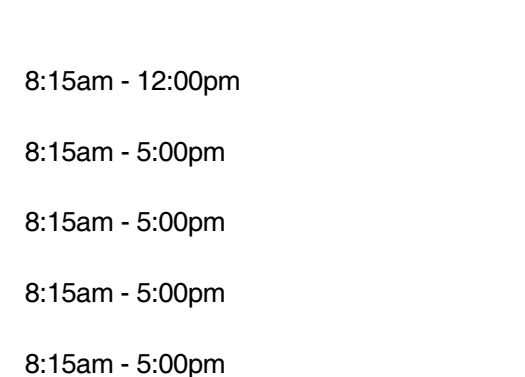
Trivia

All of these countries celebrate their Independence Day in July except which one?

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

Answer: B

Meet our Doctor



Kenneth R. Wilhelm, D.P.M.

Our Office and Hours

Clifton Foot And Ankle Center
6101 Redwood Centre #303
Centreville, VA 20121
(703) 996 - 3000

Monday: 8:15am - 12:00pm

Tuesday: 8:15am - 5:00pm

Wednesday: 8:15am - 5:00pm

Thursday: 8:15am - 5:00pm

Friday: 8:15am - 5:00pm

Saturday: Closed

Sunday: Closed

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