

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

Listen to our podcasts and view our videos on foot and ankle problems at: www.rfainstitute.com, Visit us on Facebook or Twitter.

Daniel D. Michaels, DPM, MS & Associates

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702
Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

We provide Comprehensive Foot and Ankle Care® to our patients with offices currently in Frederick and Hagerstown, Maryland. From basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, we provide a one-stop shop for all your needs. For your convenience, all recommended medicines and foot-care products are available through our in-office store and information can be gained through our continually updated website at www.rfainstitute.com. Same day and emergency appointments are available without a wait. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery we have advanced training in all types of foot and ankle surgery to ensure your optimal outcome with an onsite ambulatory surgical center. Our providers work with you as a partner by listening to and educating you about treatment options so you can make an informed choice in your health management. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment, vein testing, arterial testing, nerve testing and lasers.

Come visit one of our onsite Centers of Excellence that include:

- Fall Prevention Center
- Wound Care Center
- Ambulatory Surgical Center
- Nail Care Center
- Heel Pain Center

We have the latest treatments including the Q-Clear laser that treats toenail fungus and is cleared for this indication by the FDA.

What are Sweaty Feet?

Dr. Michaels states that excessive sweating of the feet is called hyperhidrosis. It's more common in men than in women, and more common in young adults than older adults.

People whose feet sweat excessively often also have problems with excessive sweating of the palms.

Causes

Excessive sweating of the feet seems to be an inherited problem. No one knows exactly why it occurs, but people who sweat excessively seem to have a different “set point” than other people. Most people sweat when it’s hot out, or when they become warm. People with hyperhidrosis sweat excessively almost all the time.

Symptoms

The most obvious symptom of hyperhidrosis is feet that sweat excessively. Some people sweat so much that their feet may slip around inside their shoes.

The feet may also have a whitish, wet appearance; sometimes, foot infections are present as well. (Constant wetness breaks down the skin, allowing infection to set in.) Foot odor is common.

Home Care

Dr. Michaels explains that good foot hygiene is essential. Wash your feet daily with an antibacterial soap; be sure to wash between the toes. Dry the feet thoroughly, then apply cornstarch, foot powder, or an antifungal powder to your feet. Wear wicking socks that draw the moisture away from your feet instead of trapping it. Synthetic blends are designed to wick moisture away from the skin and work best to keep the feet dry. One hundred percent cotton socks absorb moisture but do not wick it away from the skin and frequently lead to blisters, so they should be avoided.

It’s also a good idea to change socks during the day. Stash an extra pair of socks at school or at work, and change socks mid-way through the day.

When to Visit Dr. Michaels at the Reconstructive Foot & Ankle Institute, LLC

If your feet sweat excessively, see a podiatrist. According to the US National Library of Medicine, [less than 40 percent of people with excessive sweating seek medical care](#). Dr. Michaels can help you control this embarrassing condition.

Diagnosis and Treatment

Most often, excessive sweating of the feet is diagnosed based on your reporting of symptoms and a physical exam of the feet. Treatment options are tailored to your symptoms. Prescription roll-on antiperspirants may be applied directly to the feet

Prevention

Good foot hygiene can prevent foot odor and foot infections, two common side effects of sweaty feet. Changing socks two times a day and not wearing the same pair of shoes two days in a row help.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at www.rfainstitute.com or make an appointment with one of our state of the art facilities in Maryland, USA:

Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702

To make an appointment at our Frederick office, please call 301.418.6014. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our Hagerstown office, please call 301.797.8554. 1150 Professional Court, Suite C, Hagerstown, MD 21740

Most insurance accepted but not required.

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care® and treating you like a member of the family.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates