



Community Foot Specialists

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February 2013

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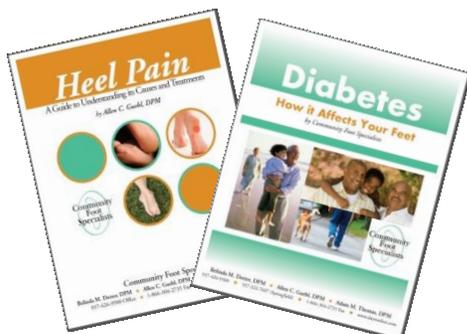
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The Perfect Foot Massage



1. *Clean the feet. Add warm water to a foot basin and soak the feet. To provide additional moisture and some aromatherapy, add three drops of an essential oil such as eucalyptus, lavender or peppermint. Soak for 10 to 15 minutes or until the water cools.*
2. *Dry the feet. Use a clean, warm towel to dry feet thoroughly. This can be done by placing a clean, dry towel in the microwave for approximately 15 seconds. Do not warm for extended periods or leave the microwave unattended. A dry towel can ignite in the microwave if it gets too hot.*
3. *Elevate the feet to relieve pressure. Ask the person to lie down and place a pillow under her feet for slight elevation. This is also helpful to the person performing the massage because it reduces the need to support the legs and feet.*
4. *Apply a warm oil or cream-based moisturizer to the feet to seal in moisture. To warm the lotion or oil, place the moisturizer in a lotion warmer or microwave for 10 to 15 seconds or until it heats up. The moisturizer should be warm, not hot. Some prefer to rub the moisturizer between their hands, using their body heat as a natural source of warmth.*
5. *Increase circulation in the feet. Begin at the top of the feet, just beneath the toes and cup hands around the width of the feet. Using a long, slow movement, rub the skin on the feet in a downward motion to increase the blood flow in the feet and begin to relieve any built-up pressure.*
6. *Rotate the ankles and slowly pull each toe between the thumb and pointer finger. Use the palm to push down on the arches, gently stretching the muscles. Repeat this process on both feet. As an additional treat, rub the muscles of the calves and shins in a slow, circular motion.*

Cherry Angel Cake Roll



- 1 package (16 ounces) angel food cake mix
- 4 tablespoons confectioners' sugar, divided
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed, divided
- 1 can (20 ounces) reduced-sugar cherry pie filling
- 1/4 teaspoon almond extract

Prep: 25 min. + chilling Bake: 10 min. + cooling Yield: 16 Servings

- Line two 15-in. x 10-in. x 1-in. baking pans with ungreased parchment paper. Prepare cake batter according to package directions. Spread evenly in prepared pans. Bake at 375° for 12-15 minutes or until cake springs back when lightly touched. Cool for 5 minutes.
- Invert onto two kitchen towels dusted with 3 tablespoons confectioners' sugar. Gently peel off parchment paper. Roll up cakes in the towels jelly-roll style, starting with a short side. Cool completely on a wire rack.
- Unroll cakes; spread each with 1 cup whipped topping to within 1/2 in. of edges. Combine pie filling and extract; spread over whipped topping on each cake. Roll up again. Place each seam side down on a serving platter. Cover and refrigerate for 1 hour.
- Dust with remaining confectioners' sugar. Slice; garnish with remaining whipped topping. **Yield:** 2 cakes (8 slices each).

One slice equals 175 calories, 2 g fat (2 g saturated fat), 0 cholesterol, 171 mg sodium, 36 g carbohydrate, trace fiber, 3 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fruit.

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FuN fOot FaCtS

Sweat glands in the feet produce as much as half a pint of moisture each day.

The average woman walks three miles more per day than the average male.

9 out of 10 women wear shoes that are too small for them.



Tips for Buying Shoes

- Shop for new shoes in the afternoon or evening. During the course of the day our feet normally swell a little. Buying shoes later in the day helps assure a better fit.
- Be sure to have both feet measured. Often one foot is a little longer than the other one. Buy the shoe size that fits your larger foot. Always stand up for foot measurements.
- Always try on both shoes and walk around the store to check for comfort.
- When trying on shoes, wear the same type of sock you plan to wear with your new shoes.
- If you wear orthotic devices, take these with you to try in potential shoes.
- Do not buy shoes that feel like they need to be broken in. Shoes should be comfortable immediately.
- Children's feet should be measured every three months to monitor growth. It is not unusual for a child's feet to grow two to three sizes in one year.
- Buy sport specific shoes to reduce the risk of sports injuries. In other words, if you plan to play basketball, buy shoes designed for this activity. If you plan to run or walk for exercise, wear running shoes.
- Purchase shoes for running or walking at a running specialty store. These are highly specialized shoes and you need the help of a specialist to choose the correct shoes for you.



Question of the month

By Dr. Rahn

How do I take care of my feet this winter?

With the cold, dry temperatures on their way, here are a few helpful tips to care for your feet this winter.

1. It is important to keep the feet warm and dry. Make sure to wear waterproof shoes or boots if you are going to be outdoors in the snow. If your shoes and feet get wet from the snow and/or rain, make sure to have a new pair of dry shoes and socks to change into. Leaving damp shoes and socks on in the cold temperatures can lead to condition known as trench foot. Trench foot occurs when feet are exposed to cold, damp conditions for several hours. Unlike frostbite which occurs in temperatures below freezing, trench foot can occur in temperatures above freezing. Both conditions lead to tissue damage with varying symptoms and effects depending on length and severity of exposure.
2. It is important to have clean socks on the feet to keep them warm. White cotton socks are the best at wicking away any moisture. Be sure to change into clean socks every day, and sooner if they become damp.
3. It is also important to keep the feet and legs moisturized daily. The dry weather and low humidity will tend to dry out the skin faster. An over-the-counter emollient such as Lubriderm or Eucerin cream works well. If you feel the skin is still too dry, your doctor can write you a prescription for a stronger type of emollient. Make sure to apply this all over once daily, except for in between the toes. Applying creams or lotions in between the toes can lead to excess moisture and possible fungal infections in this area.
4. If you tend to have dry, cracked skin on the heels then a urea cream works well to resolve this issue. A urea cream will soften this excess build-up of dry skin. It is important to alleviate these cracks, as they can secondarily become open sores with the possibility of being infected.

By following these few simple tips, you can help prevent larger problems with your feet this winter.

