

# On the *MOVE*

A newsletter from the OICM

VOLUME X, FALL 2015



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## Are your dogs barking?

Feet, they get you where you need to go, on average about 6,000 steps per day. And, most of that time without a complaint. Each foot has 26 bones, 33 joints, 150 ligaments and numerous muscles, nerves and blood vessels.

Every once in a while, you may experience sore feet, often caused by a different pair of shoes or extra standing or walking. Usually this will go away with rest, but other times you may have a chronic or reoccurring issue. Here are just a few common foot problems:

**Bunions:** This is a painful bony bump that forms on the joint at the base of the big toe, forming when your big toe pushes against the toe next to it. More common in women, bunions can be caused by narrow or tight fitting shoes, by arthritis, or can be congenital.

Depending on the severity, treatment can vary from a footwear change, wearing a splint, or for more severe cases; surgery. If you repeatedly have pain or trouble finding a shoe that fits well, it may be time to see a physician.

**Morton's neuroma:** This is a painful condition that affects the ball of your foot, mostly the area between your third and fourth toes. It is characterized by numbness, burning pain and tingling, it can also feel like there is something in your shoe. If this is happening to you, it's best to check with a physician. Treatment may be as easy as changing shoes, but catching it early is best.

**Ingrown toenails:** Many of us have had at least one of these nuisance health issues. With quick attention to rectifying the culprit, and usually (again ill-fitting

*continued on back*



## Cranberry Sauce

Makes 8 servings

Thanksgiving is coming, and so are fresh cranberries. This antioxidant powerhouse is often overlooked in the produce section of the grocery store, but it deserves a place in your cart and on the table. Here is a very easy recipe to make your own cranberry sauce — it beats the canned variety.

### INGREDIENTS

- 12 oz. of fresh cranberries (1 bag)
- ¾ cup of water
- ¼ cup of fresh orange juice (no pulp)
- ½ cup + 2 tablespoons of sugar
- Zest of 1 small orange

### DIRECTIONS

Rinse and drain the cranberries in a colander. Combine water, juice, sugar and zest into a medium saucepan. Cook over medium heat, stirring, until sugar dissolves. Bring to a boil and add cranberries. Return to a boil, then reduce heat and simmer for 10-15 minutes and sauce begins to thicken. Remove from heat. Chill before serving.

### NUTRITIONAL FACTS

1 serving (2 tablespoons) equals: about 50 calories, 0g fat, 17mg sodium, 15mg potassium, 11 grams sugar.

## Tip of the day:

Tired feet? Try soaking them in warm water with a scoop of Epsom salt prior to going to bed. It will relax you and sooth your tired feet.



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### continued from front

shoes are to blame) we can avoid a repeat of this problem. Other times, ingrown toenails chronically reoccur and seeing a doctor is advised — especially since they can become easily infected.

**Plantar fasciitis:** Have you ever woken up in the morning and the first steps you take are very painful, especially in your heel area? This is the pain that people with plantar fasciitis experience. Causes of this condition are various, and sometimes mysterious. Treatment can be as easy as foot exercises, or

wearing night splints or orthotics in your shoes. More severe cases may need other treatments, such as steroid shots or surgery.

If you suffer from foot pain that doesn't go away quickly with rest, you may want to call your doctor or make an appointment with one of our physicians: 207.344.2288.

Feet, we need to be good to them, pamper them every once in a while, and take care of them when they hurt — so they can keep us moving along.



## Take a hike!

Fall in Maine, a perfect time for a hike. So, grab some comfortable hiking shoes — best to have sturdy-soled shoes if you are expecting to hike over rocks and loose soil. Remember, autumn days in Maine can range from sort of cool to downright warm, so wear layers and bring a backpack with water and snacks.

Here are a few places to explore and find a hike suitable for you:

- Tumbledown Mountain, Weld, ME - [www.tumbledown.org](http://www.tumbledown.org)
- Androscoggin Land Trust/LA Trails - [www.androscogginlandtrust.org](http://www.androscogginlandtrust.org)
- Pineland Farms, New Gloucester, ME - [www.pinelandfarms.org](http://www.pinelandfarms.org)

## Outside the OR

### Dr. James Timoney



Dr. James Timoney joined our partner practice, Central Maine Orthopaedics, in 1993. Dr. Timoney is an orthopaedic surgeon specializing in the lower extremities, particularly foot and ankle surgery. He also specializes in sports medicine and knee and shoulder arthroscopy.

In his spare time, Dr. Timoney enjoys spending time outside with his family and whenever possible, working on his latest aviation project — building and repairing airplanes.

Give Dr. Timoney a call at 207.783.1328 if you are having any recurring foot or ankle issues. He will help you get to the bottom of it.



### MOVING STORIES FROM OUR READERS

*"Dr. Regan's staff couldn't have been more attentive and kind. My surgery went extremely well, due to helpful preparation (the notebook), right down to the at-home care I received. It was all a very pleasant experience. Dr. Regan rocks!"*

— Linda P., hip replacement, Dr. Regan

**AT THE OICM, PATIENTS ARE OUR PRIMARY FOCUS.** While we are ready to treat you with the most advanced surgical procedures, we put emphasis on wellness, prevention, and self care.