

MEDICINE on the Net[®]

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Vol. 18 No. 5

FEATURES

New on the 'net 4

- Groups urge caution on 45 standards of care
- Alabama initiative uses tech to track hygiene compliance
- FDA to trim alarm fatigue

Healthcare guide to the Internet

- Foot health 7
- Substance abuse 14

Site of the month 20

- The FootHealthFacts.org website contains information on foot and ankle conditions, symptoms, and treatment options. The content of the website is developed and populated by the American College of Foot and Ankle Surgeons, which is a specialty medical society of more than 6,000 members, including podiatrists.

Solving the clipboard conundrum

by Cynthia Johnson

Clipboards are used by healthcare organizations to collect patient information; however, the push to abandon paper processes has made them an obvious target in need of a high-tech solution.

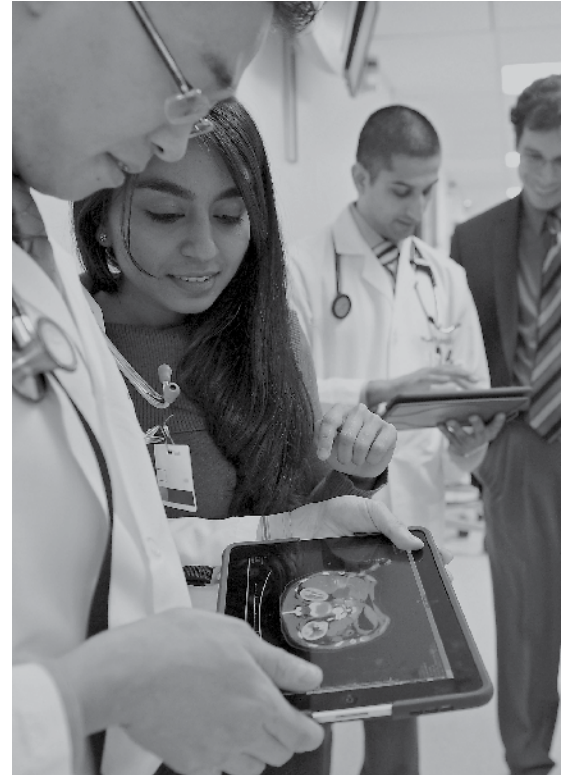
Some healthcare professionals are opting to replace their clipboards with mobile computing devices like the Apple iPad[®] in an effort to increase efficiency and reduce the headaches associated with paper and pencil-based data collection methods.

According to one recent survey by the Spyglass Consulting Group, 98% of physicians interviewed reported using mobile computing devices to support their personal and professional work flows. However, a common barrier to adoption included hospitals' resistance to support mobile devices on a corporate network due to security, reliability, and cost concerns. This month, **Medicine on the 'Net** looks at two ways you can implement the iPad to solve the clipboard conundrum.

Company looks to cure patient registration fatigue

Tonic Health (www.tonicforhealth.com) of Menlo Park, Calif., is attempting to dramatically change medical data collection by replacing the dreaded patient registration clipboard with its own iPad application, which strives to make the data collection process fun for patients. That's right, we said it—fun.

"Anecdotally, we're finding that patients are willing to fill out 30% more questions with



our tool because it is game-like, simple, fun, and intuitive," says **Sterling Lanier**, Tonic Health's CEO.

Lanier describes Tonic as a data collection platform that works for all kinds of data. It replaces conventional tools used to register patients, assess risk, and measure patient satisfaction.

When used in lieu of a patient registration form, Tonic can ask typical registration questions; it can also ask questions related to why the patient is there by posing queries about pain. Physicians can include their own custom questions using the Tonic online survey builder, which is a self-service platform. Additionally,



practices can pick from a variety of different premade surveys, tweaking them to suit their own needs, or create and deploy their own survey.

“Doctors have eight to 10 minutes with a patient,” says Lanier. “They really only have time to address the one thing the patient is there for. Tonic allows for additional questions to be asked and harvested for the physician before the appointment.”

When used in lieu of conventional risk assessment methods, Tonic’s software engine can calculate a patient’s risk for a disease or condition. It can even provide patients with a specific percentage representing their risk, although some providers don’t activate this feature.

As an example of Tonic’s customizability, according to Lanier, a cardiovascular physician has Tonic ask questions about patient sleep patterns, because he feels there is a link between heart health and sleep disorders. Additionally, a cardiovascular group using Tonic is calculating Framingham

risk score profiles based on data provided by patients. The group’s office gives patients their scores to educate them about their risk of getting heart disease. Identifying those at risk also helps physicians create disease or condition groups that require specific interventions. Lanier notes that because Tonic can help identify at-risk patients earlier, the software can result in cost reductions.

At the end of a healthcare transaction, Tonic can collect feedback and assess patients’ satisfaction regarding their experiences.

“Hospital reimbursement is now tied to patient satisfaction and quality of care outcomes,” says Lanier. “We’re the perfect tool to do that because we’ve created this patient engagement.”

Tonic can also help healthcare professionals use data in ways that they never could when it was being collected on paper. In addition to screening, tracking, and segmenting populations, some physicians are beginning to use the data for research purposes.

In fact, according to Lanier, he developed the idea for Tonic when he was working for a market research firm called Chatter that had a large number of healthcare clients. At the time, the University of California was attempting to link all its breast health clinics as part of a data mining exercise to combine clinical care with research. The physician in charge of the project wanted to create a huge data set to research breast cancer. When Lanier asked the physician how she would collect the data, she responded by showing him a

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stack of questionnaires as thick as a phone book. He began wondering what the questionnaires would look like on a tablet, and the idea behind Tonic was born.

Although the product launched recently, Lanier says Tonic has garnered interest from practices of all sizes and specialties. “It seems like this is an acute problem across all of healthcare and that it is applicable in many types of situations,” he says.

The company charges customers using an annual license cost that is based on broad tiers of survey volume.

In the future, Tonic Health plans to allow patients to save their information. That way, when they go to other Tonic-enabled practices, they won’t have to reenter the data.

