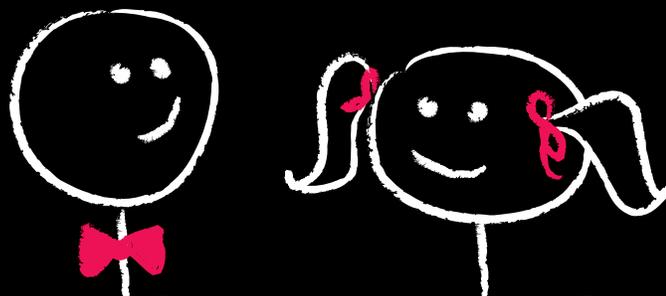


sex
education
from
**Head
to Toe®**

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and
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Forward:

As part of our mission at Head to Toe Healthcare, PLC® to educate people on eye and foot conditions, we thought we would do it in a way that may raise a brow, or perhaps something else. :-) Enjoy!

Eye Contact

Some people say that eyes are the window to the soul. We contend that eyes are the window to getting laid. Think about it; when you see a hottie at a party or out on the town, what's the first step? You establish eye contact! Without this step, you'll likely go home alone at the end of the night.

Foot Fetishes

What do feet have to do with sex? Well, Wikipedia concluded that the most common body fetish was the feet and toes. A study found that a whopping 47% of those sampled preferred feet over any other body part! Among those people preferring objects related to body parts, footwear (shoes, boots, etc.) were most preferred, 64% of those surveyed.^{[1][2]}



The Triad

Ok, so maybe you can connect eyes with sex, and feet with sex, but surely you won't connect eyes, feet, and sex at the same time, right? On the contrary, a common triad for a condition called Reiter's Syndrome (Reactive Arthritis) involves a history of a patient with arthritis (commonly in feet), conjunctivitis (of the eyes), and urethritis. Conjunctivitis is an inflammation of the delicate lining of the inner eyelids. Arthritis is the main symptom, and while a patient may present with any type of arthritis, foot and ankle pain are common complaints for many of these patients. Urethritis is an inflammation of the urethra, or the tube that carries urine from the body and includes the opening at the end of the penis. Both urine and semen pass through the urethra.

Urethritis may be caused by the germs that cause sexually transmitted diseases (STDs) or the germs that cause urinary tract infections (also called bladder infections), and the symptoms of these conditions may be similar.

Men between 20-35 years of age are most at risk for developing infectious urethritis, as are men who have multiple sexual partners or those who engage in high-risk behaviors such as not using condoms or anal intercourse.

Therefore, if your buddy starts having red eyes, foot pain, and pain upon urination, get him/her checked out by a doctor for Reiter's Syndrome. If they have diarrhea as well (a common associated symptom) the suspicion for this condition just shot up.

Conjunctivitis is often treated with prescription eye drops. Treatment for arthritis involves reducing joint pain and inflammation. Urethritis may go away on its own or may need treatment with antibiotics.

1. ^ Scorolli C et al.(2007) "Relative prevalence of different fetishes" in: International Journal of Impotence Research advance online publication 15 February 2007; doi: 10.1038/sj.ijir.3901547. <http://www.nature.com/ijir/journal/v19/n4/abs/3901547a.html> retrieved March 2007

2. ^ Dobson, Roger (2007) "Heels are the World's No. 1 Fetish." The Independent Online Edition, http://news.independent.co.uk/sci_tech/article2303022.ece, accessed 29 October 2007



Love Pills

The advent of Viagra, Cialis, and Levitra have helped to rekindle intimacy for many couples. However, some concerns have been raised about these drugs affecting vision or blocking blood flow to the eye.

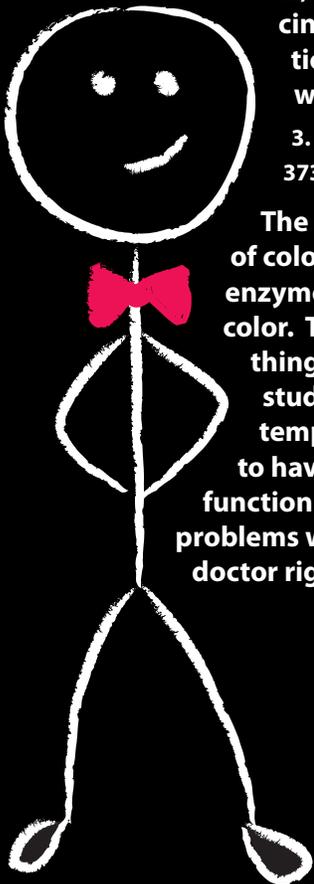


There is some good news out of the Archives of Ophthalmology. Two medications used to treat erectile dysfunction in men (tadalafil and sildenafil) Cialis and Viagra respectively, do not appear to have visual side effects. Their results indicate that there is no cumulative damage or effect of clinical significance for either 5 milligrams of tadalafil or 50 milligrams of sildenafil taken daily for six months.

