

Jodi Schoenhaus, D.P.M.

Walk with comfort and look great doing it. The philosophy is simple but the execution is difficult for most people to grasp.

In order to gain a better appreciation for lower extremity cosmetics, Dr. Schoenhaus explains that the key is to understand the foot mechanics of walking, diagnose the abnormality, utilize conservative or surgical means to correct the problem (e.g. bunion correction) and then add cosmetic finishing touches such as scar reduction. Some of the more common cosmetic approaches to foot and leg care include varicose and spider vein ablation, scar reduction, fat pad restoration, and skin care for excess sweating (treated with Botox) or dryness, to name a few.

America has a love affair with stylish shoes and sexy legs. However the reality is that most feet will become painful after an hour in a stiletto and most legs are not without scars, moles and even leg veins. Well, imagine wearing fashionable shoes for hours without pain. Imagine wearing skirts without needing to hide embarrassing leg veins. According to lower extremity cosmetic specialist, Jodi Schoenhaus, DPM, there is another solution besides flat shoes and long pants. The goal is to find shoes that are appropriate for each individual's foot type and irregularity. One special technique she applies is to restore and increase the fat pad found on the ball of the foot. She explains that over time our natural fat pad deteriorates and the result is the feeling that you are walking directly on the bone. The fat pad restoration procedure is performed by using commonly known fillers for the face and placing them in the foot. The result is that you feel like you're walking on pillows on the ball of the foot.

Affecting more than 80 million people, leg veins can be quite debilitating. Most women and men suffer from painful, bulging varicose veins or unsightly spider veins. Prior to performing any leg vein procedure, it is important to determine if the condition is medical or cos-



metic. If the veins are cosmetic without any underlying medical condition, laser ablation or injection sclerotherapy can be performed. Approximately three sessions are needed for the vein to be completely treated. Painful, bulging veins are a medical condition and are treated with ultrasound guided sclerotherapy injections or endovenous laser therapy (EVLT). EVLT is the newest procedure to remove varicose veins and has made vein stripping obsolete. An ultrasound is used to map the vein in the leg, a thin laser fiber is inserted and energy is applied through a tiny entry point at the level of the knee. The procedure is performed in the doctor's office without the need for anesthesia, and normal activity is resumed the same day.

Some of the other leading advances that have occurred in lower extremity medicine include treatment for heel pain. The latest technology in treating heel pain is shock wave therapy. Heel pain is difficult to treat as the underlying cause of the deformity is usually the basic foot type an individual possesses. Controlling the foot through the use of an orthotic is the best treatment for long term care, however most people do not want to suffer over a course of treatment that can take up to six months with conventional methods. Instead, extracorporeal shockwave therapy (ESWT) is a non-invasive, non-surgical treatment option for the intense, persistent heel pain associated with chronic plantar fasciitis. This is the same treatment utilized to break down kidney stones. By applying the low energy pressure or sound waves from the outside of the foot, an inflammatory and repair response is created.

Dr. Schoenhaus prides herself on practicing with ethics and sincerity and highlights the fact that she spends ample time with patients. She explains "educating an individual about their condition and finding a plan that fits their lifestyle is imperative in the course of successful treatment." The goal: walk with comfort and look great doing it! •

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