

Family Ties: A Look at Hereditary Foot Conditions



About the Doctor

Darren Elenburg, DPM, FACFAS

Dr. Elenburg grew up here in northwest Oklahoma City. After earning his BS in Physiology at Oklahoma State University, he attended Podiatric Medical School in Des Moines, Iowa. After graduating in 1998 he completed 4 years of postgraduate education (residency training) in New York and Pennsylvania. Upon completion he returned to his home town to begin practicing. He started his own practice at its current location in 2007.

Dr. Elenburg is Board Certified in Foot Surgery as well as Reconstructive Rearfoot and Ankle Surgery by the American Board of Foot and ankle surgery. He is a member of the American Podiatric Medical Association and is a Fellow of the American College of Foot and Ankle Surgeons. He was the Scientific Chairman of the Oklahoma Podiatric Medical Association and organized two state-wide conferences for both physicians and their clinical staff each year from 2003 to 2014.

On Thanksgiving, take the time to look around the table and be thankful for your family. If you have a bunion, you can thank your mom for that too! That's right, some foot conditions are actually in your DNA. Just like the color of your hair and eyes, your parents can pass along traits that increase your risk for toe deformities like bunions and hammertoes, nerve problems like neuropathy, high blood pressure and poor circulation, cancer, diabetes, skin issues like eczema and allergies, high arches, and even ingrown toenails!

Of course, having a genetic predisposition for certain foot conditions doesn't necessarily mean you will struggle with these problems—you can't blame your parents completely! There are things you can do to prevent the onset of issues, particularly by focusing on footwear. Often, bunions, hammertoes, and ingrown toenails can be encouraged by ill-fitting shoes, with toes squished together and weight unevenly distributed. Make sure your shoes fit and have a wide toe box and a low heel, and you just might dodge a deformity!

In addition, if you know you're prone to certain conditions like high blood pressure and diabetes, take steps to eat a healthy diet and exercise regularly. Does your dad have really, really dry skin? Make sure yours stays supple by applying moisturizer daily. If you keep your genes in mind, you can stop problems before they start, and that's something for which you can definitely be grateful!

Daily Diligence: The Importance of Diabetic Self-Foot Exams



It's National Diabetes Awareness Month—are you aware of how this condition affects your feet? Let's put it this way: diabetes and your feet don't get along! The nerve damage often associated with the disease can make it difficult to feel an injury, and the poor circulation—also a common companion to diabetes—makes for a slow healing process with an increased chance of infection.

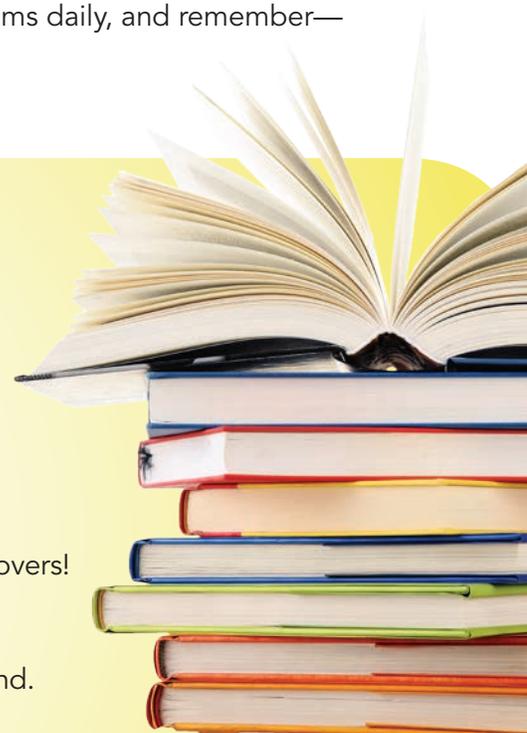
Clearly these complications are not on friendly terms with your feet! In fact, together they're a dangerous combination, like a one-two punch. However, you can fight back by checking your feet daily for trouble, so early treatment can nip it in the bud. Even the smallest of scrapes can wind up an enormous problem. So cozy up with your feet and give them a once over, once a day. Here's how:

Sit down and place your clean, dry, bare foot across your opposite knee. Now look and feel for any changes in color and temperature. Do you notice any dry patches, bumps, lumps, or abrasions? What about blisters, corns and calluses, or discolored toenails? Don't forget to check between your toes too, and for hard-to-see spots, try using a hand held mirror or enlisting a loved one's help. If you find anything out of the ordinary, contact our office right away so we can stop the problem before it snowballs into something much worse.

