



How Gout May Ruin that Celebratory Feast

With Independence Day, summer barbecues, and Labor Day, there are plenty of good reasons to be chowing down on some delicious food in the next few months!

If you suffer from gout and its agonizing flares of pain in the big toe, there is one natural substance found in many picnic foods you need to watch out for: purines.

Gout occurs when crystals of uric acid build up in a joint, causing those painful attacks of inflammation. The acid comes from the breakdown of purines.

Where are purines found? Purines are found in foods that are enjoyable. Look for items such as:

- Steak (on the barbie)
- Certain seafood (such as lobster or that shrimp cocktail platter)
- Processed foods (such as that bag of chips)
- Sugary drinks (like that lemonade or fruit punch on the table)
- Alcoholic drinks (the entire cooler Uncle Joe brought)

It's never fun to know some of your favorite foods and beverages can give you a terrible time, but there is a silver lining.

You don't have to avoid these foods 100%. The key is moderation. Limit your intake of purine-rich foods and your body should be able to flush them out.

For alcohol, that means no more than one drink for women and two for men within 24 hours. For everything else, don't overindulge. Supplement your diet with items that are known to reduce gout risk, such as vegetables, cherry juice, vitamin C, and plenty of water.

Everyone is different when it comes to gout treatments and preventions. We'd love to talk more about steps you can take to prevent gout and other arthritic conditions from keeping you down.

A Message From the Doctor

Dr. Gregg Neibauer, DPM



Happy Independence Day! Summer is in full swing so get

outside, go camping, eat some ice cream, and enjoy the summer with your family and friends. Life is short so make the most of it.

Enjoy the newsletter.

Get Social w/Us





Morning Heel Pain? It May Be Plantar Fasciitis

We understand there are some days you have reasons you don't want to get out of bed in the morning (and hopefully not often!).

If heel pain is one of those reasons, however, we need to talk.

A shooting, stabbing pain in the heels when your feet hit the floor in the morning is a common condition. There may be several reasons this happens. One of the most likely reasons is a condition known as plantar fasciitis.

The plantar fascia is a thick band of tissue that runs from the base of the toes to the heel bone. It provides shape and support when you walk.

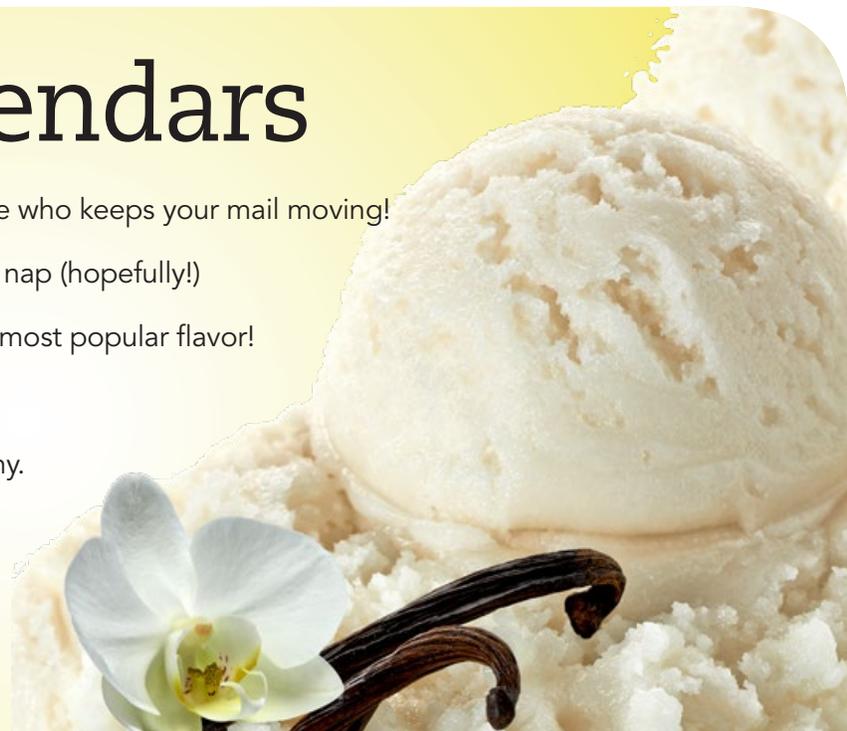
If the plantar fascia is exposed to too much stress and tension, such as running without enough preparation or standing in one spot all day at a job, it can develop small tears and become inflamed.

So why does the pain happen in the morning? When the plantar fascia is at rest, it can grow more rigid. The pain of inflammation or irritation grows more intense when starting to use that area of your foot again, but will gradually decrease as the plantar fascia "warms up" and grows more flexible.

Do not let plantar fasciitis keep you from enjoying your mornings. Whether you are suffering from this condition or another form of heel pain, we have treatments that can help!

