



The Chesapeake Foot & Ankle Center, P.A.

# FOOTNOTES

## CFAC forms partnership with Soles4Souls, international footwear charity

One of our many goals for 2009 was to invest more time and resources into helping charitable causes and, little did we know – after launching a search to identify a suitable partner – that we would choose a group with an international reach.



Imagine going to school or work and conducting your daily activities while barefoot – because you cannot afford  
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## CFAC to support Homeless Resource Day

Dr. Gottlieb and Dr. Leone will be participating in Anne Arundel County's second annual "Homeless Resource Day," on Saturday, March 28 from 9 am to 3 pm at Annapolis Middle School. The doctors will be providing free screenings and advice to those in need of foot care help. CFAC will also be collecting new and gently-used footwear to benefit the Soles4Souls collection effort. We hope you can show your support.



Ira J. Gottlieb, D.P.M.

## A WORD FROM DR. G

A number of interesting things happened when we published our first issue of FootNotes and decided to stage a "name the newsletter contest" and all of them were encouraging. For starters – and quite to our surprise – we received many compliments from our patients on the publication and some thanked us for engaging in this exercise. In the interest of full disclosure, we also received some suggestions and constructive criticisms on how to make FootNotes even better. Those comments prove that people actually read the newsletter, so I will place these actions in the "positive" column, as well. We appreciate your feedback, so keep those comments coming!

The number of entries we received in our "name the newsletter contest" – more than 80 – was also a pleasant surprise to us. It was obvious that many patients invested a great deal of time in this exercise, with comprehensive explanations and rationales attached to their submissions. Certain entries were humorous, some were thought-provoking and others were curious – but all were greatly appreciated.

We have narrowed our favorites down to three and are asking for your final vote,

with the results to appear in the next newsletter issue. Please e-mail us your vote to [footnotes@chesapeakefootandankle.com](mailto:footnotes@chesapeakefootandankle.com) or use the entry form in our office. The finalists are:

Just for Kicks

In Step News

Tootsie Times

Working on the newsletter has had a positive effect on our staff. It has given us another opportunity to gather, talk about ideas, share thoughts and look for ways to make our practice even better. Another positive development is our decision to support Soles4Souls, a charity that donates shoes to those in need around the world (did you know that more than 300 million people are currently living without shoes?). See the related story in this newsletter for more specific information.

Thank you very much for spending time reading our second issue. We look forward to your continued interest in The Chesapeake Foot and Ankle Center and our various activities. Stay well.

Ira J. Gottlieb, D.P.M.

shoes. This is the situation faced by more than 300 million people around the world, leaving them at risk for injury and disease. Soles4Souls, a Nashville, Tennessee-based charity is working to help these people and has a simple mission – to impact as many lives as possible with the gift of shoes.

The Chesapeake Foot and Ankle Center is committed to helping this group, and we need your support. If you are interested in participating, please bring a pair of new or slightly worn shoes to our office, and deposit them in the distribution box located in the lobby. What kind of footwear should you bring?

Soles4Souls regularly supports Women Domestic Abuse Shelters around the

country, and is in need of black, brown, and navy low heel shoes that are used during job searches. The organization is providing two pairs of shoes for up to 6,000 children that attend one of 140 camps that focus on abused and neglected children. The primary need for this group is tennis shoes and active footwear. Crocs and flip flops are also needed.

We are just getting started, but hope to arrange shoe donation drives in partnership with local organizations right here in our Anne Arundel community. Let us have your ideas on other ways to get involved and learn more about the organization by visiting [www.Soles4Souls.org](http://www.Soles4Souls.org).



## A turn for the worse. How to treat ankle sprains.

Ankle sprains are the most common injuries suffered among youngsters in the United States – especially athletically active ones – but there are precautions you can take to help prevent them.

An ankle sprain is the result of a stretched or torn ligament, which consist of strong bands of tissue that connect the bones at the ankle joint. You can recognize the injury by the appearance of swelling, discoloration and, of course, pain. If your child suffers what you believe to be a sprain, please keep a close eye on it. An inability to walk or move the ankle or the persistence of intense pain could be signals for a more serious problem.