Tonic’s HIPAA-compliant system is cloud-based, meaning that the data that is collected does not live on the iPad. Every time a patient clicks Submit, the data is sent to an electronic health record, or database, where it is saved. Additionally, each iPad is password protected.

Tonic is currently implementing a physician version of the product. After patients complete their intake form using Tonic, the information will be sent to an iPad with a physician version of the software. “Before a physician walks into the room, he is able to review all the completed information from the patient’s screening form,” says Lanier. “The doctor pad will highlight the answers that have potential abnormalities.”

Reducing the impact of resident regulations

Every morning, residents at teaching hospitals begin their day with patient rounds. As they work with patients, they must compete with one another for use of a limited number of computers that are needed to order tests and medications, get results, and input data. In addition to their limited availability, the computers are often physically located away from patients.

“There’s this tension between wanting to be with your patients and needing to use the computer to implement the plans for the day,” says **Bhakti Patel**, pulmonary critical care fellow at the University of Chicago Medicine. “If you have your own way of accessing the record, you’re going to be more efficient.”

In November 2010, the University of Chicago Medicine deployed 115 iPad devices to internal medicine residents to help increase their efficiency. The devices are showing promise by helping residents make the most of their time in the wake


of newly implemented regulations that limit their shift hours.

“Because their exposure to work is being limited in terms of their hours, we have to come up with novel ways of imparting education,” says Patel, who helped conduct a study that looked at the benefits of the devices to residents. She is the study’s first author.

The study examined whether the ordering patterns of residents changed after the implementation of mobile computing. To do this, it compared a three-month time period when residents did not have iPad access to a three-month time period when they did.

The study found that, armed with the devices, residents placed more orders and did so earlier in the admission process, thus reducing delays in patient care. “It signaled that patient care was becoming more real-time as opposed to fragmented by the availability of computers or the availability of the data needed to make decisions,” says Patel. On average, residents were saving about an hour per day using the devices.

Each iPad is loaded with a number of useful tools, including a remote desktop application called Citrix®, links to the hospital paging directory, PubMed®, and medical calculators. Residents also use their devices during twice-daily conference sessions to review internal medicine board questions. Instead of one person raising his or her hand to answer a question, the question is posed on the iPad and everyone can respond using an audience response app. “It was a way for us to make our conferences a lot more interactive,” says Patel.

The hospital invests about \$650 for each iPad, which includes insurance, a protective cover, straps, and software. Funding for the study and the devices came from the university’s Department of Medicine. The results of the study can be found in a research letter published in the March 12 issue of the *Archives of Internal Medicine*. 



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New on the net

ACA repeal would squeeze for-profit hospitals

If the Affordable Care Act (ACA) is fully or partially nullified by the U.S. Supreme Court, for-profit hospital operators will face a credit-negative situation as costs increase and profit margins shrink, according to a special comment report from Moody's Investors Service.

That could be detrimental to the credit position of for-profit, acute care hospital operators, such as Community Health Systems, HCA, and Tenet Healthcare Corp., which could find themselves with less cash flow available to reduce debt.

Groups urge caution on 45 standards of care

In an effort to promote care that is necessary and supported by evidence, nine physician societies identified 45 tests and treatments they say should be questioned by physicians and patients because of their potential for needless cost, waste, and harm.

The "Choosing Wisely" campaign, launched by the American Board of Internal Medicine, has been seeking a consensus on types of care that are overused or unnecessary, but which remain the standard in many physician practices.

The nine participating groups are:

- » American Academy of Allergy, Asthma & Immunology
- » American Academy of Family Physicians

Partners HealthCare energy overhaul

Partners HealthCare has joined a nationwide health-care consortium designed to reduce healthcare's environmental impact. According to the *Boston Business Journal*, it will result in a savings of \$15 million per year as part of the energy overhaul.

Partners is the parent of Massachusetts General Hospital and the Brigham and Women's Hospital. Its goal is to reduce energy use by 25% at Partners-owned buildings.

The consortium is known as the Healthier Hospitals Initiative and was launched by California's Kaiser Permanente. It includes 500 hospitals nationwide who will take steps to conserve energy, lower their use of toxic chemicals, and reduce waste (including hazardous waste).



- » American College of Cardiology
- » American College of Physicians
- » American College of Radiology
- » American Gastroenterological Association

- » American Society of Clinical Oncology
- » American Society of Nephrology
- » American Society of Nuclear Cardiology

Hospital offers free testing to 307 former patients

Sheridan Memorial Hospital of Wyoming has offered free disease testing to 307 former patients who had a procedure in which a potentially infected airway was used. According to a *Billings Gazette* article, the sterilization procedure for the reusable airways employed in the procedures did not include autoclaving, which was contrary to the hospital's policy and the recommendation of the airway manufacturer. The hospital recently switched to disposable airways.



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New on the 'net

Contradicting findings regarding high-cost hospitals

A Massachusetts Institute of Technology (MIT) study suggesting that more expensive hospitals in New York provide higher-quality health-care seems to contradict findings from the Dartmouth Atlas of Health Care. According to a *Washington Post* article, a researcher with Atlas said the two studies are looking at different data.

The MIT study looks only at data from the emergency room, making it impossible to know what happens after the initial episode of care and whether higher spending would continue to translate into better quality.

The researchers did agree that they weren't going to get better healthcare outcomes by simply throwing money at low-cost hospitals to make them high-cost hospitals.

Alabama initiative uses tech to track hygiene compliance

Alabama's Putting Power into Healthcare Initiative (PPHI) bills itself as the first statewide effort to use a data-backed network to encourage and track hand washing across multiple hospitals in a state. According to a *HealthcareITNews* article, the PPHI involves Birmingham, Ala.-based IT firm Proventix, Alabama Power, and 27 participating hospitals working together to improve health quality compliance.

The initiative installs Proventix's nGage system in participating hospitals. nGage uses active communication screens and radio-frequency badges tied to a data

and quality compliance system. By using nGage, hospitals measure when and how often their employees and healthcare professionals wash their hands.

