

Foot Notes

by Dakota Foot & Ankle Clinic, Dr. Brian Gale, DPM

Feet and Skin Cancer

When we think of the damaging effects the sun has on our skin, we tend to think more about our face, neck, arms and hands – rarely do we consider our feet.

Your foot & ankle specialist, however, being specifically trained to see what we miss, can spot abnormal issues with our lower legs and feet. When it comes to skin cancer of the feet, lesions that are associated with the cancer can have a very different look on the feet than skin cancer elsewhere on the body.

If you suspect that there is something abnormal going on with your feet, your podiatrist will first investigate the chances of skin cancer with a thorough examination and a biopsy if necessary. The biopsy is nothing more than a very simple procedure of removing a piece of the lesion in question and sending it to the lab for analysis.

There are three common types of cancer of the feet:

- 1. Basal Cell Carcinoma:** This type of cancer is typically seen on skin that is exposed to the sun, so it appears less often on the feet as they are typically less exposed to the sun's rays. This is the least aggressive of the cancer types and will cause damage to the local area without spreading much. It is typically characterized by pearly white bumps or patches that can ooze and sometimes takes on the look of an open sore.
- 2. Squamous Cell Carcinoma:** This is the most common form of cancer of the feet. While it too will stay local and not spread for the most part, in its advanced stages it can spread throughout the body. Squamous Cell Carcinoma can often begin as a small scaly bump that looks to be inflamed and is typically painless but it can be itchy.
- 3. Malignant Melanoma:** This is one of the deadliest skin cancers known and nonsurgical treatments are rarely if ever effective. In fact, most are still experimental. Melanomas can appear anywhere on the skin of the feet such as the soles and the top of the foot as well as under the nail. As a melanoma grows, it goes deeper into the skin and can eventually end up spreading throughout the body. Malignant melanoma can take on many different appearances but is most widely seen first as a small brown or black bump but can also lack the brown pigment and appear to be pink or even red.

While the sun is typically to blame for skin cancer elsewhere on the body, when it comes to the skin cancers that affect the feet, viruses or exposure to certain chemicals may be actually be to blame.

Because your primary care physician will typically overlook the skin of the feet when doing an exam looking for skin cancer, it's important to have your feet checked regularly for any abnormalities.



JANUARY 2014

Hello! We are pleased to send you our new newsletter, *Foot Notes*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

This Month:

Healthy Weight Awareness

Jan 1: New Years Day

Jan 20: Martin Luther King Day

Referrals Mean the World to Us!

Our Clients Speak Out:

We dedicate this space to say thank you to all of our patients and friends who so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the patients who have sent us a referral this month.... **Thanks!!!**

Diabetic Recipe of the Month:

Honey Lemon Chicken

Ingredients

- 2 Tbsp honey
- 2 Tbsp freshly squeezed lemon juice
- 4 cloves garlic, minced
- 1/2 tsp black pepper
- 8 boneless, skinless chicken thighs

Preparation

1. Preheat oven to 375°F.
2. In a bowl, combine honey, lemon juice, garlic, and pepper.
3. Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.

Nutrition Information

- Exchange/Choices
1/2 Carbohydrate
4 Lean Meat
1 Fat



Ankle, Knee or Back Pain?

Bracing may be an option for you. A common misconception about bracing is that it makes you weaker. This is not true, bracing is used for many different reasons but the most common reasons are to decrease pain and stabilize joints.



Steve Metzger,
Certified Orthotist

Steve Metzger, CO is a Certified Orthotist who is an expert specializing in making and fitting back braces, knee braces and foot & ankle braces! He is a healthcare professional specifically trained & educated to manage comprehensive orthotic patient care. We are fortunate to have him available for anyone who is suffering from any of these problems, not just foot & ankle problems.

Are you trying to delay or avoid surgery? Surgery is not an option but you are experiencing pain or difficulty walking? Bracing may be a great option for you. Bracing after some types of surgery is also very necessary and beneficial.

Steve does FREE screenings at our clinic and makes house calls including evenings! Most braces are covered by insurance and with his many years of experience working with patients in the Bismarck/Mandan area he can give you the best bracing options available. Call Steve today at 701-220-3950

Shoes and Foot Problems

Did you know, foot specialists enter treatment rooms every day to find active women in their 70 & 80's with bunions as red as Rudolph's nose with their Keds from 1987 hopelessly distorted and tucked away ever so gently as to avoid the physicians view. It's easy to blame heredity on some common foot conditions but quite possibly a major contributing factor is poor footwear.

How does your shoe shape measure up? Is it a box toe or rounded shape or a shoe with a toe so pointed it could pass for something straight out of a professional ballet? Next look at the depth, is it deep enough to accommodate the foot that has resided there since Reagan was inaugurated? Does it only allow room for a fraction of your foot? Or more commonly, is the original shape of the shoe unidentifiable as every bony prominence and deformity can now be seen with or without you wearing it?

