

## Mastectomy Products



### October is Breast Cancer Awareness Month

In honor of Breast Cancer Awareness month we will be having a special offer. Schedule an appointment for any time after October 12th and receive a Ribbon Rhythms Pin when you come in. Make a purchase and you will receive your choice of a pink ribbon visor or pink ribbon chiffon scarf (one per customer). Supplies are limited and will be given out on a first come basis, so hurry in.

### T-Shirt Bras

We now have Seamless T-Shirt bras! Made from molded foam these bras provide a smooth, flawless look. We have in stock sizes 32AA-40D. If you are interested in one of these bras but are outside this size range, call us and we can order it for you.



### The Hope Boutique

The Angel Closet has changed their name to The Hope Boutique. If you have any scarves, turbans, hats, mastectomy bras, or breast forms that are still in good shape but you are no longer using, please consider donating them to this worthy cause. They provide these items to women who have cancer but cannot afford them on their own. You may bring your donations by our office or The Hope Boutique at Newton Medical Center.

### New and Different



is not right for everyone

## What's New

### Vacuum Sockets

In recent years there have been several products introduced which have made a real difference for the amputee. One of those products is the vacuum suspension system. This involves using a pump to actively remove air from between the socket and the inner liner or stump. The effect is to create a very secure attachment of the prosthesis to the residual limb. The vacuum eliminates all of the pistonning or vertical displacement of the stump often associated with prosthetic usage. Eliminating this movement greatly reduces friction in the socket which helps prevent abrasion. The biggest difference related by the patients using a vacuum socket is the increased sense of placement and feedback from the prosthesis or proprioception. This improved feedback leads to greater confidence and security. Another benefit to this type of system is that it controls stump volume eliminating large fluctuations in size during the day. There are several of these systems on the market now and they all do a great job. Some are electric and some are mechanical. The best ones are electronic with automatic vacuum level control. If you'd like more information give us a call.

## Follicu---what?

### What a pain, in the --- stump.

**Folliculitis** is a condition many amputees are all too familiar with even if they don't immediately know the meaning of the word. This is a condition in which the hair follicle becomes infected and inflamed. The condition appears as a painful raised bump or cluster of bumps. The bumps can be very small or large but pee size is typical. This is most common on patients with amputations below the knee but it can occur anywhere. There are some common causes which can be addressed to prevent these painful bumps. One major cause is poor hygiene. The pores of the skin can become blocked with fine dust, oils, grease, or even powder. These things if trapped inside of a roll on suction socket are a real problem. This is usually far worse when the weather is hot and humid. The best solution is daily washing of the stump, suspension liners, and socks. Using non-scented soaps is best and it can also be helpful to sanitize suspension liners with alcohol periodically. Avoid use of powders on the stump as this will make the problem worse.

The other major cause of folliculitis is friction. The hair and follicle can be damaged by friction allowing opportunistic infections to occur. The best way to prevent this is to make sure your prosthesis fits snugly with no excess movement.

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## Follicu---what? Continued

If you have a roll on suction liner with a hole in it, you will lose suspension and friction will cause problems. It is wise to inspect your liners carefully to make sure there are no holes. Even a tiny pin hole can be a big problem. If you have a liner with a hole or you suspect that you have a suction leak you should have your liners checked and replaced if necessary. New socket designs incorporating a vacuum pump are hugely successful in eliminating friction. See the article in this news letter on vacuum sockets for more info.

To learn more about folliculitis  
check out these links:

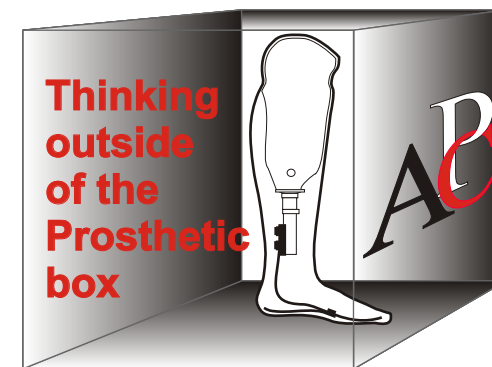
[Http://www.oandplibrary.org/alp/chap26-01.asp](http://www.oandplibrary.org/alp/chap26-01.asp)

[Http://www.oandp.org/jpo/library/1997\\_03\\_097.asp](http://www.oandp.org/jpo/library/1997_03_097.asp)

If you would like your name taken  
off our mailing list,  
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# Able Prosthetic Care, Inc.



APC Newsletter  
Fall 2008

Autumn is here,  
the leaves will be falling.  
The air has cooled  
and the hills are calling.



A Few Days Away for the Holzer Clan

Our office will be  
Closed  
October 6th - 10th

**AbleAgain.com**