You can start preventing spring ankle sprains now, by involving your children in wintertime activities, such as an indoor sports or exercising outside to keep joints and ligaments loose and limber. It is also helpful to “ease” your child into a springtime sports calendar slowing and methodically. We also recommend a pre-season physical examination for your kids to include their feet and ankles to identify any possible problem areas.

## April is Foot Health Awareness Month

If you didn't know that February is “National Pet Oral Health” Month and that “Cookbook” Month is celebrated in October, then you may not be aware of “Foot Health Awareness” Month in April. CFAC will have special events and programming to celebrate this occasion, and we wanted to give you plenty of time to prepare.

You can start now by conducting your own foot evaluation because, many times, the health of your feet is an excellent barometer of your overall body health. Some things to be on the lookout for include: hair loss on your toes, which could be a signal of poor circulation, swollen feet, which could be an indicator of heart or kidney problems and cracked heels, a condition that may be indicative of a more serious thyroid problem.

If you notice any problem area or condition that concerns you, please contact our office immediately to arrange an appointment.

## Senior Corner

Practicing preventive maintenance – whether it is for your car, your home or your body – always represents the best approach. Senior citizens must pay special attention to the care of their feet, as studies show that more than 25% of people residing in nursing homes are unable to walk.

The recognition of a potential problem – and addressing the issue – is akin to changing the oil in your automobile every 3000 miles. Here are some conditions to be on the look-out for:

- a slow-healing wound or sore on your foot
- the onset of cold feet, tingling or numbness
- changes in the color of our feet
- the shape of your foot becomes altered

Contact our office at 410-768-5800 to arrange an appointment if you detect any condition that causes you concern.



## FUN FOOT FACTS

- Greek philosopher Socrates is credited with the saying, “when your feet hurt, you hurt all over.”
- 25% of all the bones in your body are contained in your feet. When they are out of alignment, your body is also feeling that way.
- The average person takes 8 to 10,000 steps everyday – consisting of approximately four miles. Over a lifetime, this tallies up to 115,000 miles, or the equivalent of walking around the world four times.
- The condition of your feet reflects your total body health. Nerve and circulatory disorders, arthritis, diabetes and other ailments first appear in your feet.

Credit: [www.foot.com](http://www.foot.com)

## Disorder of the Month: Morton’s Neuroma

It has a strange-sounding name, this painful condition typically found on the “ball” of the foot at the base of the third and fourth toes. Women between the ages of 30 to 50 years of age are the most common sufferers of Morton’s Neuroma. It was first described by a surgeon, Dr. Dudley Morton in 1876. Surprisingly, the exact cause remains unknown. Theories include, like many foot problems, repetitive irritation to a particular area of the foot, trauma or a combination of many factors including poor-fitting shoes. A fun fact -- television character Dorothy Zbornak was treated for Morton’s Neuroma on the first season of *The Golden Girls*.

If you notice burning, shooting, cramping or numbing sensation near the ball of your foot that isn’t going away – or feel like there is something bunched up under your foot – you should visit our office for an examination. Early treatment can typically eliminate the need for surgery. Morton’s

Neuroma is a benign thickening of nerve tissue that eventually can cause permanent nerve swelling and pain. Surgery is then required.

People prone to foot problems including bunions and hammertoes are prime candidates for this painful condition, and runners or those wearing improper fitting shoes, or high heels can accelerate its onset.

Treatment plans vary based on the severity of the condition. Mild to moderate conditions can be treated with the addition of padding or orthotic devices to the shoes, changes in footwear or activities. Moderate to severe conditions often require the injection of medications or surgery. Surgical treatment removes or releases the affected nerve when less invasive treatments are not effective.

