

staying HEALTHY



HORIZON
HEALTH

Why does my heel hurt?

When it comes to conditions affecting the feet, heel pain is a common complaint. After all, the heel bone is the largest bone in the foot and absorbs the greatest amount of shock and pressure.

There are many causes of heel pain, ranging from conditions that affect the heel bone (heel spurs) to conditions that affect structures near it (plantar fasciitis or Achilles tendinitis).

Plantar Fasciitis

This is inflammation of the fibrous band of tissue called the plantar fascia, which forms the arch of the foot and connects the heel bone to the base of the toes.

The condition is common among athletes who run and jump and can be quite painful, according to the American Podiatric Medical Association. The condition occurs when the plantar fascia is strained over time beyond its normal extension, causing the soft tissue fibers of the fascia to tear or stretch at points along its length. This leads to inflammation, pain, and possible growth of a bone spur where

the plantar fascia attaches to the heel bone.

According to the Cleveland Clinic, plantar fasciitis is one of the most common causes of foot pain that brings patients to the podiatrist's office.

Heel Spurs

A heel spur occurs when calcium deposits build up on the underside of the heel bone. This abnormal growth is caused by strains on foot muscles and ligaments, stretching of the plantar fascia, and repeated tearing of the membrane that covers the heel bone. This can occur due to running or jogging, improperly fitted or excessively worn shoes, or obesity.

Heel spurs do not always cause pain. They often show up unexpectedly on X-rays intended for some other problem, according to the Mayo Clinic. However, they do occur in at least half the people who have plantar fasciitis.

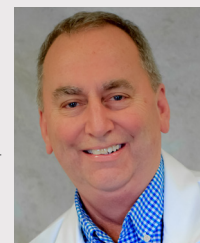
Achilles Tendinitis

This is an overuse injury of the Achilles tendon, which connects the calf muscle to

(continued on back)

Philip Holloway, DPM

Dr. Holloway is a podiatrist and a board certified wound specialist at Horizon Health. He sees patients—including those with diabetes—in Paris, Marshall, and Clinton.



Dr. Holloway was born and raised in Paris. He earned his bachelor's of science degree in biology from Millikin University and attained his doctor of podiatric medicine degree at the Illinois College of Podiatric Medicine in Chicago. He completed his residency at Hines VA/Loyola in Chicago.

He is a Diplomat for the American Professional Wound Care Association. Dr. Holloway has been affiliated with Horizon Health for more than 30 years. He was responsible for opening the first wound care center in the Wabash Valley, located at Horizon Health.

His medical/research interests include foot surgery, wound care, critical limb ischemia, and limb salvage.

Dr. Holloway and his wife, Lynn, have three children and three grandchildren.

Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

MyHorizonHealth.org



Diabetes can lead to amputation

Diabetes can cause several ill health effects, including heart disease, stroke, kidney and nerve damage. Another complication, which can be one of the most daunting, is limb amputation.

Diabetes can lead to peripheral artery disease (PAD), which causes blood vessels to narrow and reduces blood flow to the legs and feet. PAD also can cause nerve damage, known as peripheral neuropathy.

According to the Centers for Disease Control and Prevention (CDC), diabetes is the leading cause of lower-limb amputations. Amputations are related to chronic wounds caused by diabetes, especially diabetic foot ulcers. The most commonly amputated limbs are toes, feet, and lower legs.

The good news is that diabetes-related, lower-limb amputations are declining, according to the CDC. A 2012 report showed the rate of amputations dropped by 65 percent from 1996 to 2008. However, more needs to be done to help diabetes patients avoid amputations, the CDC states.

Don't smoke

Smoking is one of the biggest threats to feet for patients with diabetes, according to the American Diabetes Association. Smoking affects small blood vessels, which can reduce blood flow to the feet and make wounds heal slowly.

Pay attention to your feet

To avoid amputation, people with diabetes should wear proper footwear, have regular foot exams, and take extra care when trimming nails and treating cuts, scrapes, and blisters. Seek medical treatment if a wound does not heal or shows sign of infection.

HEEL *(continued from front)*

the heel bone. It is common among people who run and walk a lot.

The condition occurs when the tendon is strained over time, causing the fibers to tear or stretch along its length. This leads to inflammation, pain, and possible growth of a bone

spur on the back of the heel bone. According to the Mayo Clinic, self-care strategies are usually necessary to prevent recurring episodes. More serious cases of Achilles tendinitis can lead to tendon tears that may require surgery.

APRIL & MAY

Community Health Programs

STAY STRONG, LIVE LONG

Ongoing

» This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed Horizon Health Rehab staff.

FREE ADULT CPR/AED CLASS

April 1

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

MONTHLY HEALTH SCREENINGS

April & May

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be available at the following clinic locations.

Paris Clinic—April 5 & May 10 @ 7–9 am

Chrisman Clinic—April 9 @ 7:30–9:30 am

Fasting for eight hours in advance required.

Cost is \$25 at each location. Call 217-466-4228.

HEALTHCARE SCHOLARSHIPS

Deadline April 8

» Horizon Health is offering \$6,000 in healthcare scholarships to local students to further their education in the medical field. Applications can be printed at MyHorizonHealth.org/Scholarships. For more information, call Michelle Wilken at 217-466-4277.

HEALTH 360—AN ADULT WELLNESS FAIR

April 27

» This free event will take place from 9 am to noon in the Paris Clinic. Professional healthcare staff and area vendors will provide interactive wellness education, information pertinent to healthy aging, and more. Medical providers will speak about a variety of healthcare topics.