Still, men who take these medicines to treat erectile dysfunction are advised to follow up with an optometrist.^[3]

3. Arch Ophthalmol. 2009;127(4):367-373.

The blue Viagra pill can cause loss of color vision, since it blocks an enzyme that helps the eye process color. This may cause you to see things in a shade of blue. Limited studies show that effect is temporary and does not appear to have any long-term effect on eye function. If you experience any eye problems with these love pills, tell your doctor right away.



Sex appeal and Toenail Fungus

Observations from a recent survey found that 92% of patients with onychomycosis reported experiencing negative psychosocial and/or physical effects.^[4]

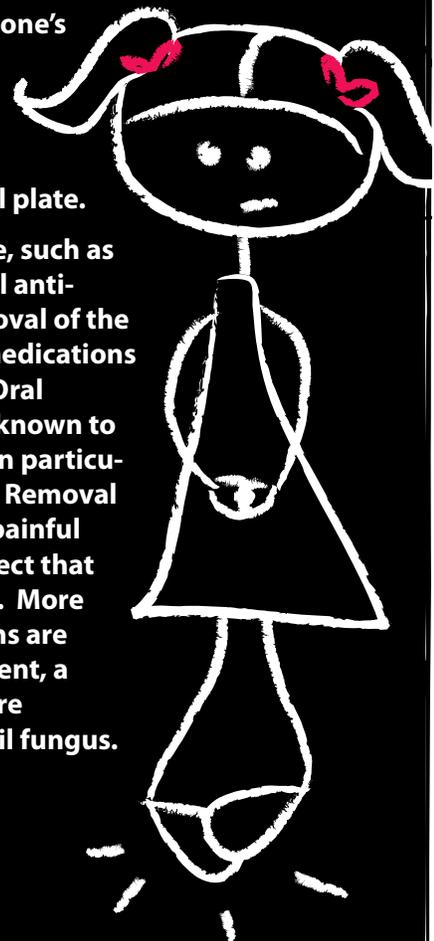
4. Elewski BE. The effect of toenail onychomycosis on patient quality of life. Int J Dermatol. 1997;36:754-756.

If you are one of the many people who have onychomycosis, aka toe nail fungus, you are well aware that it can have a negative impact on your sex appeal to your partner or your self image. Onychomycosis is one of the most common dermatological disorders affecting the foot. The disease is characterized by a thickening of the toenail plate, debris under the toenail, a lifting of the leading edge of the nail, a change in nail color and occasionally an odor. Patients complain that toenail fungus is ugly and embarrassing. The condition is often ignored because the infection can be present for years without causing any pain.

If ignored, the infection can spread to other toenails or the skin on the feet.

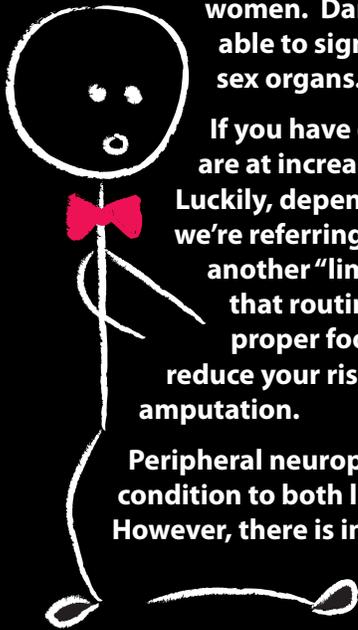
Severe cases can impair one's ability to walk or lead to painful nails. Additionally, concurrent bacterial infections may occur around the toenail plate.

Treatments are available, such as topical medications, oral anti-fungals, or surgical removal of the nail plate. The topical medications are largely ineffective. Oral medications have been known to affect systemic organs, in particular the liver and kidney. Removal of the nail plate can be painful and leave a cosmetic effect that still remains unpleasing. More recently, many physicians are advocating laser treatment, a treatment the authors are proponents of for toenail fungus.



Diabetes, Neuropathy, and Sex

The most common form of peripheral neuropathy is diabetic peripheral neuropathy which afflicts millions of Americans. Other peripheral neuropathies are related to alcoholism, various chemotherapeutic agents, certain drugs, as well as a large group known as idiopathic neuropathy (unknown cause). Damage to the peripheral nerves can cause sexual side effects in both men and women. Damaged nerves may not be able to signal sexual arousal of the sex organs.



If you have diabetic neuropathy, you are at increased risk for limb loss.

Luckily, depending on how you see it, we're referring to a "leg" limb versus another "limb." Studies have shown that routine examinations and proper foot care can substantially reduce your risk for foot ulcers and amputation.

Peripheral neuropathy can be a challenging condition to both live with and treat.