U.S. CTO advocates putting health data in patients' hands

U.S. Chief Technology Officer (CTO) Todd Park has expounded on the government's efforts to put reams of healthcare data into the hands of patients and providers. According to a *Bangor Daily News* article, the U.S. Department of Health and Human Services is making health information—from clinical trial results to individual medical records—more accessible. Park highlighted a program led by the U.S. Department of Veterans Affairs, which allows veterans and members of the military to download their individual health records through a secure website.

More than 750,000 people have accessed their records since the program launched in 2010.

FDA's medical device ID system still inactive

After five years, a federal law giving hospitals unique identifiers for every medical device that's in their inventory or in use with patients has yet to be implemented. According to a *HealthLeaders Media* article, it's the same type of identifier found on appliances purchased at retailers like Wal-Mart.

Blair Childs, senior vice president of Premier, a performance improvement alliance of more than 2,500 U.S. hospitals and 81,000 other healthcare sites, said that the delay probably stemmed from incompetence at the overworked and underfunded FDA, inertia at the

Doctor sues MGH bosses over control of inventions

Dr. Joseph A. Grocela is in a legal fight with Massachusetts General Hospital (MGH) and its corporate parent, Partners HealthCare System, Inc. According to a *Boston Globe* article, the fight is over who owns the rights to inventions the

doctor created in the basement workshop of his Weston, Mass., home. He has invented items ranging from urological devices to a voice box that helps musicians harmonize and improves intonation for the deaf.

Although Grocela signed a contract with MGH that gives the hospital ownership rights to his inventions, he says the policy can't be applied to what he does at home, on his own time.

Partners has filed a motion to have the lawsuit dismissed. The case is scheduled for a May 15 hearing.



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New on the 'net

White House's Office of Management and Budget, and objections by the medical device industry.

New Hampshire hospitals create collaborative to crunch costs and improve care

Five New Hampshire health systems covering nearly half the state's population are embracing a data-driven approach to improving healthcare and reducing costs through their collaborative Granite Healthcare Network (GHN). A key focus is using predictive analytics to help the hospitals manage the health of the population they serve, says a *New Hampshire Union Leader* article. Claims data from hospitals will be analyzed with a Verisk Health program to identify problem areas at five GHN members: Concord Hospital, Elliot Hospital, LRGHealthcare, Southern New Hampshire Health System, and Wentworth-Douglass Hospital.

Boston-area collaboration compiles data for personalizing cancer center

Two Boston-area teams have assembled massive encyclopedias that predict the vulnerability of hundreds of different subtypes of cancer to dozens of drugs.

According to a *Boston Globe* article, the catalogs, which were made freely available online, are an important step toward the routine personalizing of cancer care, in which patients will receive treatments tailored to specific genetic changes that influence a tumor's response to drug regimens. The data is already being used to design more sophisticated early-stage clinical trials of drugs.

Florida hospitals and doctors to create patient data system

A consortium of local hospitals and the physician-led Hillsborough Medical

Association are separately discussing ways to link electronic patient records throughout the Tampa Bay area. According to a *Tampa Tribune* article, hospitals have the most money invested in the issue, but local doctors think they are more patient-centered and better suited to coordinate the effort.

In 2009, the federal government's \$27 billion push to transition to electronic medical records came with expectations that patient data could be more efficiently and cheaply shared among providers; the increased access to information would help avoid redundant tests and procedures. However, the government did not include a framework suggesting who should define and lead the creation of medical information exchanges capable of translating data from as many as 1,000 approved medical record software products.

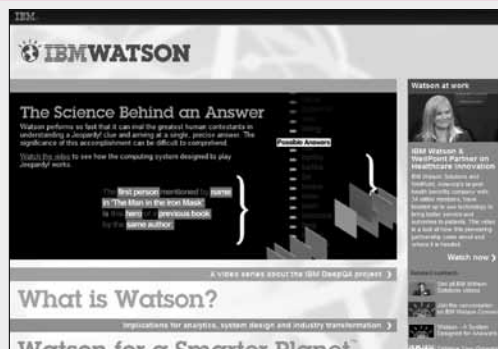
FDA to trim alarm fatigue

The FDA is taking steps to reduce alarm fatigue in hospitals by intensifying its pre-market review of medical devices that sound alarms and could contribute to the desensitization of nurses. According to a *Boston Globe* article, alarm fatigue has been linked to hundreds of deaths.

Alarms on monitors, medication pumps, ventilators, and beds already sound constantly in hospitals. One of the FDA's top device officials indicated that he wants to keep new products that do not serve an important function from needlessly adding to the noise. ☒

IBM, NYC hospital training Watson in cancer

The medical training of IBM's Watson computer will continue with a residency at a Manhattan cancer hospital. According to a *Boston Globe* article, IBM and Memorial Sloan-Kettering Cancer Center will add the latest in oncology research to Watson's knowledge base and continually update it. The results should help the hospital diagnose and treat cancer more quickly, accurately, and personally.



HEALTHCARE GUIDE TO THE INTERNET

Focus: Foot health resources

Our feet are responsible for getting us where we need to go. There are a number of sites dedicated to foot health that can help us ensure they stay in top form. In addition, maintaining foot health is particularly important for diabetics and those with arthritis.

The American Diabetes Association site (www.diabetes.org) contains information regarding diabetic foot care, including changes to look for that indicate there may be a problem.

The American Academy of Podiatric Sports Medicine site (www.aapasm.org) is especially helpful for athletes. The site provides information about footwear and orthotics, plus articles about sports-related activities.

Lastly, the Arthritis Foundation (www.arthritis.org) contains information on more than 100 types of arthritis conditions, including information about diagnosing foot injuries and problems related to arthritis.

A number of foot health resources are described and reviewed in the following pages, as listed in the index below, using the five-star system to rate each on content, interface, and style.



American Academy of Orthopaedic Surgeons

<http://orthoinfo.aaos.org>

Ratings: Content: ***** Interface: ***** Style: *****

The American Academy of Orthopaedic Surgeons (AAOS) maintains a website called OrthoInfo. It provides patients with trusted information regarding orthopedic conditions.

