



SAND RUN PHARMACY



Newsletter

July 2017

Foot Care Basics

- Check your feet daily for cuts, dry skin, and discoloration
- Wash your feet daily with warm water and soap, then dry thoroughly
- Wear well-fitting and comfortable shoes and white socks at all times
- Maintain routine checkups with your doctor and podiatrist if needed
- Protect your feet from burning (or freezing in the wintertime)
- Trim your toenails regularly and carefully
- Gently smooth corns and calluses

Foot Care Essentials

Your feet are a vital part of your body, but one that people don't think about that much! Just like caring for the rest of your body, there are several steps you should follow to take care of your feet. **Proper foot care is especially important for diabetic patients.** This time of year, our feet are more often exposed due to the heat and ease of slipping on a pair of flip flops or sandals. Be careful, there are many **risks associated with bare or barely covered feet.** Bees and other insects can bite or sting, and viral and bacterial infections can be easily shared in public places such as gyms, the pool, and the bathroom. So, protect your feet. After all, you only have two!

As you age (and especially for diabetic patients), you tend to lose feeling in your feet. If this occurs, **you may not notice cuts or scrapes on your feet, which can lead to sores, infection, and even loss of nails, toes, or feet!** To prevent this from happening, you should follow the foot care steps listed to the left.

In addition to attending all of your doctor appointments and checking your feet daily for cuts or scrapes, our friendly pharmacists and staff at Sand Run Pharmacy offer an array of services to meet all of your foot care needs. **We offer diabetic shoe and insert fittings.** These shoes, available in a variety of styles and colors, are wider than normal shoes to allow for **better blood circulation and improved feeling** in your feet. Well-fitting shoes are one of the key steps to ensuring healthy feet. In fact, **Medicare will cover one pair of shoes and three pairs of inserts each year for diabetic patients.** Our pharmacists are happy to answer any questions you may have regarding diabetic shoes and general foot care.

We also carry **Spenco inserts, Juzo compression stockings, and a variety of canes, walkers, and other mobility assistance devices.** Stop by our pharmacy and take a look!



Advice from an Expert: Dr. Richard Hofacker, Podiatrist

Summer time or "flip flop" time is upon us. Certainly, young folks that try to play sports or ride a bicycle in sandals or flip flops are destined for injury, particularly with the lack of support and exposure to the digits that result from wearing this type of foot gear. However, there is a positive side to this controversy. Getting air to the feet helps to avoid fungal infections. After all a fungus wants to live in a warm, moist, dark place. Therefore, young people who live in their tennis shoes, provide a nice environment for a potential fungus among us! Flip flops or sandals also provide protection for diabetics, especially those with neuropathy, who enjoy being barefoot. Diabetics with impaired sensation to their feet can be prone to foreign bodies such as glass, and splinters when walking unshod. This can lead to serious infections. Also, diabetics heading to the beach can develop 2nd and 3rd degree burns from walking barefoot on the hot sand. So, utilize the appropriate protection, to avoid the "agony of the feet!"

By Dr. Richard Hofacker "Your Friendly Neighborhood Podiatrist"



8th Annual Huntington Towpath Century Ride



We would like to thank all those who sponsored Tom and Andy in the annual Huntington Towpath bike ride! This event raised money to support the completion of the Ohio & Erie Canal Towpath trail by 2020. Tom, Andy, and 99 other riders biked 101 miles over two days and raised \$139,955.50, just shy of their \$150,000 goal! Thank you again for helping to make this ride a great success!

LEFT: Tom Lamb during his 101 mile bike ride on June 10th

From all of us at

SAND RUN PHARMACY,

we'd like to wish you and your family a safe and happy Fourth of July weekend!



Holiday Hours

Saturday, July 1st: 9am-2pm

Sunday, July 2nd: Closed

Monday July 3rd: 9am-7pm

Tuesday, July 4th: Closed