



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

April 2013

Six Locations to Better Serve You!

Beavercreek

1911 N. Fairfield Rd. Suite 210

Centerville

420 Miamisburg Centerville Rd

Dayton

1 Elizabeth Place 4th Floor

Dayton

5925 N. Main St. Suite D

Springfield

202 S. Belmont Ave.

Vandalia

69 N. Dixie Dr. Suite B

Contact Us

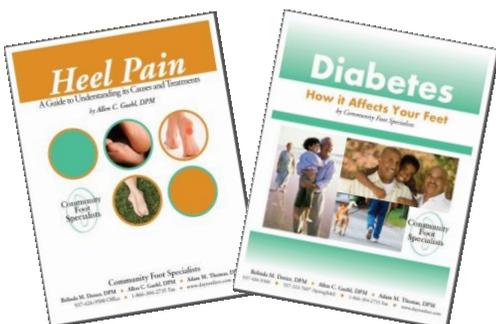
(937) 426-9500

(937) 322-7607

Fax 1866-304-2735

Sign up for your **FREE** Heel Pain & Diabetes E-book at

www.DaytonFeet.com



The Truth About Flip-Flops

Flips-flops are a popular footwear choice for the spring and summer months. However, they don't provide you with much support. Here are some Do's and Don'ts of flip-flops to consider this year.

Shop for high-quality, soft leather flip-flops to minimize potential blisters and other types of irritation. Don't wear the same pair of flip-flops year after year. Inspect older pairs for wear and if they are in bad shape throw them out.

Look for flip-flops that will allow for the most normal foot function possible. Two good brands to look for are FitFlop and Chaco. These products are evaluated by a team of APMA podiatrists and given a Seal of Acceptance. Don't ignore irritation between toes, where the toe thong fits. This can lead to blisters and possible infections.

Gently bend the flip-flop from end to end, ensuring it bends at the ball of the foot (No shoe should ever fold in half). Don't wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in terms of shock absorption and arch support. Wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in a hotel room and in the locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot. Don't do yard work while wearing flip-flops. Always wear a shoe that fully protects feet when doing outside activities such as mowing the lawn or using a weed-eater.

Ensure that your foot doesn't hang off the edge of the flip-flop. Don't play sports in flip-flops. This practice can lead to twisting of the foot or ankle, as well as sprains and breaks.

Follow these Do's and Don'ts to ensure you are fit to flip-flop this spring.

Question of the Month

A: What is the role of a podiatrist in a diabetics foot care?

Q: Podiatrists play a big part in diabetic's lives. Whether it's from identifying to even treating their feet. They are there to provide appropriate foot care for people with diabetes. Podiatrists play an integral role in amputation prevention by performing regular foot screenings and early recognition. They also help the patients manage diabetes successfully and avoid foot-related complications. Diabetes can cause: 1. decreased foot blood flow, 2. decreased healing potential, 3. decreased infection fighting capability, and 4. numbness of the feet. These problems can all come together in a diabetic foot causing drastic results which is why diabetics should go see a podiatrist regularly. Most people wouldn't believe this but podiatrists do play a big role in diabetic's lives. So if you or a loved one have diabetes go see a podiatrist and don't let your diabetes get in the way.

Product of the Month!



With cold weather still around, dry skin on your feet need to be dealt with so you don't develop cracked skin, itchiness and calluses. If you are experiencing any of these problems we have the product for you! We now carry **KERA-42 Cream** in each of our 6 locations for \$25.00 **KERA-42 Cream** is a medical strength formulation designed to remove thick callused areas while rehydrating skin to a healthy appearance.

\$3.00 off

Kera-42 Cream

Mention this coupon at your next visit!



Spring Cleaning Tips and Tricks

Make spring cleaning a breeze when you follow these easy tips:

Shop before you mop. Before you gear up into cleaning mode, take inventory of supplies you have on hand and make note of those that you will need to pick up from the store. Nothing is worse than getting motivated to clean and having to stop what you are doing to run to the store to get more supplies. Make sure you have what you need before you get started and you can move from one task to the next with ease.



Have a plan. Does one room need more love than others? Have a plan and attack to keep you motivated and focused.

Keep it organized. Buy a bucket or organizer to keep your cleaning supplies all together as you go from room to room. It will save you time and energy from have to track down where you left your supplies if they are all in one place.

Do one room at a time. Jumping from room to room when cleaning makes it hard to see progress; focus your attention on one room and get it completely cleaned before moving on to the next. That way you can check it completely off your list before moving on.

Work from the top down. In each room, start from the ceilings and work to the floors. Dust and scrub the ceilings, then dust and scrub the walls. When working on ceilings, replace any burnt out bulbs and change batteries in all smoke detectors when working on walls, dust and scrub everything on them including all pictures, mirrors, doors, and windows. Dust and scrub furniture and appliances, finally, sweep or vacuum the floor, and then mop of it is not a carpeted surface. For carpeted surfaces, think about renting a carpet scrubber to clean the carpet or hiring a company to clean them for you.

Use it or lose it. If it isn't an item of particular sentimental value or aesthetic appeal, ask yourself if you've used it in the past year or if you'd miss it if it were gone. If the answer is no, you may want to put it aside for a year sale. A yard sale is a great way to free up some space around the house and make a few dollars from things you don't use anymore.



Last year we participated in the March of Dimes at the Springfield location. This year we will be participating in the Dayton location.

Date: Saturday April
27, 2013

Time: 9:00AM

Registration

Time: 8:00AM

University of Dayton

River Campus

1700 S Patterson Blvd

Join a team or start
your own. We look
forward to seeing you
there!

For more information,
call (937) 294-3330

Sausage Strata



Ingredients

- cooking spray
- 1 pound chicken or turkey sausage
- 2 cups 1% milk
- 1 ½ cups egg substitute
- ¾ cup shredded low-fat sharp cheddar cheese
- 8 slices good-quality white bread, crusts removed and cut into cubes
- 1 ½ cups Roasted Tomatillo Salsa

Directions

- Remove and discard sausage casings. Crumble the sausage and sauté in a non-stick skillet over medium heat until evenly browned, stirring and breaking up any large clumps with a wooden spoon. Using a slotted spoon, transfer the browned sausage to a plate covered in paper towels to thoroughly drain.
- In a 1-quart measuring cup, whisk together the milk and egg substitute.
- Lightly coat a 2-quart casserole dish with cooking spray.
- Place 1/4 cup of the shredded cheese in a self-sealing plastic bag. Refrigerate. (You're saving this to sprinkle on top when you bake it).
- Layer 1/3 of the bread cubes on the bottom of the casserole dish. Top with half of the browned sausage and 1/4 cup of the shredded cheese.
- Pour 1 cup of the milk-egg mixture over the top.
- Repeat the layers (1/3 of the bread, the rest of the sausage, 1/4 cup of shredded cheese).
- For the last layer, put on the rest of the bread and then pour over the remaining 1 1/2 cups of the milk-egg mixture.
- Cover with the tomatillo salsa.
- Cover with plastic wrap and refrigerate overnight.
- When you're ready to bake this in the morning, preheat oven to 350°F, uncover the casserole, and sprinkle the top with the reserved shredded cheese.
- Bake until the strata is bubbling, golden brown and a knife, inserted in the center, comes out clean, about 50 to 60 minutes.
- Remove from the oven and let rest for 10 minutes before serving.



Employee of the Month

Flora Perez

This is the second month that Flora is Employee of the month. She does all her work plus everything else that needs done in the department when Wendy and Banessa are out. She keeps the billing department all together. We do not know what we would do without her.