Mark Your Calendars

- July 1** National Postal Worker Day – Thank the one who keeps your mail moving!
- July 22** National Hammock Day – A good day for a nap (hopefully!)
- July 23** National Vanilla Ice Cream Day – America's most popular flavor!
- Aug 4** Campfire Day – Bring on the Smores.
- Aug 16** National Tell a Joke Day – Hope you're funny.
- Aug 27** Global Forgiveness Day – It really is good for the soul!



Getting Back into Exercise? Do It Right!

There's almost never a reason not to start exercising, no matter how long it's been since you've focused on your physical activity. The benefits—both physical and mental—are highly rewarding.

But like most anything, there are both good and bad ways to get back into an exercise routine, and doing things the wrong way can lead to injury.

Here are some tips for picking up your fitness regimen again:

- **Talk to Your Doctor First** – You might have seen this one coming, but it's still important! Let your physician know what you plan to do and what your goals are. They can let you know what concerns they might have, and provide tips on how to increase your effectiveness!
- **Start Simple** – You may have done a lot previously, but your body simply isn't ready to go back to that level yet. Don't feel ashamed to start with light walks or jogs to get your body moving again.
- **Build Up Slowly** – As you gain strength and endurance, don't jump the gun on increasing your workout load. A good increase should never be greater than 10% each week. Any more than that raises your risk of overuse injuries such as stress fractures and tendonitis.
- **Take Someone Along** – Having a workout buddy will help you remain accountable to your recommitment. Your buddy will be your support network, make the process more enjoyable, and help you ease back into exercise without overdoing it.

Remember: Fitness is more about the journey than the destination. Enjoy how good it makes you feel in the interim, and don't get impatient to see the results you want!



Red White and Blue Mocktail

If you're feeling particularly patriotic this month but want to cut down on the alcohol, we have an option for you. This Red, White & Blue Mocktail will match well with your Captain America swimsuit, and the kids may get a kick out of it as well!

Ingredients

- ¼ cup fresh raspberries or strawberries
- ¾ tsp. grenadine
- 2 tbsp. club soda
- crushed ice
- lemon-lime soda
- fresh blueberries

Preparation

- Place the raspberries/strawberries in the bottom of a tall glass.
- Add a drizzle of grenadine, followed by the club soda.
- Fill the rest of the glass with crushed ice, to the top.
- Slowly pour in the lemon-lime soda—this mixes gently with the grenadine for the “white” part of the drink.
- Add a handful of blueberries to the top.



Alpine Foot & Ankle Clinic

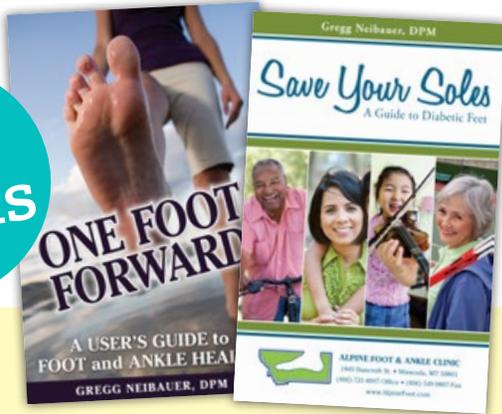
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

Dr. Gregg Neibauer, DPM

1845 Bancroft Street, Missoula, MT 59801



Free
Books



Call (406) 721-4007 or
visit www.AlpineFoot.com

We want to thank you for referring patients to us. We are very glad that you trust us with your patients, family and friends. Making our patients feel comfortable at our office and healed is most important to our staff at Alpine Foot and Ankle Clinic! Thank you for partnering with us.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Why Is My Toenail Black?

Unless you fancy atmospheric nail polishes, seeing that a toenail has turned black for the first time may raise some alarm.

Odds are quite likely your black toenail has a simple and preventable cause, and isn't going to cause any major trouble.

In most cases, the darkness beneath a toenail is from a collection of blood beneath the nail, similar to bruising. Committed runners are familiar with this situation, but it can happen to anyone who has toes consistently hitting against the top or front of their shoes.

Sometimes the nail falls off, which is not a huge concern. However, it may take a while for the nail to grow back—from 3 months to a year!

Other causes of black toenail can be more serious. Dropping a heavy object on your foot can cause a more immediate buildup of blood and a much more painful situation. The medical name for this is "subungual hematoma," and the blood may need to be drained to find relief.

Other causes of black toenails may be a fungal infection or, in very rare cases, cancer. This is why it's important to have discolorations in your nail checked out. If you are unsure why the nail is black and the color extends beyond the cuticle, please get the nail examined.

If you have questions about your toenails and their hues, you've come to the right place! Let us know about your concerns and we'll be happy to discuss them with you.

