

FOOTPRINTS

An Informational Newsletter for Patients of APMA Member Podiatrists

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FOOT HEALTH: WHAT TO KNOW IN 2021

In the year since the COVID-19 pandemic struck, our lives have changed fundamentally. Everything from our fitness routines to our daily activities to our access to goods and services looks a little different these days. And our health is no exception.

Footprints caught up with three APMA-member podiatrists to find out what impact the pandemic has had on America's foot health.



“Within the past couple of months, we’re seeing more types of palliative care with patients coming into the office,” said Harvey Katz, DPM. “Patients are afraid to get pedicures at salons due to fear of contracting the virus, so they are eager to come to the office” for routine nail care, Dr. Katz said.

Patients also are suffering from foot and ankle conditions brought on by being stuck at home. Many APMA podiatrists are reporting an increase in conditions such as ingrown toenails, fungal infections, hammertoes, calluses, and heel pain. Many of these conditions can be caused by repeatedly wearing worn or improper footwear or by going barefoot around the house. Podiatrists advise that you wear comfortable, supportive shoes even around the house, and be sure to replace shoes once they show signs of wear and tear.

“People are doing a lot more work around the house, like weekend projects or working out more,” said Diane Koshimune, DPM. “These patients are coming in with heel pain or tendinitis, and it’s simply from a change of habit,” Dr. Koshimune said.

Patients are seeking surgical procedures they have put off. “Since September, I’ve seen an increase in surgical procedures since patients are at home and not traveling as much, [and] therefore have time to recuperate at their house,” said Dr. Katz. “People have put off surgery because they had to work, but now patients are eager,” he said.

BOTTOM LINE: Whether you need help with nail or skin care, are experiencing foot pain or injuries, or have been putting off a surgical procedure, now’s the time to see your podiatrist.

Many patients have expressed concern about visiting health-care facilities while the COVID-19 virus continues to spread. For those who prefer to stay at home, many APMA member podiatrists are offering telehealth appointments as an option for some patients.

Telemedicine is quick and simple for almost all patients.



Ami Sheth, DPM, offered advice to consider before booking a telehealth appointment.

“It’s fairly easy, and I’ve had older patients use it,” Dr. Sheth said. “I think it needs to be utilized and needs to be worked into medicine.”

“My patients love telemedicine because it gives them access to a variety of solutions. I am able to give a patient MRI reviews, outline next steps, follow up on treatment plans, and follow up on physical therapy all through telemedicine,” Dr. Sheth said.

She advised that patients prepare for a telemedicine appointment in advance. Find a well-lit, quiet space with strong Wi-Fi connectivity. If you aren’t able to hold your device so that your physician can see your foot or ankle, ask a family member to help or prop your device against a wall to allow your podiatrist a good view. Make a list of questions or concerns to address during the appointment.

Telemedicine isn’t advisable for every condition or appointment. Ask your doctor if your condition can be addressed with a telehealth appointment.

Visit www.apma.org to learn more about foot health and telemedicine.



Harvey Katz, DPM, practices in New York. All quotes and content were used with his permission.



Diane Koshimune, DPM, practices in San Jose, CA. All quotes and content were used with her permission.



Ami Sheth, DPM, practices in Los Gatos, CA. All quotes and content were used with her permission.