

Podiatric Medicine

By Dr. James E. Webb, D. Podiatrist

Merle Boyd Center



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Podiatrists see many different pathologies in the human foot. The foot is been called a mirror of overall health because of the multiple findings and symptoms it can be found in the human foot. Most of these deal with four different systems. The circulatory system of the foot, being far from the heart is often in early area for vascular disease detection. It is not uncommon to perform vascular evaluations of the foot and these findings lead to further evaluations that reveal coronary artery disease or vascular disease of the brain or other organs. The neurological system of the human foot is also one of the first areas that are affected by multiple diseases including diabetes, anemia and thyroid disease so early detection of neuropathies and nerve damage in the foot can often lead to early intervention in these areas preventing some of the long-term complications that can be associated with these diseases. The dermatological condition of the foot varies greatly depending on the patient. From simple things like fungal toenails and athlete's foot to more serious conditions of tumors, cancers and foot ulcerations there are multiple dermatological pathologies that podiatrists treat on a daily basis. The musculoskeletal system is most often thought of with the foot structure as anybody who is had a sore foot realizes how difficult it is to perform simple daily activities with a painful foot. Trauma such as sprains and fractures, arthritis is such as Gallatin, rheumatoid arthritis and even simple things like heel pain or bunions and hammertoes can all cause pain with simple different daily activities. Curing these complicated musculoskeletal problems and allowing people to maintain a healthy and active lifestyle is one of the greatest benefits that podiatric physicians can offer the general public.

Podiatric medicine is the branch of the healing arts that deals with the human foot and ankle and the pathology that affects this structure. The foot and ankle area is a very complicated area that develops multiple pathologies. Leonardo da Vinci is quoted as saying "the human foot was an engineering masterpiece and a work of art". Unfortunately many things can go wrong with that engineering masterpiece.

Podiatrists are trained in allopathic medicine at one of 12 schools in the United States, most of the schools are run by state medical colleges. After college, a doctor of podiatric medicine receive a DPM degree from one of these accredited schools after four years of training, they then go on to residency programs that vary in length from 2 to 4 years. These residency programs specialize in various conditions that affect the human foot including pediatrics surgery sports medicine and diabetic foot care. While the training is very similar to that received by an MD, podiatrists are limited in their scope of practice to the human foot and ankle.

Diabetic foot care is an area that podiatry has a great impact. Diabetes is a epidemic in the United States and as the baby boomers age more more people are diagnosed with diabetes. Foot complications are one of the leading causes of morbidity and mortality in the diabetic population because of the vascular and neurological impacts the disease has on the human foot and thus early detection and intervention by podiatrist is critical in maintaining the health of the diabetic patient. The American diabetes Association along with the American Medical Association and even the United States government have put out policies that

all diabetics should receive regular routine diabetic foot exams in an attempt to prevent the complications of diabetes. It is estimated that the annual healthcare cost of diabetic foot complications exceeds \$6 billion dollars.

If you are having any type of foot or ankle pain, are diabetic, or have reason to believe that you have poor circulation in your feet and legs do not hesitate to see your local podiatrist. Doctors of Podiatric medicine strive to have their patients in a pain free environment, able to perform their daily activities and maintain a healthy lifestyle. Happy feet are healthy feet.

Business Committee Meeting Minutes are now accessible on the Website and Facebook sacandfoxnation-nsn.gov

In preparation for Pow-Wow The Final Camp Clean-up Day Will Be Weekend of June 13

Please have trash ready for pickup by the roadway and larger items please mark with an X so we know to go into the camp for disposal. If you have limbs around your camp please pick them up so we can mow around the campsite.

Robyn Harms
Candidate for
Committee Member



Hello Sac and Fox Nation Tribal Members! My name is Robyn Harms and I am running for Committee Member. I currently reside in Shawnee, OK where I hold the position of Human Resources Manager at the Black Hawk Casino. I have worked at the casino since 2009 and I have held different positions throughout my tenure. I have recently completed my Associate's Degree and am currently working on my Bachelor's. I would love the opportunity to serve as Committee Member to advocate on behalf of all tribal members. I believe the experience and knowledge I have gained working at the casino will help in making informed decisions for the Sac and Fox Nation.

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1-800-648-2302 or 918-758-2722

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Absentee Shawnee Tribe of Oklahoma
Domestic Violence Program

Mission Statement
The Absentee Shawnee Tribe of Oklahoma's Domestic Violence mission is to eliminate violence in Native Country and to strengthen Native families to end the cycle of violence. Absentee Shawnee Tribe Domestic Violence program serves Native American families and Non-Native families by providing advocacy in the areas of Domestic Violence, Sexual Assault, Stalking, and Dating Violence.

Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Drive Shawnee, Oklahoma 74801
Phone: (405) 275-4030 Fax: (405) 273-1192
National Domestic Violence Hotline: 1-800-799-7233
National Sexual Assault Hotline: 1-800-656-4673

Stroud, Oklahoma SAC & FOX NATION June 13th - 14th

ALL-AROUND PRIZES IN EACH AGE GROUP

GRAND ENTRY THEMES
SAT: Proud to be an American
SUN: My futures so BRIGHT

- Members enter online at www.nlbra.com
- New/non members call Carrie to enter @ (405) 574-4660
- Entries close June 8th @ 9 pm
- Draw out is Wed. June 10th by 9 pm
- Fees paid either by PAY-PAL by June 8th or CASH 2hrs Prior to the rodeo
- Saturday rodeo starts at noon
- Sunday rodeo starts at 10:00 am
- Cowboy church Sunday at 8:30 AM
- NON-ALCOHOLIC FACILITY

June 2015 SAC AND FOX NATION FOOD DISTRIBUTION PROGRAM

Mon	Tue	Wed	Thu	Fri
ELDERS DAY 1 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY 2 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 3 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	ELDERS DAY 4 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 5 8:30-2:30 SHAWNEE 8:30-2:30
WAREHOUSE 8 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 9 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 10 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 11 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 12 8:30-2:30 SHAWNEE 8:30-2:30
WAREHOUSE 15 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 16 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 17 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 18 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 19 8:30-2:30 LITTLE AXE SHAWNEE 8:30-2:30
LATE NIGHT 22 WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT 23 SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	WAREHOUSE 24 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 25 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 26 8:30-2:30 PERKINS SHAWNEE 8:30-2:30
CLOSED FOR INVENTORY 29	CLOSED FOR INVENTORY 30			