



**McVAY**  
FOOT & ANKLE

News and Updates

**December 2018**

**NEW  
LOCATION!**

8580 Scarborough Dr., Ste 120  
Colorado Springs, CO 80920

## About the Doctor



**JEREMY MCVAY, DPM**

Dr. Jeremy McVay established McVay Foot & Ankle to provide comprehensive, compassionate foot and ankle care for the Colorado Springs and the surrounding area.



# Foot-Minded Gift Ideas This Holiday



The feet don't get much love during the gift-giving season, unless you count socks.

(Yay, socks.)

With a little thought, however, there are actually plenty of nice ideas for foot-minded giving. Someone with aching feet or in need of some pampering might just come back later with big thanks!

Consider some of these ideas for your loved ones:

- **A Foot Massager or Foot Spa** – Both are devices that the user sets on the floor and places their feet on or into. The spa, of course, is more like a bath, and you can include aromatherapy oils and drying towels for a more robust experience! Either option, however, is a good choice for someone who is on their feet all day and is in need of unwinding this holiday season.
- **A Cushioned Work Mat** – This one is likely not going to elicit many “oohs” and “ahhs” when unwrapped but trust us that an everyday worker with foot pain will remember you got this for them once it provides them more comfort in the office or on the shop floor! If someone stands in one place all day, they certainly need one of these.
- **Scented Lotions** – Another great gift for someone who is looking for a way to unwind at the end of a long day. Dry feet also tend to be more common in winter months, so this is a must!
- **Running Accessories** – Know an active gift recipient? They might go for shoelaces that lock in place and reflective gear for shoes.

If you don't know the specifics for the person you're shopping for, gift cards for stores or spa treatments are always a great option, too!

## Mark Your Calendars

- December 1** National Eat a Red Apple Day – We recommend a Fuji or Jazz.
- December 4** National Trick Shot Day – Created by the Harlem Globetrotters!
- December 8** Pretend to Be a Time Traveler Day – WE GOTTA GO BACK, MARTY!
- December 12** Gingerbread House Day – Bring out your confectionary architect.
- December 17** National Maple Syrup Day – Check out our recipe for Maple Cranberry Sauce!
- December 18** Answer the Phone Like Buddy the Elf Day – “[Your Name] the Elf. What's your favorite color?”
- December 21** Crossword Puzzle Day – Line up those letters.
- December 30** Bacon Day – As if you really need a day designated for this.



# Dealing with Dry, Cracked Feet

Dry feet are a common problem. About 1 in 5 people is believed to have dry feet from time to time.

Part of this is just due to our anatomy. Our feet contain a lot of sweat glands, but not many sebaceous (oil) glands. That means our feet can lose a lot of moisture and not have much in the way of sealing it in.

Dry feet can be a nuisance, but they can also be painful. Cracks that develop in dry skin can not only hurt to walk on, but increase the chances of infection as well. Taking care of dryness and cracks can help prevent this escalation from happening.

Here are a few easy tips for taking care of dryness:

- **Find a good heel balm.** A useful balm will moisturize healthy skin while exfoliating dead skin. Ingredients such as urea, saccharide isomerate, alpha-hydroxy acids, and salicylic acid might sound intimidating, but they are the ones you'll want to look for.

Some minor stinging or irritation may be normal in a balm, especially if you have cracks. Stop use immediately if it continues to bother you or is causing a severe reaction.

- **Apply liquid bandage to cracks.** Usually coming in a spray, a liquid bandage can seal cracked heels throughout the day, helping to prevent against further cracking and exposure.
- **Go to bed in moisture.** When you have a good heel balm or lotion, apply it to your feet at night, then pull an old pair of cotton socks over top. This will allow your feet to remain moisturized without making a mess of your sheets. Petroleum jelly might also be an effective option to use.

If dry feet and cracks are a persistent problem, more advanced treatments may be necessary. Talk with us; we can help!



## Maple Cranberry Sauce

Cranberry sauce tends to be a holiday favorite. Give it a sweet twist with the use of maple syrup, orange, and cinnamon. No canned stuff here!

### Ingredients

- 1 bag of fresh or frozen cranberries, 12 oz.
- ½ c. pure maple syrup
- Zest of 1 orange
- Juice of 1 medium orange (about 2 oz. or 4 Tbsp.)
- ¼ c. water
- ¼ tsp. ground cinnamon

### Preparation

- Rinse the cranberries with cold water in a colander. Remove and toss any shriveled or damaged cranberries.
- Combine the cranberries, maple syrup, orange zest, orange juice, and water in a medium saucepan.
- Bring to a boil over medium-high heat, then reduce to a simmer, stirring occasionally until a compote has formed (usually about 20 minutes). Do not worry if the cranberries pop—this is normal.
- Remove the cranberry sauce from heat and stir in the cinnamon. Let it thicken and cool completely at room temperature, then transfer to a bowl and chill in the refrigerator. Sauce will keep for up to 2 weeks and can be made in advance.



8580 Scarborough Dr., Ste 120  
Colorado Springs, CO 80920  
(719) 266-5000 • [McVayFootAndAnkle.com](http://McVayFootAndAnkle.com)  
[info@mcvayfootandankle.com](mailto:info@mcvayfootandankle.com)



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# Tips for Relieving Rheumatoid Arthritis Pain

The pain of rheumatoid arthritis can feel like a conqueror over your feet. Swollen joints, big toe pain, aching movement. About 9 out of 10 people with rheumatoid arthritis have some form of pain in this area.

In some cases, custom orthotics, pain medications, and even surgery can make a big difference in a patient's comfort level. Here are some other ways that might also help manage the pain of rheumatoid arthritis in the feet:

- **Change your footwear.** Different shoes can shift pain points in the feet in different ways. A shoe that is comfortable to your condition, or accommodative to orthotics, should be something you will actually want to wear for a variety of occasions.
- **Don't stand for too long.** Staying on your feet all day can be especially painful. Try to schedule your activities out as best you can to give you intermittent periods of standing and sitting.
- **Try heat and cold therapies.** These can include hot baths, foot massages, and icing. Find what works best for you and stick with it.

If your attempts to relieve your arthritis pain have not been panning out well, we are here to help! Please don't hesitate to bring your concerns up with us.

