

Indiana Podiatry Group, Inc.

June 2009 Newsletter

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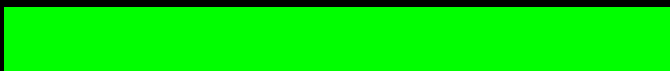
“Our Patient’s care and comfort are our first Priority”

Fungal Nails:

Many people suffer from embarrassing toenails. It is estimated that over 11% of the North American population have a fungus or onychomycosis of the nails and it is one of the most common foot ailments. Fungus is a living organism that thrives in dark, moist areas like toenails that are stuffed in sweaty socks all day. Affected toes display a number of uncomfortable symptoms such as yellowish or brownish discoloration, thickening or weakening, and flaky, shedding nails.

There are many ways to avoid a foot fungus. Considering fungi prosper in dark, wet areas, public places can be a festering ground for an infection. Public showers, pools, locker rooms, are where fungi spores love to live. Always wear a protective shoe when you will be walking in these areas and wash your feet as soon as you are finished.

Wearing cotton socks are recommended to prevent a fungus and help your feet breath. Never share or reuse a towel you use on an infected area. Wearing nail polish is discouraged until the fungus is totally cleared as it may help host the problem as well as contaminate the rest of the bottle.



Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have 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 grow over the years. We'd like to say a very big

THANK YOU!

We would like to extend a special happy birthday wish for all our patients and friends with a June birthday. We hope each one of you enjoys your special day!

June is Men's Health Month!

CHANGE YOUR LIFE!

According to *Cancerpage.com*, an approximate 675,000 American men will be diagnosed with cancer. Sadly, only a little more than half will actually survive the disease. In addition, men have a higher chance of being diagnosed with other cancers such as lung, liver, bladder, and kidney. Along with any health issue, early detection is imperative to increase survival rates. Too many men suffer needlessly by not keeping their scheduled routine exams; doctors are here to help keep you healthy!

Know what questions to ask and what facts to provide to your doctor in order to get the proper health care you need. For example, much of your risk rate depends on your age, ethnicity, and family history. If a particular health issue is common in your family background it is key to be tested regularly for that concern.

"By talking to their doctors about personal health histories, men can cut down their risk for developing cancer," warns Durado Brooks, MD director of prostate and colon cancer for the American Cancer Society. Men should feel comfortable in talking to their doctor about all of their health care needs. Many of these diseases, if found early enough are treatable. However, most cases are found in the later stages simply because people are not communicating with their doctor. Any changes in one's body should be taken seriously and addressed immediately. With any part of the body, what may look like "no big deal" to the average eye may be big concerns to a trained professional.

Lastly, doctors communicate with each other to help educate, train and help each other. If you or someone you know needs help finding a trustworthy doctor, try recommending someone you have had success with or ask a doctor you trust for a responsible reference. Either way you do it, make it a promise to yourself to get a head-to-toe check this June!

Men's Health Checklist:

Use this at your next checkup:

1. Cholesterol Check
2. Blood Pressure
3. Colorectal Cancer Tests
4. Diabetes Tests
5. Depression
6. Sexually Transmitted Disease Checks
7. Prostate Cancer Screening

Tips for a Healthy Lifestyle:

1. Eat Healthy
2. Exercise
3. Get Routine Exams
4. Do Not Use Drugs or Tobacco
5. Cope With Stress Efficiently

Meet Our Staff:

Scott L Schulman, DPM
Scott R Kilberg, DPM
Melissa K., Practice Manager
Lee W., Billing Manager
Tina P., Medical Manager
Brit L., Med. Assist
Lindsey B., Med. Assist.
Karen F., Med. Assist.
Karen H., Receptionist
Jill Z., Receptionist