## CRG plays role in FDA approval of new medication

Thanks, in part, to the efforts of Chesapeake Research Group, the pain medication “Tapentadol” was recently approved for use by the U.S. Food and Drug Administration and will soon be produced and distributed jointly by pharmaceutical companies Johnson & Johnson and Grunenthal. The drug will be re-named and branded and offered as a prescription medicine for the relief of moderate to severe acute pain.

CRG participated in three separate studies that tested the effectiveness of Tapentadol, beginning in the summer of 2006, as part of a national study involving more than 1800 patients. According to information distributed by Johnson & Johnson, the medication was used to relieve pain after a “bunionectomy (which) is a standard foot surgery. The predictable level of moderate to severe pain for several days following this surgery makes bunionectomy an appropriate model for assessing the efficacy of potent analgesics.”

“This approval represents the end of the rainbow for our team,” explained Dr. Ira Gottlieb. “It is personally and professionally satisfying to be involved in a process that helps bring a new medication to the marketplace. We have witnessed the effectiveness of Tapentadol for pain management and consider it an excellent option when indicated,” he added.

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## EMPLOYEE SPOTLIGHT

### Deborah Tunick, RN Chesapeake Research Group

The words and phrases most commonly used to describe Debbie Tunick include: passionate, responsible and highly-organized. These traits, along with her background as a Registered Nurse, are called on every day as she manages the day-to-day operations of our clinical trial investigative site, Chesapeake Research Group (CRG).

Although her official titles are Director of Clinical Research and Site Manager, she essentially performs functions associated

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with a Chief Operating Officer. This position involves everything needed to maintain the flow of business – including human resources, accounting, marketing and business development.

In baseball, a player that can perform at every position on the field at an extremely high level is called the “utility player,” and the team has great confidence in this person’s abilities and versatility. Debbie calls on her experience as a nurse, desire for organization and overall people skills to act as that key player for CRG. She coordinates clinical and surgical trials at CRG that are sponsored by pharmaceutical companies interested in evaluating the effectiveness and safety of new medications (see related story).

After receiving her nursing degree from Abilene Christian University, Debbie set out to determine the best “fit” for her career. She began by applying her skills as an oncology nurse at the Anne Arundel Medical Center. Debbie then proceeded to explore other options by working in multiple hospitals in the DC and Baltimore areas. She was also

involved with medical missions in various parts of the world, including Uganda, Kenya and Honduras. In 2003, as part of her search for that “perfect job,” she worked at a clinical trial site in Cockeysville. This opened her eyes to a career path that would allow her to combine her passion with her abilities.

In April 2004, Debbie helped to open Chesapeake Research Group, under the tutelage of Dr. Ira J. Gottlieb. Her position at CRG offers her the best of both worlds, allowing for patient interaction, while utilizing her business management skills. “My current position provides great satisfaction to me on many different levels,” Debbie explained. “The overall role of CRG is to test medications that will hopefully one day be marketed to help improve the quality of people’s lives. But the process and positive by-products of our work is equally important. In many situations, we are treating medical conditions – and helping people – that otherwise could not afford the care or surgical procedures. I get to split my time wearing my nursing cap and my administrative hat.”

Debbie explains that CRG’s small size and “mom and pop” mentality is a key advantage to performance and patient care. “We work in a close, family atmosphere with an intimate setting, where we all look out for and care about each other. This level of care also translates to our feeling about the patients. I would never be involved with a clinical trial that I wouldn’t put my own mother in,” she said.



### HOW TO CONTACT OUR TEAM:

For foot or ankle problems, or to schedule an appointment, contact

Chesapeake Foot & Ankle Center  
410-768-5800  
[www.chesapeakefootandankle.com](http://www.chesapeakefootandankle.com)  
[appointments@chesapeakefootandankle.com](mailto:appointments@chesapeakefootandankle.com)

To learn more about current research studies underway and volunteer opportunities, contact

Chesapeake Research Group  
410-761-0118  
[www.chesapeakeresearch.com](http://www.chesapeakeresearch.com)  
[info@crgmd.com](mailto:info@crgmd.com)



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