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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 1
7777 SW Freeway #322
Houston, Texas 77074
(713) 772-9700

A fresh look for the future

Springtime is here! Many of us are thinking about spring cleaning projects we need to tackle. **Lepow Foot & Ankle Specialists** feels that spring would be a great time to reveal our newly refreshed and redesigned website. The redesign will allow for a more patient-friendly experience where one can have ease of access to information at the click of a button. The new site provides resources and tools to help inform you about various foot and ankle pathology. The content will be continuously updated with the latest information for our patients. There is a completely redesigned home page with viewer-friendly headings to better help you navigate to the information you are seeking.

Our newly created "Meet our Doctors" section as well as "Doctors in the News" section give our patients the ability to learn about our doctors and view information about their training and ongoing activities. We are very proud of our doctors and want you to be proud of them as well! The "Doctors in the News" section highlights community events our doctors are involved in as well as milestones and achievements we would like to share with all who visit our site.

The "Location/Contact Us" section offers patient information about the office locations, where you can print maps to assist you in finding our offices, as well as contact phone numbers for ease in making an appointment.

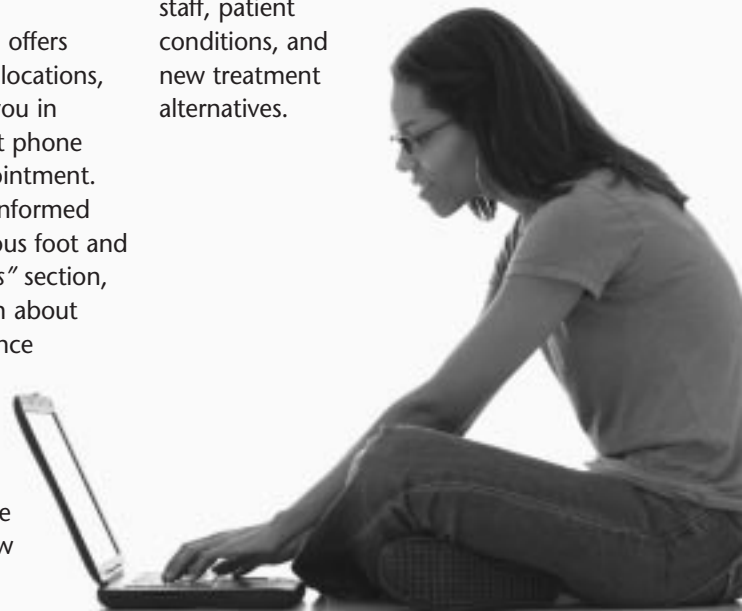
We want our patients to be well-informed with up-to-date information on various foot and ankle conditions. In the "Our Services" section, there are links that detail information about common disorders one may experience as well as video animations of some of the more common procedures performed by our doctors.

A new addition to the site is the "Testimonial and Reviews" section. We would like our patients to let us know how the staff and our doctors are

performing. We have provided easy-to-access links to the top sites where our patients can post reviews about their experience and view ratings of the doctors in our practice. Positive feedback is always welcome; however, we also welcome any feedback on challenges you may have faced during your visit, which will allow us to better serve you and our community in the future.

We have condensed all patient-related information, which can be found under the "Patient Center" section. In this section you may access new patient forms to download, print, and complete prior to your visit with us. This will significantly expedite your visit and save time. You will also find links to our past and current practice newsletters, as well as links to various sites we feel patients would find useful.

We continuously strive to find new ways to improve patient care and our patients' experiences. Our newly redesigned website is a tool that will help get us closer to that goal. We encourage you to visit **www.LepowFoot.com** and see for yourself the changes that are taking place, and hope that you check back often for updates and added content about our doctors, staff, patient conditions, and new treatment alternatives.



**Thank you for all
your referrals.
We appreciate them!**

Things that go *bump* in the night



When you drop something heavy on your toes or stub one of them, the initial, intense pain and perhaps colorful language may soon be accompanied by an equally colorful toenail or two. Blood sometimes gathers beneath the nail, appearing red, black, or purple—a condition known as subungual hematoma. It can appear in one small spot, or might affect the whole nail. Another common cause of subungual hematoma is chronic friction from wearing tight shoes.