You can navigate this website using the left-hand navigation links. You can search for specific information by selecting a part of the body or a category. The home page also has links to featured content on the site, such as news articles and content regarding timely topics such as lower back pain treatment options. To access the foot health information on the site, select Parts of the Body, then click Foot & Ankle.

Key features of this site include:

- » Information about broken bones and injury, such as ankle fractures
- » Information about sprains, strains, and other injuries
- » Information about diseases and syndromes of the foot, ankle, heel, and toes
- » Treatment and rehabilitation content
- » Prevention and safety advice on topics such as athletic shoes, diabetic foot care, and footwear
- » Links to additional information

Unique elements: The site contains stories by patients who share their experiences on topics such as reconstructive foot surgery.

OUR SITE-RATING SYSTEM

| | | | | |
|-----------|-----------|------|------|----------|
| ***** | **** | *** | ** | * |
| Excellent | Very good | Good | Fair | Adequate |

Index: Foot health resources

| | |
|---|----|
| American Academy of Orthopaedic Surgeons..... | 7 |
| American Academy of Podiatric Sports Medicine | 8 |
| American Diabetes Association..... | 8 |
| American Orthopaedic Foot & Ankle Society..... | 9 |
| American Podiatric Medical Association..... | 10 |
| Arthritis Foundation..... | 10 |
| Foot.com | 11 |
| National Diabetes Information Clearinghouse..... | 11 |
| National Institute of Arthritis and Musculoskeletal and Skin Diseases..... | 12 |
| National Institute on Aging | 13 |

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Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, American Academy of Orthopaedic Surgeons, AAOS.

American Academy of Podiatric Sports Medicine

www.aapasm.org

Ratings: Content: ***** Interface: ***** Style: *****

The American Academy of Podiatric Sports Medicine (AAPSM) works to advance the understanding, prevention, and management of lower-extremity sports and fitness injuries through education, scientific research, public awareness, and membership support.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as articles, news, and event information.

Key features of this site include:

- » Information about the academy
- » Membership information
- » A calendar of events
- » Information about choosing footwear for running, training, walking, and toning
- » Information and articles on foot health topics, such as diabetes, athlete's foot, ankle sprains, neuroma, knee injuries, plantar fasciitis, shin splints, and fractures
- » Information about orthotics



- » Information about preventing sports injuries in adolescents and children
- » Advice regarding running form and style to promote foot health
- » Information about shoe selection and how it affects foot health

Unique elements: The site contains a number of articles about sports-related activities, such as running, soccer, and tennis, and the impact these activities have on foot health.

Comments: The site's home page has a link to an Ask the Expert feature.

Cost: The majority of the information on the site is free with certain areas restricted to members only. To learn more about membership, click the Membership link.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, podiatric sports medicine, American Academy of Podiatric Sports Medicine, AAPSM.

American Diabetes Association

www.diabetes.org

Ratings: Content: ***** Interface: ***** Style: *****

The American Diabetes Association (ADA) works to prevent and cure diabetes and to improve the lives of those affected by the disease. The association funds research, delivers services, and provides information.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page to access featured content, such as articles, online tools, and recipes. The site has a great deal of information regarding diabetic foot care that can be found under Living With Diabetes.

Key features of this site include:

- » Prevention advice, including having a foot exam completed annually
- » How to care for your feet if you have diabetes, such as wearing shoes and socks at all times and checking your feet daily for red spots, swelling, and blisters
- » Information about neuropathy
- » Information about looking for skin changes in your feet if you have diabetes



- » Information about calluses and diabetes
- » Information about how foot ulcers are treated
- » The link between diabetes and poor foot circulation
- » Information about amputation, which people with diabetes are more likely to undergo
- » The hazards of smoking, which affects small blood vessels and can cause decreased blood flow to the feet as well as slower wound healing

Unique elements: The site contains message boards for those who would like to connect with others with diabetes and foot health issues. Registration may be required.

Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: http://professional.diabetes.org/content/rss/rss_breakingnews.xml

Keywords: podiatry, feet, foot health, ankles, toenails, American Diabetes Association, ADA.

American Orthopaedic Foot & Ankle Society www.aofas.org

Ratings: Content: ***** Interface: **** Style: ****

The American Orthopaedic Foot & Ankle Society (AOFAS) is a medical specialty society composed of more than 1,800 surgeons who specialize in the surgical and medical care of the foot and ankle.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page

to access featured content, such as event information and quick links to frequently requested content.

Key features of this site include:

- » Information about the society
- » Membership information
- » Educational opportunities for physicians and residents, including webinars on topics such as trauma and ankle arthroplasty
- » Event information
- » Research information
- » A career center
- » Health policy information
- » Links to related organizations
- » Newsletters on the clinical management of foot and ankle problems and upcoming events
- » Links to news articles
- »
- » An Interactive Footcare Finder tool where patients can click on the area of the foot causing them pain to find out about possible conditions and treatments
- » Information for patients on how to select the right athletic shoe

Unique elements: The site contains specialized content for patients, medical professionals, residents, and fellows.

Comments: The site contains links to social networking tools like Twitter™.

Cost: The majority of the information on the site is free with certain features restricted to members only.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, American Orthopaedic Foot & Ankle Society, AOFAS.





American Podiatric Medical Association

www.apma.org

Ratings: Content: **** Interface: **** Style: ****

The American Podiatric Medical Association (APMA) is a resource for foot and ankle health information. The organization represents an estimated 15,000 podiatrists in the United States. The association's mission is to advance and advocate for the profession and surgery.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page to access featured content, such as news articles and advice.

Key features of this site include:

- » Information about the association
- » An Ask the Expert feature
- » News articles
- » Accreditation information
- » Information for members, including educational resources such as webinars
- » Resources for policymakers
- » Information about how podiatrists help prevent diabetes complications
- » Foot health brochures
- » Foot health tip sheets
- » Information about careers in podiatry
- » Links to social networking sites such as Twitter

Unique elements: The site contains information for runners to help them run injury free.

Comments: The site contains a provider lookup tool.

Cost: The majority of the information is free with certain areas restricted to members only. For more information, click the Members link.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, podiatric sports medicine, American Podiatric Medical Association, APMA.

