July 2013 – Happy 4th of July!

Six Locations to Better Serve You!

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Dayton

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1117 E. Home Rd

Vandalia

1 E. National Rd. Suite 300

Contact Us

(937) 426-9500 (937) 322-7607 Fax 1866-304-2735

Sign up for your **FREE** Heel Pain & Diabetes Ebook at

www.DaytonFeet.com



Thank you for your donations!



We attended the Heart Walk at Wittenberg University in Springfield on June 8th. We would like to thank all of our patients who donated to support the American Heart Association.





Surveys in...



We sent out surveys to each of our clinics last month and received an overwhelming amount of positive feedback. We would like to thank those of you who took the time to fill out the survey. The surveys will help us improve our customer service, so that we can better serve you! Remember, one winner will be chosen at random to win an all-inclusive movie themed gift basket. The winner will be contacted no later than July 8th.

Summer Berry Trifle



Ingredients

- 1 package (3.4-ounce) instant vanilla pudding
- 4 cups fresh berries (strawberries, blueberries, raspberries, or blackberries), washed and hulled, plus extra for garnish
- ¼ cup plus 2 tablespoons sugar
- 2 teaspoons fresh lemon juice
- 1 cup whipping cream
- 1 teaspoon vanilla extract
- 24 to 36 ladyfingers

Directions

- 1. To make the fillings, prepare the pudding according to the package directions and chill it.
- 2. Slice the strawberries, if you're using them, then toss all the berries with the lemon juice and the ¼ cup of sugar. Set aside for 30 minutes to allow the berries to release their juices.
- **3.** In a medium mixing bowl, whip the cream, vanilla extract and remaining 2 tablespoons of sugar until soft peaks form. Set aside.
- **4.** To make the layers, set a layer of ladyfingers (around 7 or 8) on the bottom of a large, clear serving bowl (ours was 4 quarts). Top with the berries with half of the pudding.
- **5.** Add another layer of ladyfingers, another third of the berries and juice, and the rest of the pudding. Add a final layer of ladyfingers and berries. Top with the whipped cream and berry garnish.
- **6.** Refrigerate until you're ready to reserve. Serves 8 to 10.

Source: spoonful.com

Did you know? A Life Time of Wear and Tear...

The average person in the US takes 3000-5000 steps a day.

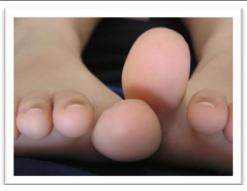
The ideal number of steps in a day is 10,000. 90 steps per minute. 10,000 steps is approximately 5 miles (depends on stride length).

30 minutes per day, 365 days per year, 70 years of walking = 68,985,000 steps

Take \$3.00 off Kera-42 Cream At the time of payment, mention this coupon and receive \$3.00 off your purchase of Kera-42 Cream

Kera-42 is a medical strength formulation designed to remove thick callused areas while rehydrating skin to a healthy appearance.

Hallux Limitus (Stiff Big Toe Joint)



Lately, we have had quite a few of our patients over the age of forty complaining of pain in the big toe joint. Typically, forty is the age when early arthritis symptoms tend to manifest and, in the foot, we see the great toe joint as the most common location. This is due to the mechanical load and the important role it plays in every step we take. When we walk, our big toe joint bends up to an impressive 75 degrees just before the foot leaves the ground. But, sometimes, due to unusual wearing and tearing of the cartilage in the toe joint, the toe becomes stiff and starts to hurt. This is called Hallux Limitus.

Hallux Limitus is a progressive arthritic condition that limits the motion and function of the big toe. Symptoms of this condition come on slowly. You may only notice a mild, temporary pain when you are in motion or when you move the big toe joint. Eventually, the pain may worsen and in some cases dorsal bunions or bone spurs may develop and cause additional pain. The big toe is extremely important for proper foot/ankle/knee/hip and even low back bio-mechanics so it is important you don't go untreated.

Symptoms of Hallux Limitus are based on the stage in which you are in. Your symptoms may or may not include: Pain while active or when you move the big toe joint, stiffness in the big toe, increased pain or aches in cold or damp temperatures, difficulty bending big toe up and down, difficulty wearing shoes, especially high heels, and development of bone growths (bunions, bone spurs).

It's important to know that these symptoms signify the early stages of this condition. Each of these symptoms will slowly worsen until you've reached a point of no movement in the big toe joint. Hallux Limitus is caused by one of four things: Genetics, injury, a long first metatarsal bone (or short second metatarsal), or an elevated first metatarsal bone.

Hallux Limitus can lead to further problems, including complete loss of motion in the big toe joint. It's best to see your podiatrist in the early stages or before bone growths develop. Your doctor will begin with a physical examination so he or she can determine the range of motion within the joint. Imaging tests such as x-rays and MRIs are often used to determine whether arthritis is present, to see how much the joint has narrowed, and to evaluate the foots overall health.

Treatment options include:

- A Morton's extension can be used to relieve pain. These durable semi-rigid medical devices can be found in podiatry offices, and they are designed to provide support and shift weight away from the big toe to reduce pain.
- Accommodative cushions made of foam work for Hallux Limitus, since it pads the big toe joint and protects it from painful shoe pressure.
- Turf toe plates limit the range of motion of the great toe joint, which makes this product ideal for treating both Hallux Limitus and Hallux Rigidus.
- Athletic or running shoes made especially for over-pronators (flat feet) can provide support. They are less flexible than conventional running shoes, which enables them to limit the motion of the joint.

5 Myths about Exercise and Aging



Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin. Perhaps you think you're too old or frail, or that exercise is boring and simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they are actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of

illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too.

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth 2: Older people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair—bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

If you have any questions, comments or suggestions please submit them to patientrelations@daytonfeet.com or let your front desk receptionist know. We look forward to hearing from you!

Visit us on the web! www.DaytonFeet.com