Seek our help for the following:

- ★ You experience severe pain, redness, or swelling of the toe.
- ★ You notice discharge from under the toenail.
- ★ The nail becomes loose.
- ★ With blunt trauma, a podiatric checkup can rule out a laceration of the nail bed or a fracture of the underlying bone.
- ★ If you have neuropathy or circulatory issues (e.g., diabetes or peripheral arterial disease), poor healing and infection are more likely. Prompt podiatric attention is vital.

Subungual hematomas may necessitate creating a hole in the nail with a needle, cautery, or laser to drain the blood to relieve pressure and stave off infection. Sometimes the nail must be removed. If the nail remains intact, the discoloration will fade as the nail grows out.

Be aware that melanoma, a deadly skin cancer, sometimes presents as a stripe of discoloration that runs the length of the nail.

CALF TIGHTNESS AND FOOT AND ANKLE PAIN

The calf muscle is actually a combination of two muscles: the gastrocnemius (the larger) and the soleus. Their tendons merge into the Achilles tendon, which attaches to the heel bone (calcaneus). Calf tightness/shortness may limit the ankle's range of motion, making it difficult to walk with the heel on the ground. This creates unnatural stress on other parts of the foot, resulting in a laundry list of foot-health issues: metatarsalgia, bunions, hammertoes, plantar fasciitis, and a host of Achilles ailments, to name a few.

Tight calf muscles are frequently inherited, but nerve injuries, muscle disorders, stroke, diabetes, and trauma to the foot, ankle, or leg are potential causes, too. Conservative treatments include a stretching regimen, physical therapy, a heel lift insert, or possibly a night splint.

When conservative measures prove unsatisfactory, minimally invasive, outpatient gastrocnemius lengthening surgery is an alternative. A small incision is required at the back-inside of the midcalf. The gastrocnemius tendon is partially cut, stretched, and then heals in an elongated position. A protective boot worn for 2–4 weeks accompanied by a stretching program and a gradual return to activities as tolerated is the postoperative game plan. Most patients achieve maximum recovery in 6–12 weeks.

A tight/short calf muscle can be the source of many foot and ankle conditions. An appointment with our office can get you on the path to healing.

Chronic ankle instability reduces quality of life

A lot of people choose to “tough out” an ankle sprain, never bothering to get it checked. That can be a big mistake.

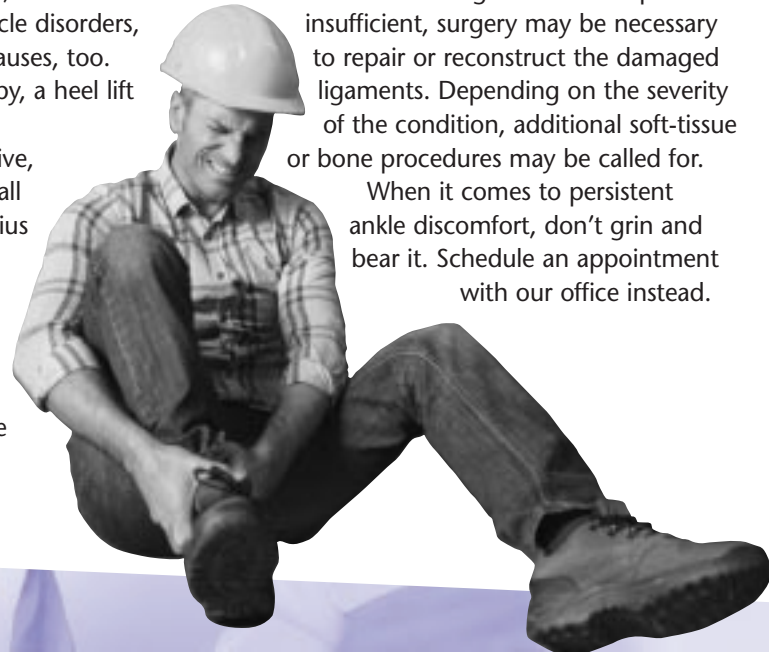
When a person sprains their ankle, connective ligaments are stretched, partially torn, or completely torn. Proper treatment and rehabilitation are necessary to strengthen the surrounding muscles and to facilitate full healing. When this doesn't occur, the ankle may weaken and become more susceptible to future ankle sprains, a condition known as chronic ankle instability (CAI). Each subsequent sprain leads to ever-greater instability.

