



## About L. David Richer, DPM



A native of the Bay Area, California, Dr. Richer pursued his medical education and training on the East Coast, attending Temple University School of

Podiatric Medicine in Philadelphia followed by a 3-year residency in foot and ankle surgery in New York City and Washington, D.C.

Dr. Richer relocated to Arizona in 2001 after his training and joined group practice. In 2006 he left the group and founded the Foot, Ankle & Leg Center in Scottsdale where he offers the latest medical and surgical care to patients of all ages.

At the Foot, Ankle & Leg Center our mission is to provide high quality, effective medical and surgical care. We do so in a comfortable, relaxed setting where we treat patients like family. We strive to eliminate your pain and get you back on your feet as quickly as possible so you can enjoy your favorite activities and sports. We empower our patients with the most up to date information needed to make the right decision for their own care. We utilize the least invasive methods, when possible, to fix the problem. If you have been suffering with Foot, Ankle or Leg pain, we can help!

We welcome you to the Foot, Ankle & Leg Center family.



## Tips for Preventing Shin Splints

The term “shin splints” just has something to it that sounds wholly unpleasant, and odds are pretty good you can get a runner to shudder just by saying it.

Shin splints, in general, refers to pain felt along the front of the lower leg, or your “shin bone.” It tends to be more common in runners and other participants in moderate to heavy activity—especially sports with a lot of starting and stopping, such as tennis and basketball. The pain often comes as a dull ache and will often develop or worsen while you’re active.

Activity can place a lot of force on the shins, and sometimes this results in injuries such as stress fractures and muscle strains. Keeping this cause in mind is one of the best first steps you can take toward preventing the problem from occurring.

Here are some general shin splint prevention tips:

- **Give your body recovery time.** Going hard on the track and court all day or not taking enough rest days in your routine can overload your body. Resting or cross-training gives your shins (and the rest of you) an opportunity to rebuild from stress damage and come back stronger than before.
- **Warm up and stretch properly.** Prolonged stress can hurt your shins, but so can the shock of sudden activity when your body isn’t ready for it. Light jogging and jumping exercises are a great warm-up, as well as any stretches that focus on the feet, ankles, Achilles, and calves.
- **Opt for softer surfaces.** If you can, stay off concrete and stick to dirt, clay, or softer gym surfaces. If you’re a street runner, consider hitting the treadmill once or twice per week instead to give your body a bit of a break.

We can provide additional help for shin splint treatment and prevention, including best choices for footwear and what specific exercises would be optimal for you. Just ask!



# Know Your RICE When Injury Strikes

Rice is something you likely hear of often. It's a world-popular food staple, after all! But what do you know about "RICE" as it applies to treating a foot and ankle injury?

The RICE method is form of first aid when a painful sports injury strikes, such as an ankle sprain. It's an acronym that stands for:

- **Rest.** Take weight off the injured area as soon as you can. The more weight you continue to bear on the injury, the more likely you are to cause more or prolonged damage.
- **Ice.** Apply ice to the injured area for 15-20 minutes, several times per day, to help relieve pain and reduce swelling. Do not apply ice directly to skin (always wrap it in a thin towel or other barrier first) and always wait at least an hour between icing sessions. You don't want to hurt your skin from too much cold exposure.
- **Compress.** An ACE bandage or compression wrap around the area can also help reduce swelling. However, it's possible to constrict blood flow by wrapping too tightly. If you're not confident or comfortable with wrapping (or know someone who is), it's all right to skip this step.
- **Elevate.** Keeping the injured area above the level of your heart can assist circulation and (once again) help reduce swelling. For your foot or ankle, this can mean propping up on some pillows in bed, or simply reclining back in an easy chair.

RICE therapy is most effective when started as soon as possible, and for the first 48 hours after an injury. During that time, however, please give us a call! You often need more than RICE for the best recovery, and we can help you determine whether additional help is needed.

## Message from Dr. Richer

Our way of life has been significantly impacted these past few months. COVID-19 could be with us for a while. I hope you and your family are healthy and staying active. Your health is our #1 priority. I wanted to update you on how we are doing things differently to keep everyone safe.

We have made several modifications to how we are seeing patients.

First, our waiting room is closed. Patients are taken directly to an exam room when they arrive, after a quick temperature check. We have reduced our schedule as to have less patients in the office at a time. We are asking patients to have a face covering or mask.

For patients considered HIGH RISK, we are offering Valet Medicine. Call us when you get here and we can take you into the office through the back entrance and directly into an exam room, skipping the waiting room entirely. We are also thoroughly disinfecting and deep cleaning between patient visits.

If your issue does not require a face to face visit, we are offering Telemedicine appointments where we can have a meeting from your phone, tablet or computer. You just click a link we send you to join our virtual waiting room, no software to download or install.

Hopefully COVID-19 will fade into our collective memories soon, but until then I want you to know we are doing things a little different and keeping your safety and health our top concern. If you have been having foot, ankle or leg pain, we are here for you!

