



Dr. Adam Caton, DPM
Director of Podiatry

I was born and raised in Arizona, with a few years spent growing up in Southern California. I am fortunate to be the Director of Podiatry for IHMS of Arizona as I am surrounded by a truly compassionate set of healthcare providers. Most recently I came from Tucson, AZ where I completed my three year reconstructive foot and ankle surgery residency in Podiatry at the Southern Arizona Veteran's Administration Healthcare System. I received my medical training from Midwestern University School of Podiatric Medicine and Surgery in Glendale, AZ and was the founder of their American Academy of Podiatric Practice Management chapter.

Currently I live in the East Valley with my small zoo. Consisting of two ferrets and two dogs. It's an interesting and fun mix of daily activities with this furry group. When I get free time I enjoy motorsports, football games and anything that makes me laugh or smile.

I was attracted to the field of medicine because it allows me to constantly meet and help new people. It's amazing how much can truly be accomplished just by taking the time to listen and understand the real concern to my patients. Whether I'm offering my medical opinion or performing simple procedures, I really do enjoy the reward of a happily treated patient.



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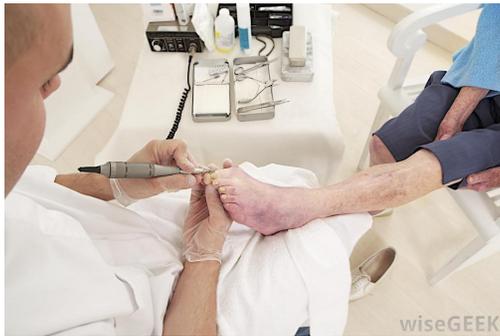
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“Adam is an excellent doctor with great bedside manner. He immediately made me feel comfortable as if I knew him forever. I never knew a company like this existed. I am so thankful!” —Frank R.

PODIATRY





What Should I Look For?

Ankle Pain	Arthritis	Athlete's Foot	Blisters
Bunions	Calf Pain	Corns and Calluses	Diabetic Feet
Fat Pad Atrophy	Flat Feet	Foot Odor	Foot Pain
Fractures	Hammertoes	Heel Pain	Heel Spurs
Ingrown Toenails	Metatarsalgia	Neuromas	Neuropathy
Peripheral Arterial Disease	Toenail Fungus	Warts	Wounds



Is Foot Pain Normal?

Absolutely not! Your feet are very specialized structures with 26 bones, 33 joints, with more than a 100 structures including tendons, ligaments, muscles, nerves and vessels in each foot. Pain is your body telling you that something is wrong and needs attention. That's where a podiatrist comes in...

What is a Podiatrist?

A Podiatrist's job is to help keep those feet and ankles feeling good and as active as humanly possible. They can help with routine preventative care or surgical correction if necessary.

What should I look for as a patient?

The majority of the following are very common ailments that can be taken care of simply with the care of a Podiatrist. Please be careful when treating foot and ankle ailments on your own, you could turn a minor problem into something major rather quickly.

What Treatments Are Available?

You and your feet are unique, each person has different needs. I am fortunate to have access to a variety of different products and support staff at my disposal:

Bracing	Compression Dressings	Durable Medical Equipment
Family Nurse Practitioners	Local Anesthetics	Medical Imaging
Medical Instrumentation	Neuropathic Pain Management	Orthotics
Physician Assistants	Physical Therapy	Prescription Medications and Creams
Steroids	Ultrasound	Wound Care

What about Surgical Procedures?

Arthritis— Laser Therapy, Injectables

Lacerations or Trauma— Sutures or for more advanced cases may be referred to ambulatory surgical centers

Suspicion Lesions— Biopsy, Paring, Excision, Cryotherapy, Cautery and Curettage

Wounds— Debridement, Negative Pressure Wound Therapy, Unna Boot, Total Contact Casts

