



# Premier Podiatry & Orthopedics

October Newsletter 2023

## Podiatry: Navigating Halloween While Protecting Your Feet

As the crisp autumn leaves fall and the days grow shorter, we find ourselves on the cusp of Halloween—a time for spooky fun and sweet treats. However, this bewitching season also brings its own set of potential pitfalls for our precious feet. In this month's newsletter, we'll explore how to keep your feet safe and sound while enjoying all the Halloween festivities.

### Beware of Costume Choices

Halloween costumes can range from cute and comfy to elaborate and cumbersome. When selecting your costume, consider your footwear. Uncomfortable shoes, especially those with towering heels or narrow toe boxes, can lead to blisters, sprained ankles, or even falls. Opt for footwear that supports your feet, and if you must wear something fancier, bring a comfortable pair of shoes to switch into.

### Stay Visible in the Dark

With shorter daylight hours, it's important to stay visible when out and about, especially on Halloween night. Wearing reflective accessories on your shoes or clothing can help drivers spot you in the dark. Additionally, choose comfortable shoes with good traction to avoid slips and trips on poorly lit sidewalks.

### Foot-Friendly Trick-or-Treating

If you're accompanying children for a night of trick-or-treating, make sure your own footwear is comfortable for walking. Encourage kids to wear supportive shoes as well. Remember that uneven sidewalks and curbs can pose tripping hazards, so stay vigilant and keep an eye on your surroundings.

### After-Halloween Foot Care

Once the Halloween festivities are over, treat your feet to some well-deserved care. Soak your feet in warm water, gently exfoliate, and moisturize to keep them soft and supple. If you've experienced any discomfort during the holiday, consider scheduling an appointment with your podiatrist to address any issues promptly.

### Spooky Foot Facts

In the spirit of Halloween, here's a fun fact: Did you know that there's a condition called "Witch's Toe"? It's a slang term for ingrown toenails, and while it may sound eerie, it's a common podiatric concern. Be sure to maintain good toenail hygiene to prevent this spooky-sounding problem!

Remember, while Halloween is all about fun and festivities, it's crucial to prioritize your foot health. By taking a few precautions and being mindful of your footwear choices, you can enjoy the holiday while keeping your feet in tip-top shape.

# Orthopedics: Handling a Dislocated Shoulder

In the orthopedic section of this month's newsletter, we address a common yet painful orthopedic injury—dislocated shoulders. We'll provide you with essential information on how to respond immediately in case of a dislocated shoulder and expert guidance on the road to recovery.

## Immediate Steps for a Dislocated Shoulder

A dislocated shoulder can happen suddenly, often due to a fall or a sports-related injury. If you or someone you know experiences a dislocated shoulder, follow these immediate steps:

**Stay Calm:** Try to remain as calm as possible to minimize pain and anxiety.

**Immobilize the Arm:** Keep the injured arm as still as you can. Do not attempt to force the shoulder back into place; this should be done by a medical professional.

**Apply Ice:** Apply an ice pack wrapped in a cloth or towel to the injured area. This can help reduce swelling and alleviate some pain.

**Sling or Support:** If available, use a sling or create a makeshift sling to support the arm and immobilize the shoulder.

**Seek Medical Help:** It's crucial to seek immediate medical attention. A healthcare professional, often an orthopedic specialist, will assess the injury and determine the appropriate treatment.

## Expert Guidance for Recovery

Recovery from a dislocated shoulder involves several key steps:

**Medical Evaluation:** Your orthopedic specialist will conduct a thorough evaluation, which may include X-rays or other imaging, to assess the extent of the injury.

**Reduction:** In most cases, the dislocated shoulder will need to be "reduced" or put back into its proper position by a healthcare provider. This should be done in a controlled environment to avoid further damage.

**Gradual Return to Activity:** Once your shoulder has healed, you'll receive guidance on gradually returning to your normal activities or sports, with a focus on injury prevention.

## October Important Holidays and Dates

As we embrace the Halloween spirit, let's not forget about some fun October events and celebrations:

**10/9 - World Post Day:** A day to appreciate the role of the postal service in our lives. Remember to thank your mail carriers!

**10/16 - World Food Day:** Celebrate by trying some new, delicious dishes from around the world.

**10/31 - Halloween:** The spookiest day of the year! Don't forget to show off your costume and enjoy some treats (in moderation)!

That's it for this month's newsletter! Remember, while Halloween is a time for tricks and treats, your foot health is no joke. Stay safe and take care of your feet. If you have any concerns or need foot care advice, don't hesitate to reach out to our experts. Have a fantastic and spook-free October!