If diabetes is the enemy, be your own best ally by performing self-foot exams daily, and remember—you've got our friendly staff to depend on too!

Mark Your Calendars

- November 7** Book Lovers' Day—snuggle up with a good story.
- November 11** Veteran's Day—another day to be grateful!
- November 13** World Kindness Day—pay it forward.
- November 15** Clean your refrigerator day—make room for holiday leftovers!
- November 26** Thanksgiving—gobble, gobble!
- November 29** Square Dance Day—swing your partner 'round and 'round.



At Dr. Elenburg's Foot & Ankle Center of Oklahoma we provide:

- Diabetic footwear that is insurance reimbursable for diabetic patients. (fewer and fewer providers are doing this!)
- Noninvasive vascular testing – (PADnet – which is interpreted by our local Cardiologist) – early intervention saves legs and feet
- “Live” doppler assessment of circulation for improved accuracy compared with just “feeling for a pulse”
- Epidermal Nerve Fiber Density testing for not only identifying neuropathy but also to see how severe it is and we can track improvement
- Comprehensive diabetic foot exams following the NIH and ADA standards in order to mitigate risk factors that could lead to amputation or wounds.
- Comprehensive skin and nail care which is usually insurance reimbursable.
- Comprehensive diabetic foot ulcer management in order to save legs – I provide everything that a wound center provides (with a fraction of the cost of patients going to a “wound care center.”) I have extensive experience in working in a wound care center myself – 10 years in private practice and 3 years in residency.
- I am proactive in early detection and management of the key areas in order to preserve toes, feet and legs, rather than just treat problems as they occur. I want my patients to have a high quality life and be able to maintain their activity level as much as possible.

Sesamoiditis: Tiny Bones Can Be a Big Pain!

Believe it or not, there are 28 bones in your foot! This includes the tiny bones near the base of your big toe called the sesamoids. While it sounds kind of silly (like something Sylvester the Cat would say), “suffering succotash” they can hurt when injured!

Unlike other bones, sesamoids are connected to tendons and embedded in muscle. They act like pulleys, sliding over tendons to help your toe move. Like other bones, however, the sesamoids can fracture, and while small, can pack a painful punch when damaged.

Their surrounding tendons can also become irritated and inflamed—a condition known as sesamoiditis. This is a form of tendinitis, and can come on gradually, or in the case of a fracture, happen suddenly. Pain is in the ball of the foot beneath the big toe. You may notice bruising and swelling, and an inability to bend your toe without discomfort. So, “what’s up, Doc?” What should you do?

Well, first of all, rest! Take it easy for a while to give yourself time to heal. For now, ice should become your best friend. We can recommend medication to help ease pain, too, and you may want to try special cushioned pads to keep pressure off of the area. Wearing stiff-soled shoes can also aid in decreasing discomfort. Sometimes taping the big toe to keep movement to a minimum helps as well.

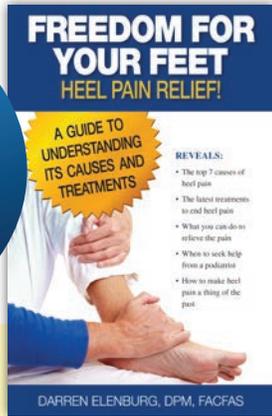
Follow these guidelines faithfully and your recovery could be as speedy as the Road Runner.

“Th-th-th-th-that’s all folks!”





**Free
Book**



Call 405-463-6700 or visit
FootDoctorOKC.com

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Don't Let Your Leftovers Go to Waste!

Use this guide to store and keep food fresh



Dinner's done and you're as stuffed as your turkey, but now what do you do with all the leftovers? Follow these guidelines to ensure plenty of midnight snacks:

Store leftovers within two hours of cooking to maintain quality and avoid inviting bacteria to the party. Make sure it is cooled before storing and that it's placed in a well-sealed container.

Fridge & Freezer Facts:	Refrigerated	Frozen
Cooked turkey	lasts 3 to 4 days	2 to 3 months
Gravy	eat within 1 to 2 days	2 to 3 months
Mashed potatoes	3 days	10 months
Cranberry sauce	stays good 10-14 days	1-2 months
Baked apple or pumpkin pie	fresh for 3 to 4 days	1-2 months

Wait a minute—who are we kidding? There's never any pie left!

Now, let the late night grazing begin. Start making those turkey sandwiches. Go ahead and eat some cranberry sauce for breakfast—we won't tell! Remember, though, if ever in doubt, throw it out.