



News and Updates **July 2021**



Exploring Platelet-Rich Plasma Therapy

Foot and ankle pain can make everyday activities outright chores and sap one's enjoyment of life. When pain lasts several months or more, platelet-rich plasma (PRP) therapy might be an option.

PRP therapy utilizes a patient's own blood to quicken or boost the healing process for conditions such as ankle sprains, Achilles tendonitis, plantar fasciitis, and arthritis, among others. It enables patients to sidestep surgery in many cases and can eliminate the need for opioid medication.

PRP therapy involves drawing a small amount of blood from the patient and placing it in a centrifuge. The centrifuge spins the blood and separates it into its various components — platelet-rich plasma, platelet-poor plasma, and red and white blood cells.

Platelets, known for their role in clotting, also possess growth and healing properties. The platelet-rich plasma — with its high concentration of platelets — is injected at the injury site to facilitate healing. An ultrasound may be incorporated for precise targeting.

The procedure generally takes less than an hour. Patients are advised to take it easy for a few days, after which physical therapy may be recommended. Typically, patients are back to normal activities in three or four weeks.

Many patients respond well with only one injection. Side effects are rare ... no infection, no rejection. The body recognizes the platelet-rich plasma as part of its own team. Anti-inflammatory medications are a no-no for at least one week prior to and following a PRP injection (they interfere with healing).

Unfortunately, most health insurances don't cover PRP therapy, claiming it is still an experimental therapy, though it's been used with great success for quite a while now.

Don't suffer with foot or ankle pain. Contact our office to schedule a thorough examination.

Welcome to Burlington County Foot and Ankle Associates, Inc.! The mission of our practice is to provide that hometown-country doc customer service in a modern, high-tech medical world. Join us so we can keep you walking.



JOHN DEPALMA, DPM

Dr. DePalma has been part of Burlington County Foot and Ankle Associates, Inc. for more than 20 years.

Get to Know Dr. DePalma

- Favorite Book: *The Slight Edge* by Jeff Olson (non-fiction). For fiction, I will read anything by Greg Iles.
- Favorite Sport to watch: Football
- Favorite Sport to Play: Soccer
- Favorite Sport I Miss: Running
- Favorite Restaurant: Any of the local greats like Rustic Grille, Rivera Pizza, Shamong Diner, Femmina, Tarantella's. My all-time favorite for both my wife and I is Graziano's Restaurant in Chesilhurst, NJ.
- What is the most enjoyable part of your job? Being able to help someone walk out of the office with no pain.
- What are some small things that make your day better? Great conversations about all types of topics.
- How do you relax after a long day at work? I watch a movie – usually one I've seen a hundred times. This way, if I fall asleep, I won't be missing anything.



Healthy Feet and Ankles Should Be Par for the Course

Despite the frustrations inherent in golf, many diehards hit the courses each day. One beautiful shot for every nine errant ones is quite addictive. Fresh air, exercise, and socialization don't hurt either.

If you want to improve your golf game, healthy feet and ankles are a must. Weight transfers and follow-throughs on your swing place a lot of stress on the big toe, the heel, and the ball of the foot.

Swing follow-throughs can overextend the big-toe joint on the back foot. Avid golfers may eventually wear out the cartilage or jam the joint. If left untreated, arthritis can set in, jeopardizing your enjoyment of the sport or rendering you unable to continue playing.

The plantar fascia may become inflamed with the repetitive forces it encounters. Jabbing, knife-like heel pain makes it difficult to maintain a solid stance at key points in a golf swing.

Weight transfers to the front foot on a swing may cause a neuroma, or "pinched nerve." Repeated compressions create a benign growth of nerve tissue on the ball of the foot that becomes thickened, enlarged, irritated, and painful — frequently between the third and fourth toes.

Chronic ankle instability due to untreated past ankle sprains and Achilles tendonitis are conditions that affect balance and will hamper your game.

Golf shoes that don't fit well may result in corns and calluses. Simply standing and walking may be uncomfortable; feet will lack proper support.

If your feet or ankles are hurting, your golf game will suffer, too. Contact our office for a thorough evaluation. With proper treatment, playing far into the future can be a "fore"gone conclusion.

Mark Your Calendars



- July 1** Joke Day: Jerry Seinfeld parlayed jokes into a net worth of \$950 million (and rising).
- July 3** Cherry Pit Spitting Day: Inhale deep and puff hard. The world record is 100' 4".
- July 7** Chocolate Day: Many would argue that Chocolate Day is every day!
- July 8** Blueberry Day: The U.S. and Canada account for over 60% of the global supply.
- July 13** French Fries Day: Thomas Jefferson introduced french fries to the United States.
- July 18** Ice Cream Day: Per capita, New Zealand is the biggest consumer (U.S. is #2).
- July 29** Chicken Wing Day: There are four wing pieces per chicken: two drumettes, two "flats."