Shoes do breakdown! More often than not the shoe support is broken down long before the shoe shows signs of wear. It is necessary to replace your shoes at least every 9-12 months, sooner depending on their construction and how many hours a day you wear them.

Your feet carry you for your lifetime. Don't neglect them with old worn out shoes. Call 701-255-3338 today for your appointment with Dr. Brian Gale at Dakota Foot & Ankle Clinic.



Checklist for Your First Visit to Dr. Gale

Is this the first time you have visited a podiatrist? Well, don't worry. This handy guide will prepare you for your appointment and help make the most of your time with the foot and ankle expert.

Before Your Visit:

- Make a list of your symptoms and questions.
- Make a list of all medications and any previous surgeries.
- Gather and bring important medical records and laboratory test reports from other doctors or hospitals (including X-rays, MRIs, and lab results).
- Check with your insurance provider to see if a referral is needed.
- Call before your visit to tell the office if you have special needs.
- Bring a friend or family member if you think it will be helpful.
- If your problem involves walking and/or exercise, bring your walking/exercise shoes with you to the appointment.

During Your Visit:

- Go over your list of questions.
- If you do not understand an answer, be sure to ask for further explanation.
- Take notes and listen carefully.
- Discuss your symptoms and any recent changes you may have noticed.
- Talk about all new medications.
- Ask why it has been prescribed, and how to take it.
- Describe any allergies.
- Tell your podiatrist if you are pregnant or if you are trying to get pregnant.
- Let your podiatrist know if you are being treated by other doctors.

After Your Visit:

- Prepare for any tests your podiatrist orders.
- Ask about what you need to do to get ready, possible side effects, and when you can expect results.
- Ask when and how the test results will be made available to you.
- Schedule a follow-up appointment (if necessary) before you leave your podiatrist's office.
- Call your podiatrist's office and ask for your test results if you do not hear from the office when you are supposed to.

This article is from **American Podiatric Medical Association**

Hear What Others are Saying About Us:

"I have always had a good experience in your clinic...everyone is very nice and all my questions are always answered!!! Thank you for the wonderful care you have given me!!! Also the fact they included my husband so he could help with my recovery... thank you!!! Also I have never waited more than a minute to get called back or to see the Dr. This clinic is amazing."

"I will and have recommended Dr Gale to people that need his expert care, I hope they take my advice."

If you would like to share your recent experience with us write a review on Google, or your favorite social media site: For Google follow these instructions:

1. Go to <https://plus.google.com/local>



2. Login to your Gmail account
If you don't have one, follow the steps to create a FREE email account on Google.
3. Click on Search Box on top left.
4. Type "Dr. Brian Gale, DPM, Bismarck ND."
5. Click on the pencil icon next to our name.
6. Give us a star rating & tell us about your recent experience.

Thanks for you kind words!

		2	9				7
9							8
				4	1	5	3
2		5					1
	8						3
1						8	9
3		6	4	5			
	9						4
4					6	3	



Dakota Foot & Ankle Clinic
1733 East Capitol Avenue, Ste 101
Bismarck, ND 58501
701-255-3338
www.dakotafootankle.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JANUARY 2014

HAPPY SOLES
FOOTWEAR

1802 Allison Dr.
Bismarck, ND 58501

751-2443

BROOK



- Modern Styles
- Dr. Gale Approved
- Brooks Athletic Shoes
- Naot
- Rocky Boots
- Hi-Tec & More

Check Out Our New Website!!!

We've made it easier for you to get the information you want!

www.footdocnd.com



From the desk of

Dr. Brian Gale, DPM, FACFAS

\$10 OFF a pair of shoes from Happy Soles Footwear when you bring in this newsletter*

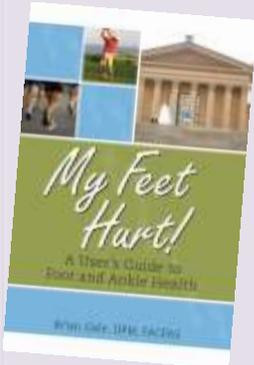
* exclusions apply, no double discounts, one coupon per person coupon expires 1/31/2013

FREE BOOK!!!

Log onto www.footdocnd.com to order your free copy today.

P.S. we really don't mind if you share this with friends, family, co-workers, etc....

Hope you enjoy!



BRRRR...it's cold out

It is important to have proper socks and boots to protect your feet. Watch for signs of frostbite. These include: tingling, numbness, blisters and changes in the color and texture of the skin. If you believe you may be experiencing frostbite, it is important to get to shelter as soon as possible and seek medical attention

Happy New Year!