



Is Your Toenail Polish Staining Your Nails?

Yellowed or discolored nails can happen for a variety of reasons. A fungal infection is one of the big ones, but that usually comes accompanied by thick, brittle and generally sad-looking nails as well.

If your nails look otherwise healthy except for a tint, something else might be to blame—and that could be your use of toenail polish.

For some folks, the dyes in polishes can react with the nail tissue, causing a stained look. This does not tend to happen to everyone but tends to be more prevalent if you favor darker polishes. Using nail polish remover containing acetone might help make this worse by giving the dissolved dyes a better chance to bond with your nail.

Additionally, in some cases, the formaldehyde in many nail polishes (yes, it's in there!) can react with keratin in the nails, causing a yellowing. This tends to be accompanied by brittleness, however.

If you think your polish might be causing your discoloration, give your toes a break and see if matters improve. The discoloration tends to occur just on the uppermost layers of your nails, which grow out after some time.

If your nails don't show any improvement after a week or, well, you don't even actually wear nail polish, then it's time to give us a call! Other conditions can cause discoloration, ranging from aforementioned fungal nails to certain medical conditions. Getting to the root of the problem sooner than later will help provide you the right treatment you need sooner.

From the Doctor

Dr. Gregg Neibauer, DPM



Hope this letter finds you healthy and sane. Montanans are tough individuals but the last few weeks have been stressful for everyone. Alpine has used this downtime to improving protocols to provide better patient care and customer service. When life gets back to normal, remember TEAM Alpine is here for your foot care needs.

All the best, Dr. Neibauer
and his TEAM

Get Social w/Us





Tips for Curbing Corns and Calluses

For some, callused skin is a sign of hard work. For others, it can just be a sign of something rubbing where it shouldn't. In either situation, you don't need to have them!

Corns and calluses are the result of friction. When something is rubbing against the skin, calluses and corns build up in response. It's your skin's attempt at shielding itself from damage—and it's relatively effective, too. Corns and calluses might not be very comfortable or appealing in themselves, but they are more preferable than having a sore or wound!

What is the difference between a corn and a callus? A corn tends to be smaller and more raised, usually appearing on the toes. A callus tends to be wider and flatter, and more often appears on areas that bear a lot of weight, such as the heel and bottom of the forefoot.

Taking care of corns and calluses means eliminating the sources of friction that are causing them. Remove that element, and the rough spots are soon to follow.

For some, treatment might involve a change in footwear to something that is rubbing less against the feet. Protective coverings such as pads and spacers might also be recommended to help keep toes from creating friction against each other.

If a foot deformity such as a bunion or hammertoe is a factor, more advanced measures such as corrective surgery might be necessary—although more conservative measures often work as well.

If corns or calluses are consistently bothering your feet, it's time to take action. Tell us what's going on and let us help you soothe the friction.

Mark Your Calendars

- May 3** National Two Different Colored Shoes Day – Just make sure they both fit well!
- May 11** National Foam Rolling Day – Rolling beneath your feet makes a great massage!
- May 18** National Visit Your Relatives Day – Catch up with loved ones!
- May 24** National Scavenger Hunt Day – What will you end up finding?
- June 1** National Go Barefoot Day – but don't tell your favorite Podiatrist!
- June 9** Call Your Doctor Day – Reminder for woman to call their doctors for yearly exams!
- June 18** National Nursing Assistant Day – Say thank you to that CNA!
- June 26** Take your Dog to Work Day – Better ask your boss!





Bruise Easily?

Here's When It Might Be a Concern

Some of us are simply built a little more delicately than others. While some people seem to have forces bounce off them with little consequence, for others it doesn't make much of a bump to develop a bruise on the spot.

Why do some people bruise more easily, though, and when should such bruising be checked by a doctor?

A bruise is the result of an injury that damages blood vessels beneath the skin without breaking the skin itself. The blood that pools in the area as a result causes a red, purplish, green, brown... A bruise can cause a variety of hues, really, based on the severity and area.

There are many reasons why some people are more susceptible to bruising. Simple age can play a role, as we have thinner skin and fat deposits to protect us from the damage of bumps. Other possible factors include deficiencies in certain vitamins, certain over-the-counter medications (such as aspirin, ibuprofen, blood thinners, or certain antidepressants), and some blood disorders.

Most minor bruises often fully disappear given a week or two, needing only a bit of patience. You should see the bruise changing color and fading during this time, however. Contact your primary care physician if:

- The bruise does not improve at all after one week.
- A bruise keeps coming back in the same (or nearly the same) spot.
- Bruising is located on a part of the body where you're unlikely to hurt yourself.
- You have an unusually large bruise without very good reason for it to be there.

These might be signs of an underlying problem.



Simple and Spicy Shakshuka

What is shakshuka? It's an egg-and-tomatoes dish popular in the Mediterranean and Middle East regions, and it's easy to whip up some to try yourself!

Ingredients

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp. paprika
- 1 tsp. cumin
- ¼ tsp. chili powder
- One 28-oz can whole peeled tomatoes
- 6 large eggs
- Salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Preparation

- Heat olive oil in a large sauté pan on medium heat. Add chopped bell pepper and onion. Cook for 5 minutes or until onions become translucent.
- Add garlic and spices. Cook an additional minute.
- Pour can of tomatoes and juice into the pan and break down tomato pieces using a large spoon. Season with salt and pepper, then bring the sauce to a simmer.
- Use the large spoon to make small wells in the sauce, then crack eggs into each well. Cover and cook for 5-8 minutes, or until eggs are done to your liking.
- Garnish with cilantro and parsley.



Alpine Foot & Ankle Clinic

FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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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.

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Stretch Out for Foot and Ankle Health!

Whether you are just starting to pick up a workout program or have been putting your muscles through their paces for some time, the importance of stretching before and after any type of active session can't be underestimated.

Our muscles—as well as the ligaments, tendons, and other tissues they are connected to—are not made to endure sudden forces all at once, without preparation. Going from a standstill to a blazing run, for example, will increase your risk of injury, especially in the feet and ankles. (Just ask anyone who felt their Achilles pop mid-sprint.)

A good warm-up takes just a few minutes and brings a ton of benefits. Not only are you less likely to hurt yourself, but you also just feel more ready to do your best!

Dynamic stretching is the key to warming up. Do not limit yourself only to stretches where you stand still, but focus on more movement as well. That includes some light jogging, “butt-kicks” and other moves to stretch your Achilles, calves, and feet. (Don't forget the rest of your body too, but hey—we're a podiatry practice!)

Cooling down is also important, as it gives your muscles time to gradually revert to a resting state. **Static stretching** can be more of a focus here, holding stretches and allowing yourself to wind down.

Would you like some advice on the best stretches to meet your needs? Please don't hesitate to ask us! We'll be happy to provide you with some recommendations to fit into an overall workout plan.

