

Melissa Robitaille, DPM
Todd Newsom, DPM
Christin Runkel, DPM
Brian Fallon, DPM
Libby Putnam, DPM
Demon Thompson, CPED
Mike Parsons, PT

Savannah

803 East 68th St.
Savannah, GA 31405
(912) 355-4557

Pooler

114 Canal St. Suite 703
Pooler, GA 31322
(912) 988-3323

Statesboro

110 Hill Pond Lane
Statesboro, GA 30458
(912) 489-3668
&
95 Bel-Air Drive
Statesboro, GA 30461
912-489-8727

Hinesville

601 E. Gen Stewart Way
Hinesville, GA 31313
(912) 463-4517

Hardeeville

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ATLANTIC foot & ankle specialists

FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to brendan@atlanticfeet.com

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SWEATY FEET? DEAL WITH IT!

I'm know a lot of us have experienced the discomfort that is sweaty feet, and it's time I share with you some tips on how to deal with.



Melissa
Robitaille, DPM

It's good to know first and foremost, that excessive sweating (hyperhidrosis) is an inherent characteristic. Individuals are wired differently and some have a higher perspiration rate than others. Some people sweat when it's hot, or after rigorous physical activities, while some sweat almost all the time. Sweaty feet, plantar hyperhidrosis, is one such quandary of excessive sweaters.

There are times when sweaty feet is due only to improper footwear. When we wear shoes, especially in the summer, the sweat cannot evaporate properly hence causing the bad cheesy smell. Bacteria almost instantaneously work whenever we sweat and excessive sweating can cause increased bacterial activity leading to unpleasant body odor. Check your shoes and socks to see if they allow proper ventilation for your feet.

Throw out nylon socks. These are incubators for bacteria; instead, go for wool and man-made fiber. Cotton is not ideal either as they do not hold moisture without getting soaked. I love the bamboo and silver socks. When it comes to shoes, try on those that are not lined with plastic. You can also try wearing washable insoles, but make sure to wash them every day. Personal hygiene is still essential, unless you want people thinking you have something dead inside your shoes.

If all else fails, it's time to look down to your feet. First, make sure your toenails are trimmed as dirt could easily get stuck in them. Next, check for hard skin on your soles. Hard skin is dead skin, when you sweat they get damp, encouraging bacterial and fungal growth.

There are plenty of home remedies for sweaty and smelly feet. An easy one is using powder or cornstarch after washing. If you have the time, soak your feet in warm water. You can add tea-tree oil or black tea for their antimicrobial properties. There are also antiperspirant and antibacterial powders and sprays available in drugstores.

Unfortunately, I can only say so much for home remedies. When is the best time to see a doctor? Immediately, especially when it's becoming a big problem for you. It's usually a no fuss, routine physical examination. Stronger medications, usually aluminum salt based antiperspirant, will be prescribed by your podiatrist.

If you're not up for big treatments like that though, I suggest just taking hygiene habits up a level. Preventive measures are still better than any treatment available out there. Seriously, how difficult would it be to bring extra socks? It's probably not.

Your feet, like any other part of your body, deserve the same attention. Adopt a hygienic lifestyle and practice it, and you won't have to sweat it with smelly feet.

Top Foot Faults on St. Patrick's Day

It's that time of year again, the Savannah St. Patrick's Day Parade is right around the corner. Years of experience have taught the doctors and staff that there are just certain types of foot injuries that seem to occur on St. Patrick's day, and no, they are not all caused by too much green beer! Be wary of these four common foot maladies.

- **Plantar Fasciitis** - we see this one commonly all year round, but occurrences rise due to long periods of walking in unsupportive shoes.
- **Neuroma** - yet another common one caused by improper footwear. This time the culprit is those cute pointy toed shoes; look out for this one ladies.
- **Tendonitis** - if you are marching in the parade, this is one to look out for, caused by overuse and repetitive activity of the tendons around the ankle.
- **Ankle Sprains** - Ok, so maybe one of these does have something to do with too much green beer. Combined with the cobblestones on River Street, ankle sprains abound around St. Patty's.

So do yourself a favor and look out for your feet this St. Patrick's day. May the luck of the Irish be with you!

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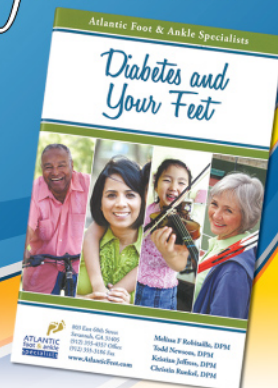
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