

JUNE 2016

News and Updates:

“The human foot is a masterpiece of engineering and a work of art.” –Leonardo da Vinci

MEET THE DOCTOR



Darren Elenburg, DPM,
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Dr. Darren Elenburg is from NW Oklahoma City. After obtaining his BS in Physiology at Oklahoma State University, he attended Podiatric Medical school in Des Moines, Iowa. Upon graduating in 1998 he went on to complete four years of residency training in New York and Pennsylvania. Once he completed his residency, he returned to his hometown to begin practicing. He started his own practice in 2007.



Summer is upon us and everyone wants to get out and soak up the sun! The temptation is real when it comes to going barefoot or slipping on flimsy, non-supportive shoes when the weather is so beautiful. However, keep in mind those changes could be detrimental to the health of your feet! Another big topic that is overlooked more often than not is sunscreen. Did you know that the skin on your feet is highly susceptible to melanoma and other forms of skin cancer? This month is dedicated to the proper summer footwear and education about skin cancer on the feet. **WE HAVE COUPONS!**

Save the Date!

June 14, 2016

Flag Day



June 19, 2016



June 20, 2016

First official day
of summer!



Sandals, Sandals, Where Art Thou Comfortable Sandals?

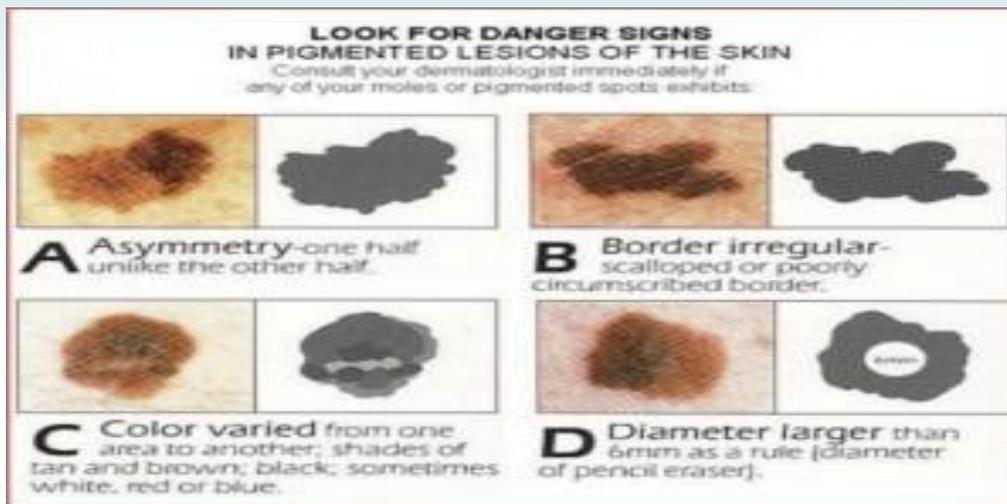
With summer upon us, who wants to wear closed-toe shoes all the time? We all want to get in to sandals and get some sun! Often times sandals are not supportive and cause pain in the feet. Here are some recommendations to find some comfortable supportive sandals for the summer!



- A thick, rigid, and non-flexible sole, which is protective of the foot joints and any areas of injury, pain or previous surgery. Less motion means less pain, inflammation and swelling.
- A wide toebox, which decreases pressure on the toes and helps to prevent the formation of bunions, hammertoes, corns, and tailors bunions. Adjustable strapping is always good to accommodate swelling.
- Rearfoot control, which helps to decrease mechanical strain of tendons, joints and muscles. If a shoe does not have rearfoot strapping, then you are forcing your tendons, joints and ligaments to work harder to stay in the shoe. Rearfoot strapping also helps decrease strain on knees, hips, and lower back as well as prevents falls.
- Arch support, which lessen or prevent pain, provide support, create a good foundation and provide balance.

COME SEE US & SEE WHAT WE CAN DO FOR YOU!

- Routine foot exams to assess and track any changes in moles, freckles or any other areas of suspicion.



- We have supportive sandals here in the office!
- We also work closely with a couple specialty shoe stores in the OKC/Edmond area granting us the ability to write you a customized prescription for sandals along with a coupon!

What are you waiting for? Summer is here! Schedule an appointment so we can get you suited up for summer!



Sunscreen on Your Feet?

Sunscreen use and exams are recommended to prevent skin cancer on your feet

It is safe to say nearly everyone forgets about his or her feet when applying sunscreen. The American College of Foot and Ankle Surgeons (ACFAS) warns that skin cancer of the foot is prevalent and can even be fatal if not caught soon enough. The most common form of cancer found on the foot just so happens to be the most serious form. Melanoma symptoms can be so subtle and go unnoticed without routine foot exams. Early diagnosis is key to effective treatment. Due to people neglecting their feet and not administering the same precautions they do for the rest of their body for their feet, skin cancer on the feet isn't usually caught until the later stages. However there are several steps to keep your feet safe this summer!



Prevention is KEY

Going into summer it is **IMPORTANT** to give your feet the proper attention to

- Use sunscreen from **HEAD** to **TOE**, literally. Sunscreen is important to protect your skin from the harmful rays of the sun.
- Be conscious and check your feet regularly for symptoms such as abnormal-looking mole or freckle.
- Notice change in size or shape of any mole or freckle you may have. And if you find anything suspicious, schedule a visit with your Podiatrist ASAP to have the mark examined
- Schedule routine exams with your podiatrist so they can track any suspicious changes in marks.