All the best,

*J. David Richer, DPM*

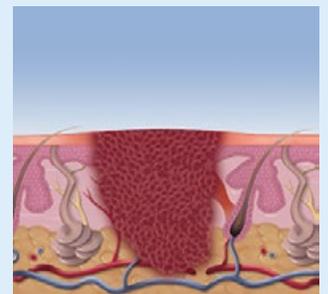
# Breakthrough Wart Treatment Now Available In Arizona!

Most people will contract a wart during their lifetime. Although there are different types of warts, when they occur on the soles of the feet and toes, they are called plantar warts. Warts are caused by the Human PapillomaVirus or HPV, a highly contagious skin infection which can easily spread or be transferred to others. The virus enters the skin when we walk barefooted in common areas such as pools, gyms, spas, locker rooms and hotel rooms. Once the virus enters our skin, it commands our skin cells to keep producing more and more infected skin cells. Not only are they unsightly and contagious but they often cause pain and may bleed profusely if cut.

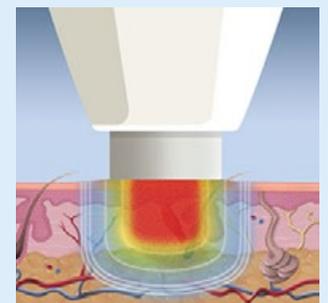
Ask any foot specialist about plantar warts and you will hear they are one of the most frustrating conditions we treat! The virus lives in the deeper layers of skin where it is not recognized by our immune system, allowing it to grow and spread unchecked.

Many plantar warts are mistaken for calluses, but under magnification you can see the plantar wart interrupts the normal skin lines on the feet and may look like tiny black dots are present. These tiny dots represent the capillaries or blood vessels providing nutrients for the wart.

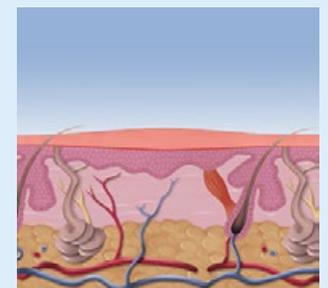
Traditional methods of getting rid of warts can be painful, difficult to eradicate, require multiple treatments and often have a high recurrence rate. These treatments include repeated applications of cryotherapy (freezing the lesions), surgical excision, laser destruction, strong acids, or injecting medication into the wart to destroy it. Too often patients abandon continued treatment because of lack of improvement, too much pain, or both.



WART INFECTED SKIN



SWIFT APPLICATION



RETURN OF NORMAL SKIN. NO SCAR.



We are excited to announce we are the first clinic in Arizona using a new wart treatment called SWIFT. SWIFT is different. SWIFT stimulates our own immune system to recognize the wart as foreign and use our immune cells to attack and destroy the wart. Once the wart clears, you are

immune from contracting HPV again!

How does this work? The SWIFT device generates microwaves, which, when applied directly to the wart, cause damage to the infected cells. These infected and damaged cells release Heat Shock Proteins to trigger an immune response, allowing our own T cells to attack and destroy the wart.



Treatment with SWIFT is quick, nearly painless (no anesthetic is required), doesn't leave a scar, no bandage is required, and no time off from work or your favorite activities are needed. It takes 3 treatments for adults spaced 4 weeks apart to fully destroy the wart. Children, who have a stronger immune system, usually only require 2 treatments.

The SWIFT device has been in use since 2016 in the U.K. and received FDA clearance in November 2018. Over 70,000 treatments have been performed with a success rate over 85%. More information available at [www.warttreatmentinfo.com](http://www.warttreatmentinfo.com).

**SWIFT: it's not just a treatment, it's a cure!**

Give us a call or come in for a consultation to find out if this state-of-the-art technology can help you!



See page one.

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# How to Keep Healthy, Showable Toenails



Plenty of people like to go open-toed in warm weather. Not everyone does it to show off their feet—just preferring the comfort and coolness instead—but nobody wants to be walking around with unsightly, discolored, or brittle nails if they can help it.

Taking care of your toenails through the year not only helps keep them more presentable, but also at lower risk of infections, ingrown toenails, and other miserable problems. Here are some tips to work into your routines:

- **Moisturize.** Keeping the skin around your toes moisturized helps prevent cracks where fungus can get in and slip to the nail. You can also use certain oils on your toenails to help keep them from drying out as well.
- **Trim properly.** Always trim relatively straight, not diving into deep curves around the edges. This helps prevent ingrown toenails. Also, keep a little bit of white nail on the ends of your toes for protection. Cutting too short can cause trauma.
- **Wear shoes and socks that fit.** Shoes with narrow toe boxes and socks that are too tight can both stress the nails into growing incorrectly and impede circulation. This can lead to weakened nails, ingrown toenails, or even black toenails.
- **Eat a good diet.** Your nails are made of a protein called keratin. A balanced diet with plenty of vitamins and nutrients helps your body produce keratin more efficiently, leading to healthier looking nails. Go for a good diet over supplements, unless you are advised to take them by a doctor.

Looking for more toenail tips? We are happy to answer any questions you may have about keeping them their best.