A 'Revolutionary' Forensic Method

Paul Revere earned his place in American history with his active involvement in resisting British rule during the American Revolution. He was also noted for his silversmithing and engraving skills. In the 1760s, the economy was sluggish, a situation made worse by the British-imposed Stamp Act — a tax on all paper materials and documents (e.g., wills, newspapers, deeds, pamphlets, etc.).

With a growing family, Revere eventually tried his hand at dentistry in 1770 to make ends meet. He had been trained by an English dental surgeon, Dr. John Baker, to manufacture and fit artificial teeth.

One of Revere's patients was close friend Joseph Warren, a respected physician and member of the Sons of Liberty, a group dedicated to undermining British rule in the colonies. Revere fitted him with an ivory dental prosthetic.

On the night of April 18, 1775, Warren sent Revere and William Dawes on the famous "midnight ride" to warn of British plans to arrest Samuel Adams and John Hancock and raid a rebel arsenal. (Revere never completed his ride but was nonetheless immortalized in a Longfellow poem.)

In June 1775, Warren was killed at the Battle of Bunker Hill. His body was unceremoniously dumped into a mass grave, which could not be accessed until British troops evacuated the area 10 months later.

By that time, the bodies were badly decomposed and indistinguishable. However, Revere, accompanied by Warren's family, searched for and managed to identify Warren's body via his dental prosthetic — an unconventional means of identification.

The National Museum of Health and Medicine calls Revere's deed "one of the earliest cases of forensic evidence used to identify a fallen American soldier." Paul Revere — patriot, artisan, and forensic odontologist.



Paul Revere's dental tools.

By Otis Historical Archives National Museum of Health & Medicine - ncp 1331, CC BY 2.0, commons.wikimedia.org/wiki/index.php?title=630588



Blueberry Dump Cake

Yield: 10 servings; prep time: 10 mins.;
total time: 1 hour 15 mins.

Fresh blueberries take on a perfect "jammy" consistency in the oven as the cake mix turns golden brown and crispy. This recipe is a fun take on a cobbler with way less work. Simply dump on the cake mix and get to baking!

Ingredients

- 6 c. blueberries
- 1/4 c. granulated sugar
- 1 tsp. pure vanilla extract
- Juice of 1/2 a lemon
- 1/4 tsp. cinnamon
- 1 box yellow cake mix
- 1/2 c. (1 stick) cold butter, cut into small cubes
- Whipped topping, for serving

Directions

1. Preheat oven to 350°. In a medium bowl, combine blueberries, sugar, vanilla, lemon juice, and cinnamon. Pour into a 9"x13" baking pan. Pour cake mix on top and spread into an even layer. Dot top all over with butter and bake until top is golden and fruit is bubbly, 1 hour.
2. Serve warm with whipped topping.

Recipe courtesy of www.delish.com.



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Shoring Up Your Foundation

There's nothing quite like a beach vacation. To maximize the fun, avoid potential foot and ankle hazards with a few simple precautions.

Wear sandals, water shoes, or sneakers when walking to the beach. Don't give stones, pieces of glass, and other sharp objects a chance to slice or puncture. Once you reach the beach, don't immediately ditch the footwear. Innocent-looking sand can be scorching hot and do a number on feet in seconds.

When going barefoot or wearing sandals at the beach, don't forget sunscreen for the tops of your feet — avoid annoying sunburn and possibly skin cancer down the road. When basking in the sun on your beach towel or lounge chair, lather up your soles, too.

Going for a beach run is a whole new ball game for feet and ankles. The soft, uneven sand puts a lot more stress on your arches, heels, and ankle ligaments. Wear supportive athletic shoes for shoreline jaunts.

Those venturing into the surf are well advised to wear sturdy water shoes. Broken sea-shells, pesky crabs, fish hooks, and other irritants lurk.

Romantic moonlit walks on the beach can be quickly interrupted by a sudden drop-off, a hole, or stepping onto sharp objects or dead jellyfish (the stingers are still capable of packing a punch). Footwear and a flashlight come in handy.

For those who are diabetic, risks at the beach are magnified. Wear shoes or sandals most of the time, inspect your feet periodically throughout the day, and clean the sand (or other objects) out of your shoes.

If your beach trip was no vacation for your feet and ankles, contact our office to schedule an appointment.