However, there is increasingly more hope for patients suffering from peripheral neuropathy. One exciting fact is that

peripheral nerves can and do have the ability to improve. Some conservative treatments can improve the nutritional building blocks of nerve tissue or improve oxygenation and nutrient exchange. If the problem is related to a systemic condition such as diabetes or a thyroid disease, treating the systemic disease may help improve the burning and tingling sensations. Many times, peripheral neuropathy may be aggravated by a compression or squeezing of the nerve in tight tunnels that nerves pass through. If the disorder is compressive in nature, surgical decompression may be warranted. An example of this is tarsal tunnel surgery. If this condition afflicts you, seek out a physician and surgeon dedicated to treating your neuropathy.

Finally, did you know that diabetes and hypertension are common causes of erectile dysfunction? In many cases, an annual eye exam may diagnose bleeding in the back of the eye or other abnormalities which could signal the early onset of one of these conditions. So now you have another reason

to visit your eye doctor, other than difficulty viewing erotic websites. If you have diabetes, you should be aware of a common eye problem called diabetic retinopathy. While there is no cure, treatment for diabetic retinopathy is often very effective in preventing, delaying, or reducing vision loss.

Conclusion

Thank you for allowing us to share this information with you. If you enjoyed this information, please pass this along to your friends and family.

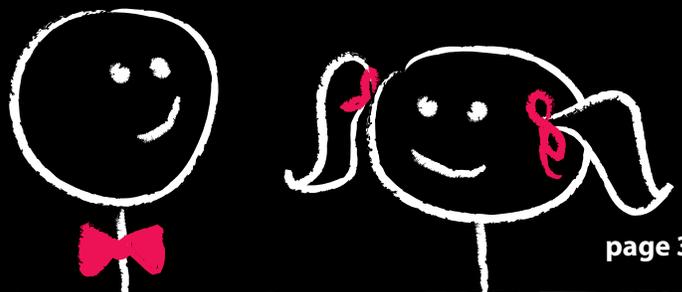
Dedicated to your health, may all your ups & downs only be between the sheets!

Compliments of:

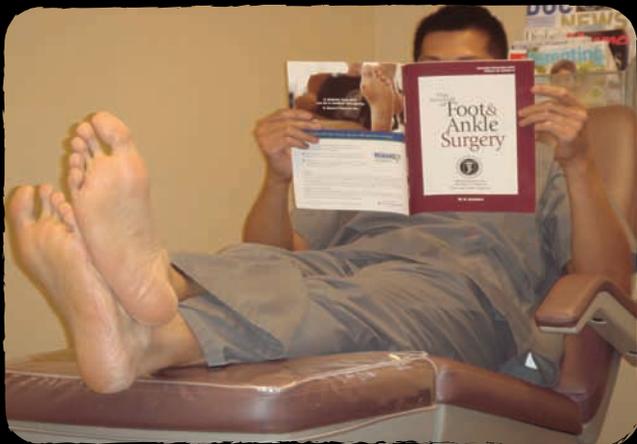


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About the Authors



Dr. Alan Shih is Head to Toe Healthcare's Founder and Director of Podiatry Services. He earned a Bachelor of Science in Movement Science from the University of Michigan and then enrolled in podiatric school at the Dr. William M. Scholl College of Podiatric Medicine. After graduation, he went on to complete a one year internship at Tennessee Valley VA Medical center, and a one year surgical residency program at the Southern Arizona VA Medical center. He followed this with the highest level of surgical training at a level-one trauma center in Chicago -- Advocate Illinois Masonic Medical center -- where he spent two years. Upon completion of his residency, Alan had the privilege and unique opportunity to study the Ilizarov technique in its birthplace of Russia for a mini-surgical fellowship. This is training that less than 1% of the podiatric profession has gained. For a brief time following graduation from residency, Alan also enjoyed teaching podiatric students surgical techniques as a visiting lecturer at the Rosalind Franklin School of Medicine in Chicago. Dr. Shih is one of a handful of surgeons in Southern Arizona that has received training and certification in the Tornier Total Ankle Implant System. Alan has received advanced training at the Dellon Institute for Peripheral Nerve Surgery, an affiliate of John Hopkins School of Medicine. About 350 surgeons worldwide, primarily consisting of Plastic, Orthopedic, Neuro, and Podiatric Surgeons, have gained this privilege. Dr. Shih is a member of the American College of Foot and Ankle Surgeons, Association of Extremity Nerve Surgeons, and an author of multiple medical journal articles. Alan is currently in collaboration with faculty members of the University of Arizona to further advance foot, ankle, and leg treatments.

Dr. Zuraida Zainalabidin is a founder & Director of Optometry services at Head to Toe Healthcare, PLC. She earned her undergraduate degree in Psychology from the University of Michigan and, during her final year, acted as an Optometry Tech at the national optometry chain, Lenscrafters. After finding her interest in optometry, she completed required scientific courses at DePaul University in Chicago and then undertook her four-year optometry college course work at Illinois College of Optometry. Upon graduation, she continued working with Lenscrafters as an optometrist in Chicago. Originally from Malaysia, she migrated to Arizona for warmth and a more relaxed atmosphere.

