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### **Protecting Your Feet at the Beach**

Amber: Welcome Dr. Wachtel, how are you?

Dr. Wachtel: I'm excellent, how are you?

Amber: Oh you sound so chipper this morning. You must have had a lot of coffee.

Dr. Wachtel: Yeah, I did!

Billy: And a lot of long hot showers and long walks with the dogs, right?

Dr. Wachtel: That's right! I actually sponsored at a race. They did a 5K over at Andover yesterday morning at run for the troops.

Amber: How wonderful!

Dr. Wachtel: We were out there showing our support giving out information to patients.

Billy: Did you run?

Dr. Wachtel: I'm not a runner! I'm a short guy who doesn't want to destroy his knees.

Amber: I was going to say you're out there giving foot massages to all of those runners.

Dr. Wachtel: Well, if I did that, my wife would beat me because I won't massage her feet, so I don't know, go figure it out.

Amber: Ok listen, I have a question for you today before we get started.

Dr. Wachtel: Great!

Amber: Dr. Wachtel, in the summertime what can I wear to protect my feet. Every summer I end up with something, I either step on a shell or a rock and my feet end up hurting. What can I wear to protect them you know and still go in the water?

Dr. Wachtel: You know they have those little... you get them at "Walmarty" things.

Billy: Aqua socks? Is that what their called?

Dr. Wachtel: No, It's like a rubber sole and it's got very breathable...

Amber: Yeah!

Dr. Wachtel: ...material and I use it because I go to Maine a lot and it has a very rocky coast so I typically wear them when I go in the water. Biggest thing that I see in the summer are foreign bodies. They come in and they have swelling and they're like "I went to the beach" and they have either a piece of shell or something in them and we have to num them up and excise them. It's a pain in the neck but if you're wearing them I kind of it'll protect your foot enough that it'll be okay.

Amber: Last summer I was on the rocks and I sliced the side of my heel and its the hardest part to you know actually have heel you know it was like oh my gosh, I was constantly it was open I had to wrap it because I'm on my feet so much.

Dr. Wachtel: Yeah.

Amber: And it was horrible horrible horrible...so that's a good question I'm actually going to go buy some.

Dr. Wachtel: Yeah you can get them at Wal-Mart or any sporting goods store even. They have more towards Wal-Mart it's inexpensive it's a summer thing. Anything you typically wear during the summer is on and gone by the end of the season.

Amber: I also had a question, what is the address of your Lowell office?

Dr. Wachtel: 704 Rodgers st were right next to what used to be the Saturn dealership but they're gone so its a Mazda dealership

Amber: Oh okay.

Dr. Wachtel: Right on Route 38.

Billy: Yeah, very easy to find that's the office I went to first, initially. Very easy to find right on 38.

Dr. Wachtel: Yeah, we're transitioning were looking to buy a house and convert it into an office setting. We'd like the main drag so we're waiting for the right spot to open up. Anyways so how are you guys, good?

Amber: Oh my gosh, we're...

Billy: Excellent

Amber: Really, really good. I actually have a lot of friends.. I went to Dracut High and I have a lot of friends over in Lowell who have had some foot issues lately so they were listening to the show and they wanted to know if you had an office close to Dracut and I said absolutely.

Dr. Wachtel: We have a couple primaries from Dracut that refer to us. What can we talk about today, you want to talk about, swollen feet?

Amber: Yeah what a great subject! Swollen feet, let's talk about that

Dr. Wachtel: I was thinking I'm always trying to think of new ideas for your show, I might in the future develop something away from podiatry just maybe talk about what your viewpoints and what our viewpoints are and healthcare issues that are out there, but today let's talk about swelling. Many patients come into our practice with very swollen legs and we question whether it's vascular meaning the arteries that are causing it and poor circulation or your veins. So what we do in the practice now is we, first of all some people's chronic pain from swelling so we have a take home unit that we give to patients for chronic pain that they're getting from their swelling issues that can bring the swelling down also we want to test to make sure that their veins are working correctly. If we just review our anatomy arteries bring blood from the heart down and oxygenate tissue. After the tissue has used the tissue the blood is brought back up and that's what veins do so what we do is we worry about the veins not working correctly so we have to do a vein test where we can actually test that the veins are working properly so if the veins are working properly then we might consider we have really neat shoes for people that swell chronically you know on a bad day I'm sure you've seen those swollen legs.

Amber: Oh my gosh, of course being in the funeral business I see that often.

