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Lepow Podiatric Medical Associates

OFFICE LOCATIONS

Lepow Podiatric Medical Associates has four locations throughout Greater Houston, and our office hours are 8:30 a.m.–5:30 p.m.

Medical Center

St. Luke's Medical Tower
6624 Fannin, Suite 1690
Houston, Texas 77030
(713) 790-0530

Downtown

Medical Place One Building
1315 St. Joseph Parkway
Suite 930
Houston, Texas 77002
(713) 951-5000

Kingwood

Diagnostic Affiliates Building
22751 Professional Drive
Suite 240
Kingwood, Texas 77339
(281) 348-3338

Southwest

Memorial Hermann
Southwest Professional
Building
7777 SW Freeway #322
Houston, Texas 77074
(713) 772-9700

Lepow Foot & Ankle Specialists

We're here to serve you!

The three Lepows would like to thank you for your continued support and referrals.

The doctors cover the following offices and hospital locations:

1. **Texas Medical Center** *St. Luke's O'Quinn Towers*
2. **Downtown** *St. Joseph Medical Center*
3. **Southwest Houston/Sugarland** *Memorial Hermann Southwest Medical Center*
4. **North Houston/Kingwood** *Diagnostic Affiliates Professional Building/Kingwood*

Our doctors are known locally, nationally, and internationally for their expertise in the treatment of foot and ankle conditions. The doctors all hold faculty positions at local teaching institutions in Houston, including the Baylor College of Medicine, the University of Texas Medical School at Houston, and St. Joseph Medical Center. Lepow Podiatric Medical Associates has a long history of working with hundreds of internists, family practitioners, and medical specialists to improve patient outcomes for foot and ankle related conditions.

With the significant increase in the number of diabetic patients, our doctors are very involved in the diagnosis and treatment of diabetic foot conditions, including limb preservation. The Lepows stress prevention with our diabetic patients, which includes proper treatment of toenail conditions, corns, calluses, bunions, injuries, and any related conditions. Diabetic wound care has become increasingly important in the prevention of lower extremity amputations. Lepow Podiatric Medical Associates (LPMA) stresses the importance of daily care, including inspection of patients' feet for any signs of excessive dryness, cracking of the skin, and possible drainage or infection. We also provide diabetic shoes for those who qualify.

LPMA has a large pediatric practice, which

includes treatment for sports injuries, congenital abnormalities (including flat feet, intoeing, and growth plate abnormalities), ingrown toenails, warts, and other skin related conditions, most of which are treated in the office with minimal discomfort. We offer both over the counter shoe inserts for mild biomechanical conditions as well as custom orthotics (when indicated) for more advanced conditions in both children and adults.

We also offer a new custom molded orthotic designed to fit women's dress shoes.

When conservative treatment does not adequately reduce pain and disability, the Lepows are highly skilled and involved in the training of other physicians and residents in the newest techniques in foot and ankle surgery, including endoscopy, arthroscopy, use of lasers, and implants. Most of the foot and ankle surgical procedures can be performed on an outpatient basis with minimal pain and recovery time. Often these procedures can be performed under local anesthesia.

LPMA accepts Medicare, Medicare HMOs, Medicaid, Medicaid HMOs, USFHP/Tricare, and all traditional insurance plans and HMOs.

For additional information, please see our website, LepowFoot.com.

Thank you for all your referrals. We appreciate them!

Diabetic wound care is vital

Diabetes is the leading cause of nontraumatic lower-extremity amputations in the United States. Over 50 percent of those who develop diabetic foot ulcers will require hospitalization; roughly 20 percent will need amputation...sobering statistics indeed.

Diabetes impairs sensation in the foot (neuropathy), causes poor circulation, and weakens the immune system. This means irritations can't be felt adequately, healing is impaired, and infection risk is elevated—perfect conditions for ulcer formation.

Daily foot inspections are vital. Any form of irritation on the foot—chafing, redness, blisters, cuts, cracks, calluses, etc.—should be brought to our attention immediately. It's far easier to treat pre-ulcer conditions than treat an ulcer itself.

If you already have an ulcer, our goals will be the following:

- ▶ **Prevent infection.** If an infection is already present, antibiotics will be utilized and hospitalization may be necessary.
- ▶ **Take pressure off the wound area** (i.e., off-loading), which can be accomplished by custom footwear, a brace, special casting, or the use of crutches or a wheelchair.
- ▶ **Debridement**, which is the removal of dead tissue and skin.
- ▶ **Dress wounds** as needed.
- ▶ **Restore** adequate blood flow.
- ▶ **Help you manage** your diabetes properly.

Healing time for a foot ulcer depends on its size and location, and whether the patient follows instructions on wound care management and keeps their diabetes under control. It could be a few weeks or several months. Some foot ulcers may require surgical intervention.

Ulcers are serious and sometimes even deadly. Prevention is always the best policy; schedule regular appointments with our office to stave off serious consequences.



Diet can influence osteoarthritis

Eating a healthy, well-balanced diet is crucial to those who suffer from osteoarthritis, a condition in which joint cartilage breaks down, causing pain, stiffness, and inflammation in the joints, including those of the foot and ankle.

Minimize the effects of osteoarthritis with these dietary tips:

.....**Shed the excess weight.** Extra poundage places more stress on the body's joints, which facilitates cartilage breakdown and magnifies the pain.

.....**More fresh fruits and veggies.** Many are chock-full of vitamins...and antioxidants. Antioxidants help prevent cell damage and some reduce inflammation, such as strawberries, apples, onions, and shallots—ideal for combating osteoarthritis pain.

.....**Omega-3 fatty acids.** Omega-3 fatty acids can help relieve joint pain and diminish morning stiffness by reducing inflammation. Two 3-ounce servings of fish each week should do the trick. Salmon, tuna, trout, mackerel, and herring are excellent sources.

