

How to Prevent Foot Blisters

It is crazy to think something so small can ruin your entire day. If you have ever had a blister, you know what we are talking about, they can be painful! We find that more patients know what causes the blister, however, what they don't know is how to prevent them! Below are 5 helpful tips to reduce the risk of a painful blister

1. **Purchase new shoes at the end of the day.**

Your feet tend to swell up throughout the day. Therefore, to ensure that the shoe fit correctly, it's smart to purchase a shoe when your foot is at its largest.

1. **Get rid of 100% cotton socks.** moisture creates friction, which leads to... you guessed it, blisters! Cotton socks absorb perspiration, increasing friction the longer you wear them. Be sure to buy socks that have a blend of polyester, nylon, spandex, merino wool, or teflon.

2. **Do not remove the calluses on your foot.** The calluses are your foot's way of providing protection to the vulnerable spot. Once removed, it is highly likely a blister will form in its place.

3. **Moleskin. Moleskin. Moleskin.** Always have moleskin with you to help prevent a serious blister. The moleskin must be applied at the first sign of irritation.

4. **Moisturize your feet every night.** The cracks from dry skin can create pressure points and friction. Lotion can help keep the skin healthy and moisturized and prevent painful blisters in the future.

Even with all your best efforts, blisters can form. It is best to not pop the blister, because an infection could form. Allow a few days to go by, and the fluid from the blister should reabsorb. Cover the blister with moleskin or a bandage. If you believe a blister has become infected, give us a call. One of our 10 podiatrists can take a look and get you back on your feet quick!

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COVID-19 UPDATE

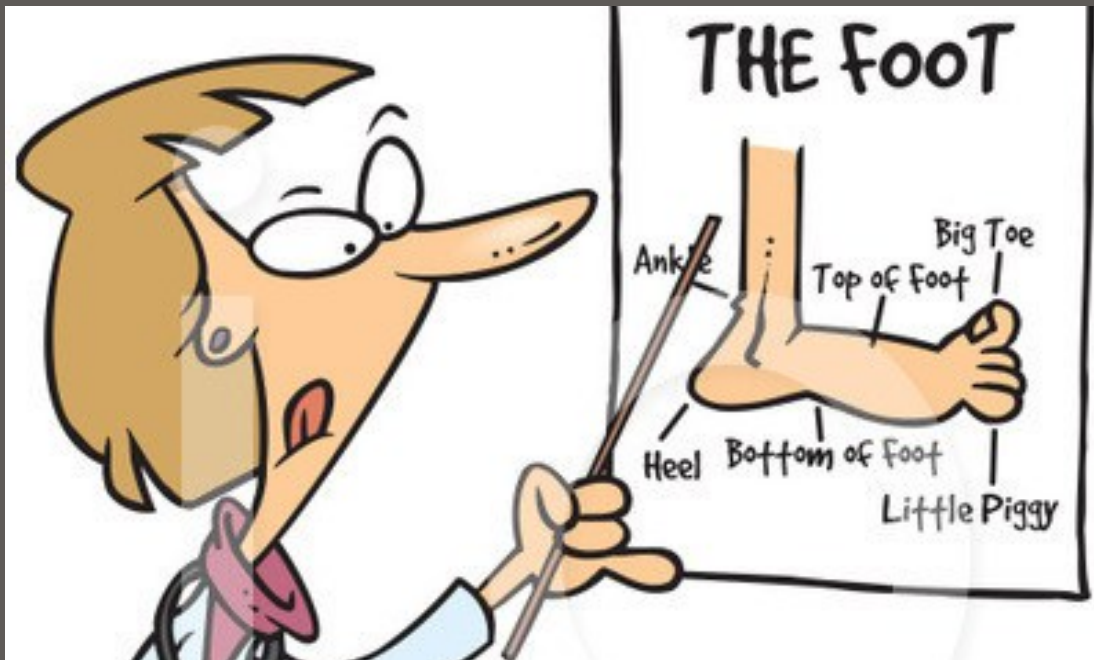
We are continuing to ease the strain on hospitals and emergency rooms with **Same-Day Appointments for your urgent foot and ankle needs.** Our podiatrist will treat your injury with utmost quality care!

We are continuing to clean our waiting and clinical rooms efficiently to protect our patients and employees.

We do ask that each patient wears a mask when they come in for their appointment! Thank you!

FOOT FACT

Your feet are one of the most ticklish parts of your body!



foot
funny!



August Birthdays!

4th - Kaylee Hayes (MA)
13th - Miranda Stuller (MA)
16th - Laura Moffitt (MA)

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Podiatrist Spotlight!

Dr. Christina Hawthorne

Dr. Christina Hawthorne received her Bachelor of Science in biology with a minor in English at Kent State University in Kent, Ohio. She received her medical degree from the Ohio College of Podiatric Medicine in Cleveland. Dr. Hawthorne completed a two-year surgical residency in Farmington, MO at the Mineral Area Regional Medical Center and served as chief resident during her last year of residency.

Dr. Hawthorne was featured in *Who's Who* in American Colleges & Universities and was on the National Dean's List during her last year of college. She is also a member of the Missouri Podiatric Medical Association. Dr. Hawthorne is board eligible with the American Board of Podiatric Surgeons. She is proficient in all aspects of foot and ankle medicine including diabetic foot care and conditions of the skin.

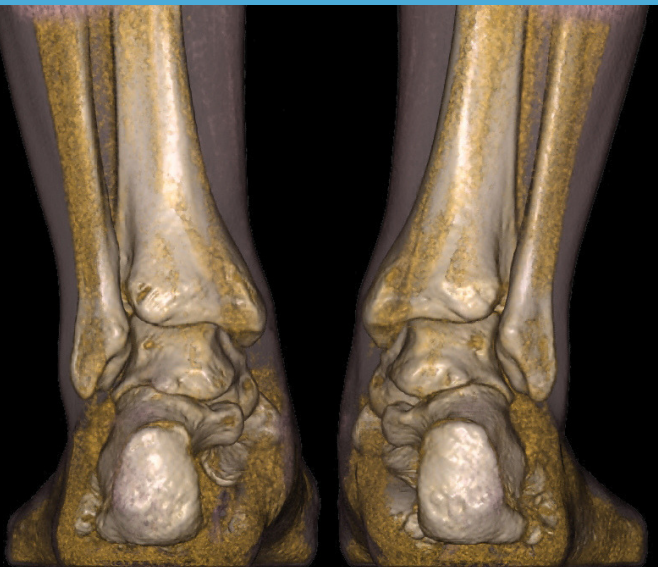
When she is not caring for her patients, Dr. Hawthorne is attending one of her children's sporting events, walking her Bernedoodle, or volunteering her time with many community organizations.



Weight Bearing CT Imaging

We are now offering State-of-the-Art Lower Extremity Imaging at our South County Location!

Why should YOU get a weight bearing CT scan?



- **Quick Scan**
Take less than 48 seconds a scan.
- **Affordable**
Most commercial insurances are accepted. Medicare is accepted too!
- **Precise Measurements**
- **High Definition**
- **Low Radiation**
A bilateral foot scan from our system is a fraction of the radiation compared to a traditional CT.
- **3D Dimensions**
- **Analysis of the foot arch support**

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Meet the managers



Lisa Force
Administrative Director

Tina Lipinski
Clinical Director

Bill Jenkins
Chief Operating Officer

Anna Biciocchi
*Director of Revenue
& EHR Systems*

Jacqui Colyer
*Director of Human
Resources*

Abby Niemeyer
Marketing Director

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