Arthritis Foundation

www.arthritis.org

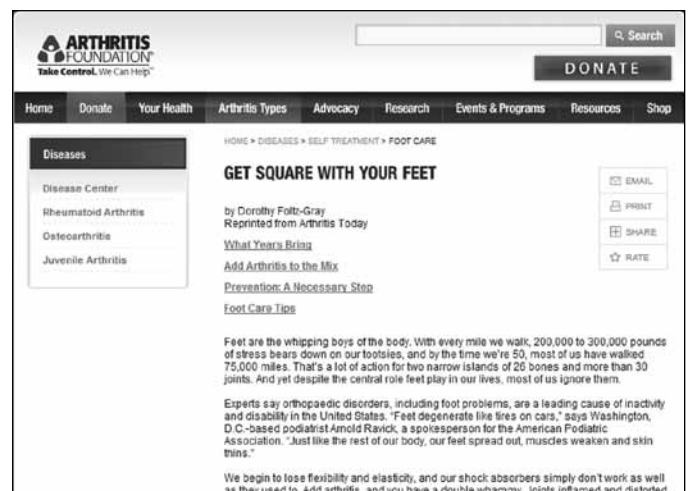
Ratings: Content: ***** Interface: ***** Style: *****

The Arthritis Foundation (AF) is a nonprofit organization that supports more than 100 types of arthritis and related conditions. The foundation contributes to arthritis research, provides public health education, pursues policy and legislation, and conducts evidence-based programs.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page to access featured content, such as event information, news, and updates. The site has helpful information regarding arthritis conditions of the foot.

Key features of this site include:

- » A symptom checker
- » Information about arthritis and diseases that affect the feet and ankles
- » Information about diagnosing foot and ankle injuries and problems related to arthritis



- » Information about imaging and lab tests used to help diagnose foot and ankle problems
- » Anatomy of the foot and ankle
- » Treatment information
- » Pain management advice
- » Prevention information
- » Advice on managing pain, such as rest, compression, ice, elevation, and the use of canes or braces
- » Information about different types of arthritis
- » Event information

Unique elements: The site contains blogs.

Comments: The site is available in English and Spanish.

Cost: Free. Registration may be required to use certain features.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, Arthritis Foundation, AF.

Foot.com

www.foot.com

Ratings: Content: ***** Interface: ***** Style: *****

The Foot.com site describes itself as “the world’s most comprehensive foot health site.” The site contains information about the causes, prevention, and treatment for common foot problems and discomfort. It is a division of Aetrex Worldwide, Inc.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site’s home page to access featured content, such as specific foot conditions.



Key features of this site include:

- » Information about specific conditions, such as Achilles tendonitis, heel pain, neuropathy, overlapping toes, and overpronation (flat feet)
- » Information about the causes of foot conditions
- » Treatment information
- » Foot facts
- » A sports center
- » A diabetes center
- » Information about foot types
- » Links to consumer information
- » Information for professionals on topics such as industry news, podiatry news, and sports and fitness

Unique elements: The site contains a pain identifier tool. You’ll find it in the Foot Health section.

Comments: The site contains message boards for those looking to connect with others regarding foot topics.

Cost: Free.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, podiatric sports medicine, Foot.com.

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov>

Ratings: Content: ***** Interface: ***** Style: *****

The National Diabetes Information Clearinghouse (NDIC) is an information dissemination service of the



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National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), which is part of the National Institutes of Health (NIH).

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as information for the newly diagnosed. The site contains information about diabetes and foot health.

Key features of this site include:

- » Advice regarding foot care if you are diabetic, such as washing feet in warm water daily; examining feet for cuts, sores, or other problems; and wearing slippers or shoes to prevent injuries
- » A publication called *A Health Care Provider's Guide to Preventing Diabetes Foot Problems*
- » Information about the types and symptoms of diabetic neuropathies
- » Treatment options for diabetes
- » Complications related to diabetes
- » Prevention information
- » Fact sheets
- » Links to additional resources
- » Statistics

Unique elements: The site contains a kit called "Feet Can Last a Lifetime." You'll find it in the Complications of Diabetes section.

Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, National Institutes of Health, NIH, National Institute of Diabetes and Digestive and Kidney Diseases, NIDDK, National Diabetes Information Clearinghouse, NDIC.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

www.niams.nih.gov

Ratings: Content: ***** Interface: ***** Style: ****

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) supports research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases. The organization trains scientists to carry out research and disseminate information on research progress. It's part of the National Institutes of Health (NIH).



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You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as news and event information. The site contains content regarding arthritis and foot health.

Key features of this site include:

- » Information about foot health topics
- » Clinical trials resources
- » Journal articles
- » Research projects
- » Links to news stories
- » Event information
- » Links to social networking sites

Unique elements: The site contains video and audio presentations in the health information section's multimedia page.

Comments: The site has links to social networking tools like Facebook.

Cost: Free.

RSS XML link: None.

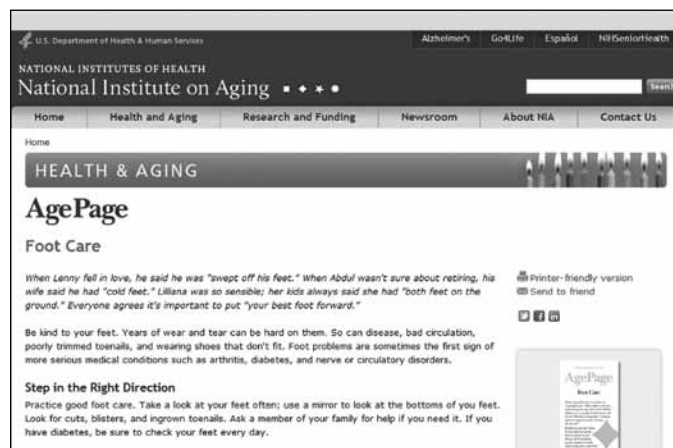
Keywords: podiatry, feet, foot health, ankles, toenails, National Institutes of Health, NIH, National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIAMS.

