



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

June 2013 – Happy Father's Day!

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

1117 E. Home Rd

Vandalia

69 N. Dixie Dr. Suite B

Contact Us

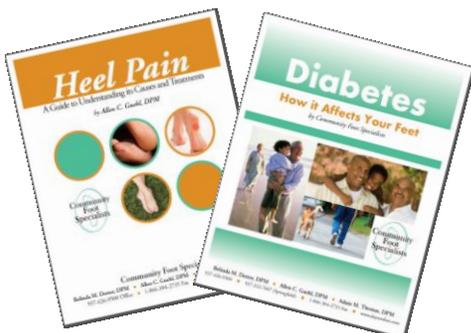
(937) 426-9500

(937) 322-7607

Fax 1866-304-2735

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

www.DaytonFeet.com



Thank you all for entering our Facebook "Like & Win" giveaway! We announced a winner (randomly) on May 16th through a video on our Facebook page. Congrats to our winner, Leila! We hope you enjoy your gift basket and gift card.

Stay up to date on future events and giveaways by liking us on Facebook. We're looking forward to making meaningful connections with you!

www.facebook.com/CommunityFootSpecialists



Join us!

For all of you that have donated so far: THANK YOU, it is greatly appreciated. If you have not donated yet, there's still time. You can give a donation of any amount to your Springfield receptionist if you would like to support this cause.

You can also join us on Saturday, June 8th at Wittenberg University in Springfield for the free Heart Walk. The theme this year is family fun so feel free to bring your family and stop by all of the booths! We hope to see you there!

Heart Walk Information:

When? Saturday, June 8th, 2013 Walk starts at 9:15am. Registration begins at 8am.

Where? Wittenberg University in Springfield, Ohio

Happy Father's Day!

(June 16th, 2013)

For many of us, our fathers are our heroes. We appreciate them for their love and guidance. A good father can set an example of strength, honor, sacrifice and responsibility. On Father's Day, we honor dads for their love and the lessons they have taught us.

Enter to WIN!

In the upcoming days, we will be having a short survey in each of our clinics and also on our website. Those of you who fill out the survey will be automatically entered to win an all-inclusive gift basket! Thank you and good luck!

Grilled Portobello and Red Pepper Wraps



MAKES: 4 servings
SERVING SIZE: 1 wrap
CARB GRAMS PER SERVING: 28

Ingredients

- 4 Portobello mushrooms (1 pound total), cleaned, stemmed, and gills scraped, if desired
- 1/3 cup bottled light clear Italian salad dressing
- 1 large yellow or red sweet pepper, stemmed, seeded, and quartered
- Nonstick cooking spray
- 4 whole wheat wraps
- 2 tablespoons purchased basil pesto
- 8 lettuce leaves
- 1 medium tomato, sliced

Directions

1. In a large resealable plastic bag or an airtight container, combine mushroom caps and dressing. Seal bag or container; turn to distribute dressing. Marinate in the refrigerator for 2 hours.

2. Lightly coat pepper quarters with cooking spray. For a charcoal grill, grill mushroom caps and pepper quarters on the rack of an uncovered grill directly over medium-hot coals for 6 to 8 minutes or until tender and grill marks form, turning once halfway through grilling. Remove mushroom caps and pepper quarters from grill; set aside and cover to keep warm. (For a gas grill, preheat grill. Reduce heat to medium-high. Place mushroom caps and pepper quarters on grill rack over heat. Cover and grill as above.)

3. Lay whole wheat wraps flat on a counter. Spread wraps with pesto. Divide lettuce and tomato slices among wraps, arranging them evenly across the lower third of each wrap. Slice mushroom caps and pepper quarters; place slices evenly over tomatoes.

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Servings per recipe: 4 Cal.: 257 Fat: 10 Chol.: 3 Carb.: 28 Fiber: 14

Source: diabeticlivingonline.com

Did you know? *Summer Heat & Insulin*

Warmer temperatures can have an indirect effect on your blood glucose, so take special precautions on hot summer days.

If you change your routine because of the heat, such as eating less or exerting yourself more outside, you may need to test your blood glucose more often. If you take insulin, your insulin requirements may even change.

Dehydration- the loss of body fluids- also can happen on very hot days. To avoid it, be sure to drink plenty of fluids, especially water. Also, exercise early in the day.

