



The Foot Stop Plus[®]

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Introductions All

Welcome to the first issue of *The Foot Stop Plus*. My name is Dr. Lloyd T. Bowser Jr. and for the past 30 years, I have been proud to call Baltimore my home. I observed at an early age that people suffer needlessly from foot related problems. Currently, I am in private practice and can provide surgical and nonsurgical care for a multitude of foot maladies. I recently completed three years of medical residency. This included **surgery** to provide the most comprehensive foot care possible. My wife and I live in Baltimore county and I attend New Shiloh Baptist Church.


I maintain three offices in Baltimore City and am presently on staff at Mercy, Kernan, Good Samaritan and Liberty/Bon Secours Hospitals. I accept most insurance plans and can arrange payment plans for the noninsured. If you're looking for quality health care, please call me at **(410) 464-1398**.

Sincerely,

Dr. Bowser

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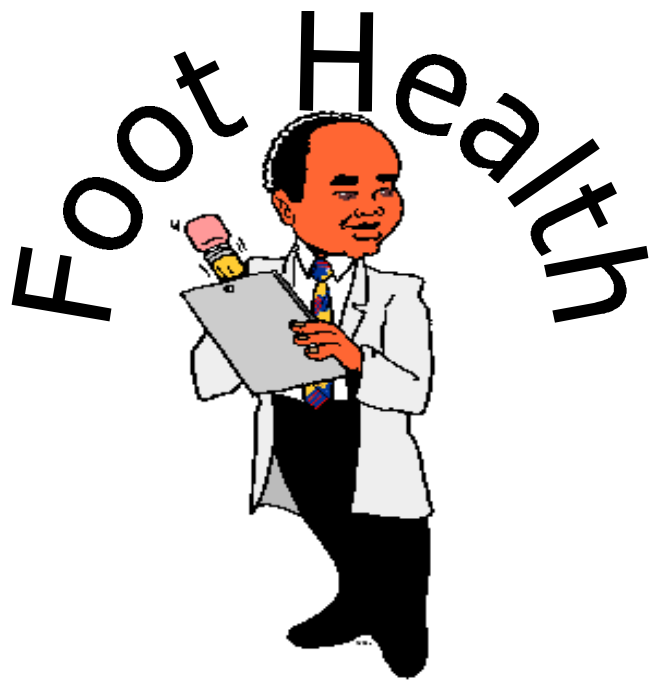


What Is A Podiatrist?

A podiatrist is a doctor licensed to treat the foot. This includes the use of prescription drugs, routine trimming of lesions and surgical correction of foot, ankle and leg deformities. The podiatric physician (doctor of podiatric medicine, or DPM) has received conventional medical training plus special training on the foot, ankle and lower leg. All 50 states, the District of Columbia and Puerto Rico require that podiatrists pass a rigorous state board examination before being licensed and require continuing education programs for regular license renewal. Some podiatrists do not have formal surgical training and thus may not offer a full range of medical treatments.

Correction of digital deformities such as hammer toes and bunions, bony protrusions such as heel spurs and excision of cysts are common podiatric procedures. Podiatrists also treat common foot ailments such as athlete's foot, fungal nails and neuromas. Plastic and reconstructive surgery are also performed by many podiatrists.





Seventy-percent of Americans will experience foot health problems of varying degrees of severity at one time or another in their lives. Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.

The foot is an intricate structure containing 26 bones. 33 joints, 107 ligaments, 19 muscles and tendons hold the structure together and allow it to move in a variety of ways. The 53 bones in your feet make up about one quarter of all the bones in your body. The American Podiatric Medical Association says the average person takes 8,000 to 10,000 steps a day. Those cover several miles and they all add up to about 115,000 miles in a lifetime—more than four times the circumference of the globe.

As people age they increasingly choose podiatric physicians. Medicare data verifies that podiatric physicians are the physicians of choice for 83 percent of hammer toe surgery, 69 percent of metatarsal surgery, 78 percent of bunionectomy surgery and 55 percent of rear foot surgery.



quick tip

Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all around well being.

Taking Proper Care of Your Feet

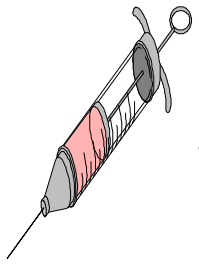
Medical Economics magazine reported that 56 percent of all older patients have seen a podiatric physician. Only a small percentage of the population is born with foot problems, the American Podiatric Medical Association believes. Its neglect and a lack of awareness of proper care—including ill-fitting shoes—that bring on the problems. A lifetime of wear and tear, plus neglect, accounts for the fact that the practices of most podiatrists are made up of older Americans.

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Corns and Calluses are caused by friction and pressure from skin rubbing against bony areas when wearing shoes. If the first signs of soreness are ignored, corns and calluses rise up as nature's way of protecting sensitive areas.



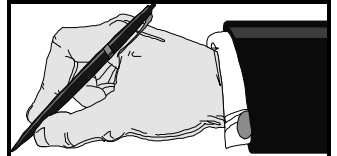
Specialized Foot Care For Diabetic Patients



One group of patients which often requires specialized foot care is the diabetic population. Diabetics are frequently plagued with infections and ulcerations of their feet which may result in amputation. They are often said to have poor blood supply (ischemia) and for this reason lose parts of their limbs. Though this can be true, it is inaccurate for most diabetics. The actual cause of frequent ulceration, infection and sometimes amputation of the feet lies in the loss of sensation suffered by most diabetic patients. The loss of sensation become so profound that patients step on sharp objects such as insulin needles and are unaware of it, and fail to properly treat the wound, resulting in infection. People who suffer from neuropathy (loss of sensation) should check their feet daily for any breaks in the skin.

Prevention and education are therefore, very important for diabetic patients. Accommodative orthotic devices or in shoe cushioning arch supports and frequent foot inspection can be helpful in preventing a large proportion of amputations. Remember your feet mirror your general health. Such conditions as arthritis diabetes nerve and circulatory disorders can show their initial symptoms in the feet-so foot ailments can be your first sign of more serious medical problems.

Next



Issue

Next issue will focus on shoe gear: when to shop for shoes and what types of shoes are the best for everyday wear. Also, I will discuss something that many have experienced, the dreaded INGROWN NAIL. We will discuss the diagnosis and treatments as well as what to do at home to take care of it. I think since so much of medicine these days focuses on prevention I will add a section on home remedies and balms to soothe the savage foot.

The first issue is all done. I hope that you enjoyed it. If you have any questions or comments please call **410-464-1398**. All home care and nursing patients please call to schedule a home visit. You should also call me if you have questions about your insurance eligibility.



Bowser Podiatry, P.A.

"The Foot Doctor"

*3 years residency: surgically trained
Available for **home visits**
For an appointment call:
Dr. Lloyd T. Bowser, Jr.*

3 offices to serve you:

- ◆ 1415-A East Cold Spring Lane
- ◆ 301 St. Paul Street Suite 403
(Mercy Medical Building)
- ◆ 2411 W. Belvedere Ave/Suite 508
(Weinberg Building) at Sinai Hospital

Bowser Podiatry, P.A. is your complete foot care facility. Specializing in reconstructive surgery of the foot and ankle

- *Corns & Calluses*
- *Bunions*
- *Foot & ankle injuries*
- *Heel or arch pain*
- *Diabetic foot conditions*
- *Hammer toes*
- *Warts & skin problems*
- *Ingrown nails*
- *Sports medicine*
- *Foot Arthritis*

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