National Institute on Aging

www.nia.nih.gov

Ratings: Content: ***** Interface: **** Style: ****

The National Institute on Aging (NIA) is one of the



National Institutes of Health (NIH). It is dedicated to understanding the nature of aging and supporting the health and well-being of older adults.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page to access featured content, such as news articles. The site contains information regarding foot health.

Key features of this site include:


- » An A–Z index
- » Information about common foot problems, such as warts, bunions, and neuromas
- » Information on foot care, such as putting the feet up when sitting down, examining the feet daily (including the bottoms), and making sure the feet are dry before putting on shoes
- » Advice on how to make sure shoes fit correctly
- » Answers to FAQs
- » Publications
- » Information about clinical trials
- » News articles
- » Information about the institute
- » Information geared to consumers, healthcare providers, and researchers

Unique elements: The site contains a Foot Care brochure that users can choose to download, order, or read online.

Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: None.

Keywords: podiatry, feet, foot health, ankles, toenails, National Institutes of Health, NIH, National Institute on Aging, NIA. 

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HEALTHCARE GUIDE TO THE INTERNET

Focus: Substance abuse resources

Each year, substance abuse results in approximately 40 million serious illnesses or injuries in the United States. Commonly abused drugs include marijuana, prescription medications, and amphetamines. Luckily, there are a number of websites available to help prevent substance abuse in children and to assist those dealing with addiction.

Just Think Twice (www.justthinktwice.com) is a program of the Drug Enforcement Administration that teaches teenagers about drugs and drug abuse. It contains answers to FAQs and a multimedia section that houses helpful videos.

The National Institute on Drug Abuse (www.drugabuse.gov) has a site that disseminates information about drug abuse and addiction. It contains information about commonly abused drugs and the science behind addiction, and features podcasts.

The Substance Abuse and Mental Health Services Administration (www.samhsa.gov) works to reduce the impact of substance abuse in the United States. The site provides prevention information, recovery support, and content for health professionals.

A number of substance abuse resources are described and reviewed in the following pages, as listed in the index below, using the five-star system to rate each on content, interface, and style.



OUR SITE-RATING SYSTEM

| | | | | |
|-----------|-----------|------|------|----------|
| ***** | **** | *** | ** | * |
| Excellent | Very good | Good | Fair | Adequate |

Index: Substance abuse resources

| | |
|---|----|
| Drug Abuse Resistance Education | 14 |
| Drug Enforcement Administration | 15 |
| Just Think Twice | 15 |
| National Institute on Drug Abuse | 16 |
| NIDA for Teens | 16 |
| Occupational Safety & Health Administration | 17 |
| Office of National Drug Control Policy | 17 |
| Parents: The Anti-Drug | 18 |
| Partnership at Drugfree.org | 18 |
| Substance Abuse and Mental Health Services Administration | 19 |

Drug Abuse Resistance Education

www.dare.com

Ratings: Content: **** Interface: **** Style: ****

Drug Abuse Resistance Education (DARE) is a program that gives children skills to avoid involvement in drugs, gangs, and violence. It was founded in 1983 in Los Angeles and consists of a police officer–led series of classroom lessons that teach children from kindergarten through 12th grade about how to resist peer pressure.

You can navigate this site using the top-level navigation links. You can also click on links on the site’s home page to access featured content, such as news articles and event information.

Key features of this site include:

- » Information for police officers about the curriculum
- » News articles and bulletins
- » Training information
- » Advice on talking to your child about drugs

- » How to keep kids drug free
- » Warning signs of substance abuse
- » What parents can do to help children
- » Event information

Unique elements: The Kids tab contains puzzles, rhymes, essays, music, and other kid-specific educational content.

Comments: The site contains links to additional resources.

Cost: Free.

RSS XML link: None.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Drug Abuse Resistance Education, DARE.

Drug Enforcement Administration

www.justice.gov/dea

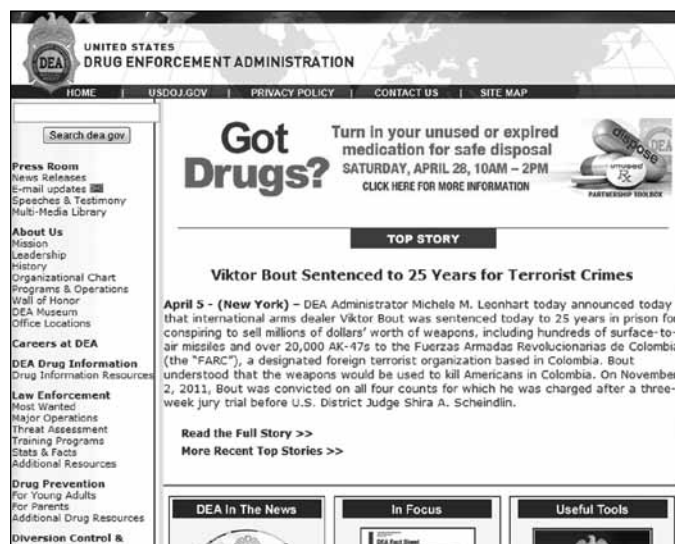
Ratings: Content: **** Interface: **** Style: ****

The Drug Enforcement Administration (DEA) enforces the controlled substances laws and regulations of the United States.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as news articles.

Key features of this site include:

- » Fact sheets
- » Information for educators



- » Information regarding drug disposal regulations
- » Guidelines for dispensing painkillers
- » Statistics and facts regarding drug abuse
- » Links to additional resources
- » Drug prevention information for young adults and parents
- » Publications
- » News articles

Unique elements: The site contains a multimedia library that houses photos of drugs for reference.

Comments: Users can subscribe to the site's biweekly newsletter.

Cost: Free.

RSS XML link: None.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Drug Enforcement Administration, DEA.