.....**Olive oil.** A compound in olive oil, oleocanthal, helps prevent inflammation. Olive oil packs some calories, so use it as a substitute for other fats in the recipe, such as butter.

.....**Vitamin C.** Vitamin C helps build collagen and connective tissue—and that includes cartilage. Citrus fruits, red peppers, broccoli, and kale are outstanding sources.

.....**Limit cooking that packs high heat.** Grilled, fried, broiled, and microwaved meat produces compounds called advanced glycation end products (AGEs). AGEs are linked to arthritis, heart disease, and diabetes. Try steaming seafood, simmering chicken in a sauce, and braising red meat in a cooking liquid. Processed foods are loaded with AGEs as well.



Include feet among the victims of hypertension

Uncontrolled hypertension can lead to heart disease, which is not breaking news, but it also plays a role in foot health. Hypertension is often linked with atherosclerosis, a condition in which plaque buildup in the blood vessels results in decreased circulation.

Poor circulation in the feet diminishes their ability to heal properly. Even small wounds are at risk for infection and ulceration. Ulcerations are dangerous and may lead to amputation...or worse, in some situations. Prompt evaluation and treatment is imperative.

Circulatory problems can also cause swelling in the feet and ankles; cramping in the feet, particularly when exercising; changes in color and temperature of the feet; and loss of hair on the feet and legs.

If you are experiencing foot and ankle problems of the nature described above, schedule an appointment with our office. We will conduct a thorough exam, including checking the pulse in each ankle (or foot), and taking temperature readings. We will ask you about any medications you are currently taking to avoid negative interactions with anything we prescribe. Any surgical procedures will require that your blood pressure be under control. We will work closely with your primary care physician.

Proper diet, exercise, and quitting smoking are keys to getting hypertension under control. Medications are there to assist, but the basics can make a world of difference. We stand ready to partner with you in achieving good overall health.

HISTORY CORNER

Trench foot

Trench foot, or immersion foot, is caused by prolonged foot exposure to damp, cool, unsanitary conditions; onset can occur within a day. The condition's name is derived from the trench warfare conducted in World War I. Hundreds of miles of hastily dug trenches in Europe, inhabited by soldiers for extended periods of time, were subject to flooding and broke down into muck and mire on a frequent basis.

Soldiers' feet became waterlogged and chilled, which narrowed blood vessels. Blood flow to the extremities was impaired, causing tissue and nerve damage, swelling, and pain. If allowed to progress, blisters and ulcers formed, skin began to peel off, and gangrene was just around the corner—and with that, the specter of amputation.

In the winter of 1914-15, over 20,000 British troops alone were casualties of trench foot. This gruesome development compelled higher-ups to assign increased numbers of medical personnel to the front lines to carry out foot inspections, and send massive amounts of socks so soldiers could change socks and dry out their feet several times per day. Soldiers also vigorously rubbed each other's feet with grease derived from whale oil to provide a protective coating to feet and to restore circulation.

Though trench warfare may be history, trench foot is not a relic of the past. Today, hikers, campers, aid workers, and festival goers, among others, are susceptible if proper precautions aren't taken. Learn from the past to stay foot healthy in the future.

Give injuries the boot

These days, many foot and ankle fractures can be fitted with a walking boot rather than a plaster cast. What's more, walking boots aren't just for fractures; they can be used to treat heel pain, ankle sprains, plantar fasciitis, ball-of-foot pain, and tendonitis, among other disorders. Walking boots are lighter, more comfortable, and make walking less burdensome. They take pressure off affected parts, enabling you to rest your foot or ankle—a key to healing—even as you go about your daily activities.

There is a wide variety of walking boots available. The specific foot or ankle ailment you have dictates what type of boot is necessary. There are tall and short walking boots. Some are fitted with range-of-motion adjustability; some have air bladders that can be adjusted to provide enhanced stabilization and support, to ease pain, and to decrease swelling. There are walking boots that have rocker bottoms for ease of movement. Wider foot beds on some models provide more support for weak ankles or legs, and accommodate bandaging. Straps on the walking boot serve different purposes with relation to the type of injury sustained.

Walking boots facilitate healing in an effective and more convenient way. We'll pair you up with the right one if your foot or ankle injury calls for it.





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Days & Hours

Mon.	8:30 a.m.-5:30 p.m.
Tues.	8:30 a.m.-5:30 p.m.
Wed.	8:30 a.m.-5:30 p.m.
Thurs.	8:30 a.m.-5:30 p.m.
Fri.	8:30 a.m.-5:30 p.m.



Thank you for putting your faith and trust in us to improve and maintain your foot and ankle health, and for referring others to us.

Your referrals are indeed a high compliment and something we take very seriously. It's the prime reason we are able to grow.

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The information included in this newsletter is not intended as a substitute for professional podiatric advice. For your specific situation, please consult the appropriate health-care professional.



“Commitment to the health of our patients and community is the cornerstone of our medical practice. We believe that the care and concern for others enhances the quality of life for everyone.”



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Please visit our website!

www.LepowFoot.com

When you visit our website, you'll be able to access important information about our practice, our services, and foot-health information.

➤ **THE DOCTORS**

Learn about the doctors of Lepow Podiatric Medical Associates.

➤ **SPECIALIZED SERVICES**

Learn about what we do in our office and community.

➤ **OFFICE LOCATIONS**

Learn where we are located and find easy directions.

➤ **COMMON DISORDERS**

Learn about foot and ankle problems and treatment options.

➤ **NEW PATIENT FORMS**

Save time completing your new patient information.

➤ **MEDICAL STORE**

Learn about medical products we recommend and how to order them.

➤ **ANIMATIONS**

See examples of surgical and nonsurgical procedures performed by our doctors.