



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

MARCH 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

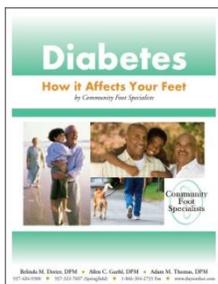
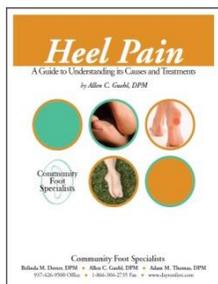
BABY FEET



Babies are born with only 22 bones in each foot, but by the age of five, the number increases to 26 bones. The first few years are crucial, as the bones in your baby's feet are made of soft, flexible cartilage that gradually converts to bone over time. Your baby's feet are particularly vulnerable to injury if they're not cared for properly.

How can I take care of my child's feet?

- Looking after your toddler's feet now will help to prevent foot problems later on in him/her life.
- Make sure that socks, soft booties and bedclothes allow your baby or toddler's toes plenty of room to straighten out and move around easily.
- Check him/him/her feet regularly. This will help you to notice any problems, such as blisters. Wash your toddler's feet and dry them well between the toes. Cut him/her toenails straight across to prevent them from becoming ingrown.
- Let your baby have some time every day with bare feet so she/he can exercise him/her feet and toes. Make a game of it by tickling your baby's feet and legs to encourage him/her to flex and stretch him/her foot muscles.
- Don't be in a rush to buy shoes. Socks or tights made from cotton or a cotton and wool mix are best and will keep him/her feet warm. Check the size of your child's socks regularly, especially if you tumble dry them. Socks can shrink, and if they are too tight, this can restrict how your toddler's feet grow.



babycenter.com



Question of the Month

Presented by: Dr. Nicole Rahn

Do your feet or ankles ache towards the end of the day?

Do you feel that the arch is collapsing and the ankle is turning inwards?

You may have a condition called Posterior Tibial Tendon Dysfunction (PTTD).

The posterior tibial tendon is the single most important tendon in the foot and is responsible for helping to "hold" your arch up. There are many factors that may lead to degeneration of this tendon. Biomechanical abnormalities such as pre-existing flatfoot, obesity, or a tight heel cord may place greater stress on the tendon, causing it to become inflamed. Conditions such as diabetes, hypertension, obesity, and systemic inflammatory diseases may lead to a decrease in the overall blood supply of the tendon, making degeneration more eminent. Symptoms may initially begin with swelling and sharp pain along the inside of your foot or ankle. This may later progress to an achiness, tiredness, or burning feeling after activities. Without proper treatment, the tendon can become degenerated, thicker, and even tear. The tendon may eventually become so degenerated that it no longer works properly, causing the arch to collapse and the toes to turn out. If you experience any of these signs or symptoms, then you should contact your doctor for an appointment. Treatment will depend on the stage of the disorder. Initially, conservative treatment begins with rest, ice, and anti-inflammatory medication. The tendon may need to be immobilized in an ankle brace for several weeks to alleviate the pain. Orthotics are usually employed to help support the arch and alleviate stress and strain on the tendon. More progressive stages of the deformity may require physical therapy, a customized ankle brace, or even surgical correction. Early treatment will likely help prevent progression to this level and thus should be implemented as soon as possible.

\$3.00 off

Amerigel Kit!





Roasted Vegetable Pizza

Ingredients

Crust

- 50g gram (chickpea) flour
- 50g cornflour
- ½ teaspoon cream of tartar
- 75g potatoes, peeled, cooked, and mashed
- 125 ml milk

Toppings

- ½ red pepper, sliced
- 1 small red onion, sliced
- 40 g feta cheese crumbled
- 125 g ground rice
- ½ teaspoon bicarbonate of soda
- Pinch of salt
- 25g soft margarine
- A little oil for greasing
- 4 medium tomatoes
- ½ yellow pepper, sliced
- ½ tin button mushrooms, drained and halved
- Handful fresh basil, torn

Instructions

1. Preheat the oven to 425F. In a large bowl, mix together the gram flour, ground rice, corn flour, bicarbonate of soda, cream of tartar and salt.
2. Rub in potato and margarine, until the mixture resembles breadcrumbs.
3. Add enough milk to make a soft dough and form into a ball, then roll out to a 30cm round place on a lightly oiled baking sheet. Then, on to this, lay the slices of tomato, pepper and onion, and mushrooms halves
4. Crumble over the feta and bake for 15-20 minutes until the vegetables are tender and the pizza base is golden and crisp
5. Scatter over basil and serve.

Nutritional Information (serves 3)

Each serving contains:

441 calories
12g protein
71g carbohydrates
12g fat

- Vegetarian
- Gluten Free

Source: Diabetes UK

Spring is just around the corner...

Don't let the cold keep you in the slumps any longer. Starting a spring exercise program can be very beneficial to your health and attitude.

Beginning a workout program for weight loss can be overwhelming. What exercises should you be doing? How often? With just a little bit of planning, you can set up a complete exercise program to help you reach your fitness goals, whatever they maybe. Planning things out will make it easier to reach your goals and to stick with your program for the long term. Before you get started, make sure you check with your doctor to make sure you don't have any health or medical problems.

Basic steps to take

1. Set realistic goals.
2. Set a timeframe for your goals.
3. Figure out how to meet you goals with an exercise program.
4. Structure your program.
5. Maintain your program.



The important thing to remember is that it will not be easy, but starting slowly and doing something you enjoy will help ramp up positive energy to try harder activities in the near future. Though the first few weeks are the hardest, they are also the most rewarding. At the end of the week, give yourself a reward for accomplishing a goal. Do it as a team. Join forces with your spouse or a friend to help motivate each other.

Ways you can help us...

Referrals- There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Existing patients who refer someone to our office will receive a thank you letter by mail along with a scratch off lottery ticket.

Follow us- Facebook, Twitter, Daytonfeet.blogspot.com

Reviews- If you have an existing email with Google or Yahoo please gives us a review for one of our six offices.

Testimonials- We'd love for you to share your thoughts with us by handwriting or E-Mailing a brief statement about your experience to let us know how we are doing and how we can be better.

(E-Mails should be directed to cfcfeetmarketing@gmail.com)

Newsletter- Sign up to receive our monthly newsletter by email. Our newsletter contains information about our company, common foot conditions, and events going on throughout the month.

If you have any questions on how to participate in any of these listed programs, please feel free to ask our front desk receptionist or E-Mail us at cfcfeetmarketing@gmail.com