Just Think Twice

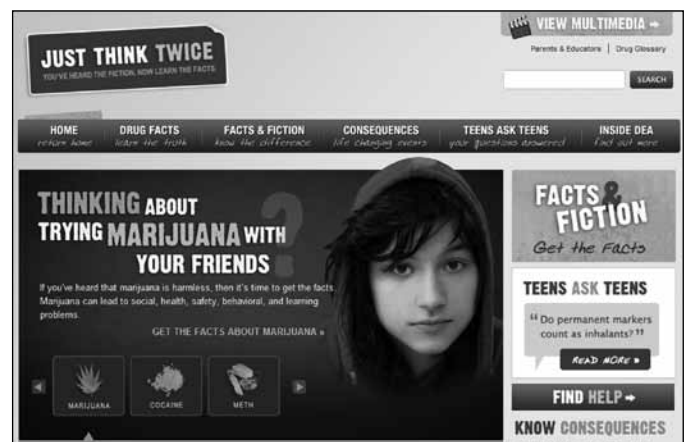
www.justthinktwice.com

Ratings: Content: ***** Interface: ***** Style: *****

Just Think Twice is a program created by the Drug Enforcement Administration (DEA) to teach teenagers about drugs and drug abuse.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as answers to FAQs.

Key features of this site include:



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- » Facts about drugs, including downloadable fact sheets
- » A drug glossary
- » Information regarding the consequences of drug use
- » Answers to FAQs by teenagers
- » Information about the DEA, including its history

Unique elements: The site contains a multimedia section that houses videos on drug use and abuse topics.

Comments: The site contains information for parents and educators who support teenagers.

Cost: Free.

RSS XML link: None.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Drug Enforcement Administration, DEA, Just Think Twice.

National Institute on Drug Abuse

www.drugabuse.gov

Ratings: Content: ***** Interface: **** Style: ****

The National Institute on Drug Abuse (NIDA) works to bring the power of science to bear on drug abuse and addiction. It supports and conducts research as well as disseminates information. It is one of the National Institutes of Health (NIH).

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional drop-down menus. You can also click on links on the site's home page to access featured content, such as news articles, data, and statistics.

Key features of this site include:

- » Content regarding the science of addiction

- » Information regarding drugs that are abused, such as alcohol, cocaine, inhalants, and marijuana
- » Comorbidities associated with drug abuse
- » Information regarding drug testing
- » Information on the medical consequences of drug abuse
- » Publications
- » News and event information

Unique elements: The site contains podcasts of the research efforts at NIDA.

Comments: The site contains an e-newsletter in the News & Events section.

Cost: None.

RSS XML link: www.drugabuse.gov/nidanews.xml

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, National Institutes of Health, NIH, National Institute on Drug Abuse, NIDA.

NIDA for Teens

<http://teens.drugabuse.gov>

Ratings: Content: ***** Interface: ***** Style: *****

The National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health (NIH), created NIDA for Teens to educate adolescents aged 11–15 as well as their parents and teachers.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as drug facts.

Key features of this site include:

- » A blog
- » Downloadable stickers, iron-ons, and other materials

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- » Tools for parents and teachers to help them teach kids about the science behind drug abuse
- » Information about the effects that drug abuse has on the brain and the body

Unique elements: The site contains a video section with an interactive activity that lets users choose their own path in a story. Click the Videos link to access it.

Comments: The site contains a glossary of terms.

Cost: Free.

RSS XML link: <http://feeds.feedburner.com/TheSaraBellumBlog>

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, National Institute on Drug Abuse, NIDA, NIDA for Teens, National Institutes of Health, NIH.



Occupational Safety & Health Administration

www.osha.gov

Ratings: Content: **** Interface: **** Style: ****

The Occupational Safety & Health Administration (OSHA) is part of the U.S. Department of Labor. The mission of the organization is to ensure safe and healthful working conditions for men and women by setting and enforcing standards and providing training, outreach, education, and assistance.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content and browse topics. OSHA has a bevy of information regarding workplace substance abuse.

Key features of this site include:

- » Workplace substance abuse statistics
- » Advice about creating a comprehensive drug-free workplace program
- » Tips for creating a workplace policy on substance abuse
- » How to educate and train employees about drug abuse
- » Information about drug testing laws for employers
- » Answers to FAQs

Unique elements: The site contains a Drug-Free Workplace Advisor Program Builder to help employers develop their own programs.

Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: Visit www.osha.gov/rss/index.html for a complete list.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, U.S. Department of Labor, Occupational Safety & Health Administration, OSHA.

Office of National Drug Control Policy

www.whitehouse.gov/ondcp

Ratings: Content: **** Interface: **** Style: ****

The Office of National Drug Control Policy (ONDCP) is leading an effort to coordinate a governmentwide public health and public safety approach to reduce drugs and their consequences.

You can navigate this site using the banner-level navigation links. You can also click on links on the site's home page to access featured content, such as a video of a celebrity talking about his battle with drug use.

Key features of this site include:



- » Information about the office's policy and research efforts, including state information, local information, and the office's national drug control strategy
- » Research conducted by ONDCP
- » Information about key initiatives, such as prescription drug abuse and drugged driving
- » Information about how special populations, like the military, women, and children, are affected by drug use
- » Information about drug-endangered children
- » Fact sheets
- » Prevention advice
- » Information about different types of treatment, including early intervention and specialty treatment
- » Recovery information, including programs and initiatives
- » Information about drug enforcement and criminal justice reform to help break the cycle of use, crime, incarceration, and rearrest

Unique elements: Users can access the site's Anti-Drug Media campaign. Learn more about it in the Research section.

Comments: The site contains a blog.

Cost: Free.

RSS XML link: www.whitehouse.gov/feed/blog/ondcp

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, White House, Office of National Drug Control Policy, ONDCP.

Parents: The Anti-Drug

www.theantidrug.com

Ratings: Content: ***** Interface: ***** Style: *****

Parents: The Anti-Drug was created by the National Youth Anti-Drug Media Campaign to equip parents and other adult caregivers with tools to raise drug-free kids. It serves as a drug prevention information center and a supportive community where adults can learn from one another.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as advice and information.

