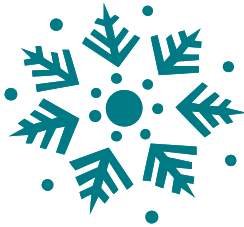


Correct Foot Pain Diagnosis Can Make the Difference *by Stephen Barrett, DPM*



Plantar fasciitis is a common enough term for people who have had their share of foot problems. But it's incorrect. Recent studies have shown that much of the heel and foot pain we think we know as plantar fasciitis is actually plantar fasciosis.

Why should you care? "Itis" and "osis" mean different things and point to different treatments.

A medical condition that is described as an "itis" generally means a condition defined strictly by the presence of inflammation; this condition will likely be treated with anti-inflammatory medications or other modalities. On the other hand, a medical condition described as an "osis" generally refers to an abnormality of some kind; which is usually chronic and often involves a degenerative condition, for example,

where healthy musculoskeletal tissue like a tendon becomes diseased—specifically the plantar fascia. Treating this with an anti-inflammatory approach is many times ineffective and does not result in an effective outcome.

All "heel pain" is not equal, and we can quickly and effectively evaluate your condition for severity using high-resolution diagnostic ultrasound. This will ensure you get the optimal care for your specific level of condition.

For example, it makes no sense to treat you with "conservative" treatments if your plantar fascia is degenerated extensively. Conservative treatments such as steroid injections (which are highly discouraged), orthotic devices, night splints, etc., do not address the real problem and severity. Your condition might be easily and effectively treated with minimally invasive modalities such as autologous (your own) platelet injections which use your own growth factors and stem cells.

At Thunderbird Internal Medicine, we use high-resolution diagnostic ultrasound to diagnose plantar fasciosis. It has far more diagnostic benefit than an MRI and takes just minutes. So the correct diagnosis can save lots of time, money and pain.

By using our high-resolution technologies to determine the level of disease within the plantar fascia, we can tailor a treatment plan that will work most efficiently for you.

Welcome Dr. Lucas



Thunderbird Internal Medicine is pleased to welcome internist Kim Lucas, MD to our team. She earned her medical degree at Semmelweis University in Budapest, Hungary then completed her internship at Deaconess Hospital in St. Louis and her residency at Montefiore Medical Center in the Bronx, New York.

Fluent in English, Hungarian and German, Dr. Lucas currently serves as a faculty member at the University of Arizona College of Medicine in Phoenix. She will be seeing patients in the Glendale office, suite C-1.

As we welcome a new member of our team, we say good-bye to Dr. Sherri Thomas who is moving out of state.



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