CAI causes the outside of the ankle to “give way.” At first it may occur while playing sports or walking or running on uneven surfaces. Eventually it may intensify to the point of causing a turned ankle even when walking on smooth surfaces, or merely standing. CAI is often accompanied by persistent pain, tenderness, and swelling.

Left untreated, CAI can severely limit one's activities and result in arthritis and tendon problems. Nonsurgical treatment options for CAI include physical therapy, bracing, and medications to reduce pain and inflammation.

When nonsurgical measures prove insufficient, surgery may be necessary to repair or reconstruct the damaged ligaments. Depending on the severity of the condition, additional soft-tissue or bone procedures may be called for.

When it comes to persistent ankle discomfort, don't grin and bear it. Schedule an appointment with our office instead.



SENIORS... careful what you wear around the house

When indoors it may be comfy to forgo the shoes and walk around barefoot or stocking-footed, or don the slippers. For seniors, however, that's a risky proposition.

A study conducted by Boston's Institute for Aging Research followed 765 senior citizens for 27 months. Ten percent of the participants were in the category of going barefoot or wearing stockings or slippers most of the time, but accounted for over 50 percent of the falls.

More serious injuries were suffered by this group as well. Slippers and socks don't offer traction or support; going barefoot can have a negative effect on balance. The study suggests that wearing properly fitting athletic shoes or low-heeled shoes with slip-resistant soles may be a way to diminish the risk of falling.

According to the Centers for Disease Control and Prevention, 40 percent of the elderly fall each year. Out of this group, nearly one-third sustain serious and sometimes life-threatening injuries, such as hip fractures and traumatic brain injuries.

Foot and ankle discomfort—which is not a normal part of aging—also greatly adds to the risk of falling. People generally favor the area that's hurting, which changes their walking pattern (gait), creating balance issues.

Adopting healthy household footwear habits and allowing us to address foot and ankle discomfort will help seniors to avoid falls and the serious injuries that often accompany them.



GROWING PAINS

During a youngster's growth spurt, heel bone growth sometimes outpaces that of the muscles, ligaments, and tendons of the lower leg and foot/ankle area. These soft-tissue structures become tight because they're now too short, making the heel less flexible. The Achilles tendon and plantar fascia tug excessively at the heel bone growth plate from different vantage points, resulting in swelling, tenderness, and pain—or Sever's disease. (Growth plates are cartilage at the ends of developing bones that eventually transform into bone, usually by age 15.)

Very physically active kids who do a lot of running and jumping, especially on hard surfaces, are more susceptible to Sever's disease. Other risk factors include flat feet or high arches, one leg that's shorter than the other, obesity, overpronation (excessive inward roll of the foot), and shoes with inadequate padding or which rub against the heel.

To relieve your child's frustration, schedule an appointment at our office. We will inquire about your child's activities, examine the heel, and possibly conduct a squeeze test to gauge pain. X-rays are not helpful in diagnosing Sever's disease but may be recommended to rule out other causes of pain (e.g., a fracture).

We can devise a stretching regimen and may recommend orthotic inserts, icing, and anti-inflammatory medications. Your child should also refrain from pain-causing activity until completely healed. In extreme cases, the foot may need to be immobilized for 2–12 weeks to facilitate healing.



**From the offices of
Lepow Foot & Ankle Specialists**

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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."



**Lepow Foot & Ankle
Specialists**

6624 Fannin, Suite 1690
Houston, TX 77030

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.