**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.

Fun in the Sun May Not Be Fun for Your Skin



By: Dr. Adam M. Thomas

Not sure of that spot on your foot? This may be a sign of skin cancer. In this edition, we will be discussing how to identify spots on your skin as skin cancer; steps your doctor may take; how to treat it, and lastly how to prevent it.

Skin cancer develops when "mutations" of the skin's DNA grows rapidly and out of control. When it does this it begins to develop cancerous cells. There are three common skin cancers -- basal cell carcinoma, squamous cell carcinoma, and melanoma. Actinic Keratoses are referred to as "pre-cancers." The most common warning sign of skin cancer is when the skin begins to change appearance. Skin cancer is the most common type of cancer in humans. Many types of lesions, or abnormalities in the tissue of an organism, can develop on the skin and most of these lesions are benign—a mass of cells (tumor) that lacks the ability to invade neighboring tissue or metastasize, or non harmful. Some hints upon inspection can help distinguish which ones are concerning and which ones are less concerning.

Since your podiatrist is checking your feet, they are able to give a good inspection of your lower legs and ankles while sitting in the exam chair. Some characteristics to consider are: **Color.** Benign skin lesions are generally uniform in color, or the same color throughout. **Borders/Shape.** Benign lesions are generally uniform in shape and tend to be smooth with a regular feel to the surface. **Growth rate.** New appearing skin lesions or rapid growth or change in size can be a concern for a more suspicious lesion. **Ulcerating or bleeding skin lesions.** These can be a concern for more aggressive type skin cancers.

Sometimes dark lesions under the toenail can be a concern although 90-95% of the time this will be due to dry blood or bruise from either an injury or repeated jamming of the toe in the shoes. For any type of lesion, under the nail or on the skin, your foot doctor will likely monitor and, if any concern, can easily perform a biopsy in the office under local anesthetic which will help give a definitive diagnosis, and in some very rare cases, may save a limb or a life. Skin cancers of the feet are more often related to viruses, exposure to some chemicals, chronic inflammation, irritation, or inherited traits.

There are a lot of different ways to treat skin cancer. Some treatment options are freezing. Your doctor can get rid of early skin cancers by freezing them with liquid nitrogen (cryosurgery). The dead tissue sloughs off when it thaws. More known options are radiation, when surgery is not an option, and chemotherapy. Laser therapy. A precise and intense beam of light vaporizes growths with generally little damage to surrounding tissue. A doctor may use this therapy to treat superficial skin cancers.

Ways to prevent getting skin cancer on your feet is putting sunscreen on them, as directed on the bottle, wearing protective shoes that block the harmful rays, and staying inside or in the shade as much as possible; from 10 a.m.- 4 p.m. when the sun's rays are more harmful.

When you cannot go see a doctor you should do a regular examine especially if you spend many hours outside. Examine your skin often for new skin growths or changes in existing moles, freckles, bumps and birthmarks. Contact your doctor immediately if you think you may have any signs of skin cancer.



Fun Summer Activities



Go out and try a new water sport, such as kayaking, canoeing or boating.

If you're in the Springfield area, you can go canoeing and kayaking at Mad River Paddle Sports. Call for more information: (937) 325-3333

If you're in the Dayton area be sure to check out the downtown RiverScape! Call Ride the River Rentals for more info (937) 278-2607



Venture into a local or national park with your camera to enjoy the scenery or to go hiking. Find new trails, bring a picnic lunch and explore with a friend

Visit www.metroparks.org for local parks in Dayton and surrounding areas.

Visit www.ntprd.org for local parks in Springfield



Find a local festival. There are festivals of all kinds, including blues, jazz, rock, bluegrass or folk music festivals. Other festivals celebrate local products such as a lobster, blueberry or strawberry festivals. Most festivals are filled with food, many vendors and even culture!

Visit www.eventful.com to search for local festivals and events near you!



Go to an amusement park, host a block party, have a backyard barbecue. Explore your state. Many people have never seen parts of their state that others love to visit. Take a mini-vacation. Go find a place with go-karts and mini-golf.

Places to visit in Ohio: King's Island Amusement Park / Scene 75 Entertainment (Dayton) / Splash Zone Waterpark (Springfield) Coney Island / etc.