Key features of this site include:

- » Information about commonly abused drugs
- » Facts about marijuana
- » Information about over-the-counter and prescription drug abuse



- » Tips to help parents monitor and safeguard their children from drug abuse
- » Information on drugs' effects on the brain
- » How to determine whether your child is using drugs and what to do if he or she is
- » Links to local resources
- » News articles

Unique elements: The site contains expert advice from Dr. Drew Pinsky.

Comments: The site is available in English and Spanish.

Cost: Free.

RSS XML link: None.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Parents: The Anti-Drug.

Partnership at Drugfree.org

www.drugfree.org

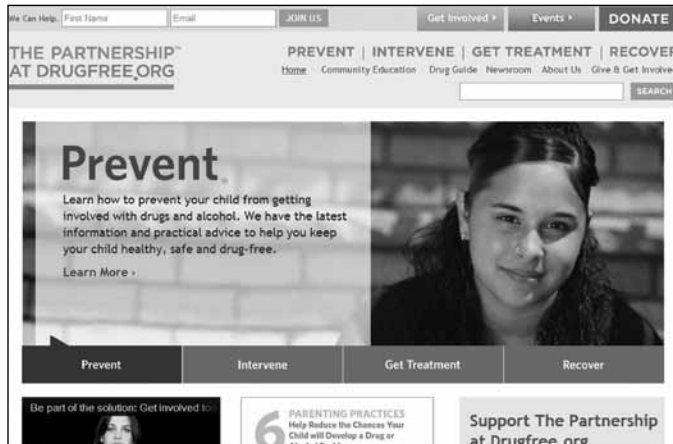
Ratings: Content: ***** Interface: ***** Style: *****

The Partnership at Drugfree.org works to help parents prevent, intervene in, or find treatment for drug and alcohol use by their children.

You can navigate this site using the top-level navigation links. You can also click on links on the site's home page to access featured content, such as video stories of addiction and recovery.

Key features of this site include:

- » Prevention advice for parents, including how to explain



- why you don't want your children drinking or using drugs and guidance on talking to children of any age
- » Intervention tips to use if you believe your teen is using drugs or alcohol
- » Treatment facts, including how to pay for it and how to get your child to accept treatment
- » Information about the recovery process, including relapse
- » A help line

Unique elements: The site links to many articles, including “Stories of Hope and Recovery,” “Is My Teen’s Behavior Normal?” and “A Drug Guide for Parents.” You can find them at the bottom of the individual sections.

Comments: The site contains a blog.

Cost: Free.

RSS XML link: None.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Partnership at Drugfree.org.

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Ratings: Content: ***** Interface: **** Style: *****

The Substance Abuse and Mental Health Services Administration (SAMHSA) works to reduce the impact of substance abuse and mental illness on America’s communities.

You can navigate this site using the top-level navigation links. You can also click on links on the site’s home page to access featured content, such as news articles.

Key features of this site include:

- » Prevention information

- » Recovery support
- » Substance abuse and mental health data
- » Information about individual substances, such as marijuana, hallucinogens, and ecstasy
- » Information for military families
- » Information for professionals
- » Grant information
- » Publications on topics such as managing chronic pain when recovering from substance abuse disorders
- » Links to news articles
- » A blog

Unique elements: The site contains a treatment center locator.

Comments: Users can enter their email address on the home page to join the administration’s mailing list, which enables them to receive news and information.

Cost: Free.

RSS XML link: Visit www.samhsa.gov/rss for more information.

Keywords: substance abuse, drug abuse, prescriptions, alcohol, alcoholism, Substance Abuse and Mental Health Services Administration, SAMHSA. 📄

Questions? Comments? Ideas?

Contact Senior Editor Carrie Vaughan

Telephone: **800-639-7477**

Email: cvaughan@healthleadersmedia.com

SITE OF THE MONTH

FootHealthFacts.org

www.foothealthfacts.org

The American College of Foot and Ankle Surgeons (ACFAS) is a specialty medical society of more than 6,000 members, including podiatrists. Their FootHealthFacts.org website contains information on foot and ankle conditions.

You can navigate this site using the top-level navigation links. Some of the links expand to reveal additional menu options. You can also click on links on the site's home page to access featured content. This content includes articles, a physician locator tool, and links to frequently accessed information on topics like plantar fasciitis, toe and metatarsal fractures, ingrown toenails, and peroneal tendon injuries.

As an alternative navigation method, the home page also has an A–Z index on the right-hand side that is helpful for locating specific content.

Key features of this site include:

- » Information for specific populations, such as women, men, children, athletes, and diabetics
- » Information about foot and ankle surgeons, including what education they receive and what types of foot and ankle conditions they treat
- » Information about the ACFAS
- » Possible causes of specific foot and ankle conditions, such as trauma, hereditary conditions, shoes that don't fit properly, and overuse
- » Descriptions of foot and ankle conditions, such as Achilles tendon disorders, arthritis, arch pain, club foot, deep vein thrombosis, diabetic foot care, flatfoot disorders, joint pain, running injuries, shin splints, and tarsal tunnel syndrome



- » Signs and symptoms of foot and ankle conditions, such as pain, stiffness, numbness, inflammation, bruising, redness, cramping, difficulty walking, and the development of calluses or a noticeable lump
- » How physicians diagnose these conditions through physical examinations and the use of advanced imaging equipment
- » Treatment options available to patients for specific conditions that range from immobilization and medication to physical therapy and surgery

- » How to prevent some ankle and foot conditions
- » Helpful illustrations of how certain conditions appear, such as bunions, sesamoid injuries, Achilles tendon disorders, and pediatric flatfoot
- » An interactive foot diagram that serves as a symptom checker

- » A Find an ACFAS Physician locator tool
- » Articles such as “Playing With Pain Can Ruin Your Tennis Game,” “Five Signs Your Child May Have a Foot Problem,” and “Rare Diabetes Foot Complication Becoming More Common”
- » Podcasts such as “Misconceptions About Bunions,” “What Are Neuromas and What Do They Feel Like?” and “Pediatric Flatfoot”
- » Videos on topics such as foot surgery, ankle injury risk, and myths about bunions

The content on this free website was developed by members of the ACFAS. The site, which is available in Spanish as well as English, is the official consumer website of the college. 