Dr. Wachtel: We have shoes that expand according to your swelling and then the shoes expand back to the original shape it's a very breathable kind of material. The other thing after we do the venous test if there's actually something wrong with their veins then we might have to send them out to a vascular surgeon to get treatment or many times we can put them into what we call a pressure stocking. It's very interesting there is a prescription called Jobes, J-O-B-E-S compression stockings. Unfortunately, they're so tight on patients they come into me all the time saying it works well it brings the swelling down but I can't wear 'cause them they're so tight. We have a much lighter compression stocking that does the job just as well and the patient can get them on and off easily compared to the Jobes and that's another option. Now, the other thing we should talk about is why do legs swell and the biggest reason is if the veins not working correctly. There are muscles in the veins that push blood up and unfortunately as we age certain things sag so does the musculature of the inside of the vein and that muscle pushes the one that pushes the blood up when it gets tired that's when the swelling occurs because the blood kind of regurgitates and goes back down to lower extremity so the whole idea is to bring all the blood and fluid from your foot up to the back of your knee because in the back of your knee there's a whole bunch of vesicle lymphatics and what they do is take fluid from the artery and the blood directly to the heart and so that's why when people ask me why to the compression stockings go from your toes to your knee because in the back of your knee there's a big reservoir of lymphatics and there's a lot of things we can do to keep the swelling down, we can develop a shoe gear plan of attack and after the testing if there's something really wrong we can send them to a vascular specialist if we really need to go that route.

Amber: What are a few things you can do to sort of increase circulation in your legs and of course that helps your feet.

Dr. Wachtel: Number one is walking.

Billy: I knew you were going to say that.

Dr. Wachtel: It's funny because I literally just got out of a room with a patient who had symptoms of some kind of vascular situation but thank god nothing was wrong and we were giving her all the instructions, stay away from fatty foods and you know people would never think a podiatrist is going to tell you all these things but its the normal process of things: stay away from your fatty foods and exercise and when I say exercise I don't mean oh my god I'm going to schlep 3 blocks. That's not exercise. I don't even believe in 20 minutes. I believe that a good hour, 45 minutes, 3 mile walk is ... even an elderly person as long as they're not at risk of falling and they don't have a cane there are many elderly people out there that are very very able to go out there and exercise properly and I kind of develop a plan of attack with them when they come in the office, they should be doing it.

Billy: Doctor, when I come back from a three or five mile walk usually with the dogs, i'll tell people and they'll just go oh my god but when we were kids that was nothing but today people's perception. Three miles is not a lot!

Dr. Wachtel: Today we're in a computer age everyone sits in front of a TV. I'll be like okay today's a Saturday, everyone's at their computer, you can barely get a hello in. I'm walking the dogs and they're like "ughhhhhh"

Billy: I know!

Dr. Wachtel: ...and I'm like okay I'll just stay trim for the rest of my life and you'll all be done you know.

Billy: I told the kids over the weekend they go oh we're bored. I go for a walk. "That's boring" but I used to just do that on my own.

Dr. Wachtel: I tell my kids that if they don't walk they're all going to get tucases. You know what a tucas is?

Billy: Oy!

Amber: Oy! How about swimming Dr. Wachtel.

Dr. Wachtel: Great cardio, swimmings great. Great cardio

Amber: Okay do swimming.

Dr. Wachtel: Swimming's great for people that are having problems walking or pain in their leg or pain in their feet because there's nothing that can hurt your foot or your leg

when you're swimming.

Billy: Or walking in the lap pools. I see people doing that all the time.

Dr. Wachtel: I'm over at the Whittier in Haverhill and they have programs there where they do exercises in the pool for people that have all sorts of issues where they're having a hard time walking. Whoever it is that you would call they have a whole program in there for people that can't walk well but need the cardio and the rehab. It's very interesting.

Amber: Well, how about people who can't who have some problems when it comes to breathing, how about a nice massage, is that something you can do too?

Dr. Wachtel: A massage is more of a relaxation thing. It's not going to relax you but I don't see any benefit from a vascular kind of thing.. I mean it does create circulation to musculature but it's relaxing!

AMber: I tried, I tried!

Dr. Wachtel: We're working on that were interviewing some massage therapists. We're expanding our practice in North Andover soon and we're buying more space.

Billy: Okay, let's get your addresses and phone number before we let you go here.

Amber: Because everyone's been asking.

Dr. Wachtel: Sure, most important is my website [www.mitchellwachteldpm](http://www.mitchellwachteldpm). We recommend you sign on for free books so you get some information on the practice. My offices are Lowell 704 Rodgers St, North Andover 451 Andover St Suite 300, what else did I do, Haverhill 145 Ward Hill in Bradford and 60 East St at the Holy Family Hospital in Methuen.

Billy: And the phone number!

Dr. Wachtel: 978-794-8406

Amber: Alright Doctor, thank you so much!