



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

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Question of the Month By: Dr. Adam M. Thomas When should I call the doctor?

People call a doctor of podiatry for help diagnosing and treating a wide array of foot and ankle problems. There can often be uncertainty as to when to call your podiatry physician but the following list, while not all inclusive, can be helpful.

Please call our office for an appointment if you experience one of the following:

- Persistent pain in your feet or ankles.
- Changes in the nails or skin on your foot.
- Severe cracking, scaling, or peeling on the heel or foot.
- Blisters on your feet.
- Increased pain, swelling, redness, tenderness, or heat.
- Red streaks extending from the affected area.
- Discharge or pus from an area on the foot.
- Foot or ankle symptoms that do not improve after two weeks of treatment with a nonprescription product.
- Spreading of an infection from one area of the foot to another, such as under the nail bed, skin under the nail, the nail itself, or the surrounding skin.
- Thickening toenails that cause discomfort.
- Heel pain accompanied by a fever, redness (sometimes warmth), or numbness.
- Tingling in the heel; persistent heel pain without putting any weight or pressure on your heel
- Pain that is not alleviated by ice or over-the-counter painkillers (such as aspirin, ibuprofen or acetaminophen).
- Diabetics with poor circulation who develop Athlete's Foot.

fUN FoOt fACTs

Did you know that your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands? That may seem like a lot of anatomy in a relatively small package, but then again, your feet are charged with the very important task of supporting the entire body.

Be SMART about back to school shopping

With kids back in school after a summer of bare feet and sandals, parents are shopping for shoes for feet that seem to have grown longer in just a few months. Community Foot Specialists recommends some simple guidelines to prevent or minimize possible foot problems from inappropriate shoes, such as painful ingrown toenails, blisters and heel pain.

When choosing kids' shoes, size and shock absorption are the key considerations, especially if your child has flat feet that can worsen from improper fitting or worn-out shoes. Also, a child's foot can grow a size or two within six months, so it's critical to allow room for growth in the toe box – about a finger's width from the longest toe.

Snug shoes put pressure on the toes, causing ingrown nails. The nail compresses and grows down into the skin. Infection can occur when an ingrown nail breaks through the skin. If there's pain, redness and fluid draining from the area, it may be infected. The ingrown nail can be removed in a simple, in-office procedure. It is strongly suggested that parents do not try to remove a child's ingrown nail at home, as this can cause the condition to worsen.

Tight-fitting shoes also cause blisters, corns and calluses on the toes and blisters on the back of the heels. Never buy shoes that feel even slightly tight or uncomfortable in the store, don't assume they will stretch or break in over time. Conversely, shoes that are too loose can also cause problems, as the foot may slide forward and put excessive pressure on the toes.

Parents should carefully inspect both new and old shoes to check for proper cushioning and arch support. Shoes lose their shock absorption over time, and wear and tear around the edges of the sole usually indicate it's worn out and should be replaced. If a child keeps wearing worn-out or non-supportive dress or athletic shoes, it elevates the risk for developing heel pain, Achilles tendonitis and even ankle sprains and stress fractures. Contact the Community Foot Specialists team if you have any questions about what shoe may be best for your child heading into the new school year



Product of the Month **Hydro-Cutis Cream**



- * Relieves rough, dry skin
- * Ideal for Both Diabetic and Non-Diabetic Foot Care
- * Gently exfoliates, intensely hydrates
- * Non-Greasy Formulation
- * Paraben-Free

\$3.00 OFF this month

Tell our receptionist about this coupon to receive offer

August 6th National Wiggle Your Toes Day

Those ten extremities at the ends of your feet, are crying out for a little freedom. Cramped up inside a pair of shoes or sneakers all day long, your stinky toes just don't get the chance to move about freely, as they would like to do.

Celebrate Wiggle Your Toes Day by airing out your toes, and wiggling them around for all to see. The best place to wiggle your toes on a hot August day, is in the pool. Or, sit on a dock and stick your wiggly little toes in the water.



Orange Swirled Cheesecake

Ingredients

- 3 3/4 teaspoons unflavored gelatin
- 1 teaspoon finely shredded orange peel (set aside)
- 1/2 cup orange juice
- 1/3 cup fat-free milk
- 1 8 - ounce package reduced-fat cream cheese (Neufchatel), softened
- 2 1/2 cups plain low-fat Greek or fat-free Greek yogurt
- 1/2 cup sugar*
- 1 teaspoon vanilla
- Orange paste food coloring**
- Fresh raspberries and/or orange peel twists (optional)



Instructions

1. In a small saucepan sprinkle 2-1/2 teaspoons of the gelatin over the orange juice; let stand for 5 minutes. Heat and stir orange juice mixture over low heat just until gelatin is dissolved. Remove from heat and cool for 5 minutes.
2. In another small saucepan sprinkle remaining 1-1/4 teaspoons gelatin over the milk; let stand for 5 minutes. Heat and stir over low heat just until gelatin is dissolved. Remove from heat; cool 5 minutes.
3. In a large bowl beat cream cheese with an electric mixer on medium speed until smooth. Beat in yogurt, sugar, and vanilla until smooth. Remove 1/2 cup of the cream cheese mixture and add it to the milk mixture, whisking until smooth. Gradually beat orange juice mixture into the remaining cream cheese mixture until smooth. Tint light orange with the orange food coloring. Stir in the 1 teaspoon orange peel.
4. Spoon half of the the orange cream cheese mixture into a 7- to 8-inch springform pan. Spoon half of the white cream cheese mixture into mounds over orange cream cheese mixture. Using a narrow, thin-bladed metal spatula or a table knife, swirl white mixture into orange mixture. Repeat layering and swirling remaining orange cream cheese mixture and white mixture. Cover and chill in the refrigerator for 4 to 24 hours or until set.
5. To serve, using a small sharp knife, loosen cheesecake from side of springform pan; remove side of pan. If desired, garnish with fresh raspberries and/or orange peel curls. Cut cheesecake into wedges to serve. Makes 12 (1 slice each) servings

A Parent's Guide to Athletic Shoes!

The new school year means the start of a new season of school and club athletics. Before you head out to buy new sports shoes or cleats for your children, there are a few factors you should consider, according to the American Podiatric Medical Association (APMA).

For starters, it is important that you get your child's feet professionally measured by a podiatrist to ensure that you are buying the right shoe. While it's tempting to use the measuring device provided by your local sports equipment store, this informal approach may lead to the purchase of an ill-fitting shoe that does not provide the right amount of support and could result in serious foot discomfort.

When the foot has been properly measured, now it's time to choose the athletic shoe that is best designed for your child's sport of choice. Here is a quick reference guide from the APMA:

Football and Lacrosse

Most Common Injuries – Turf toe and Achilles tendinitis
Proper Shoe Characteristics – Cleats with high ankle support, to accommodate for quick lateral movements and sudden changes of direction.

Running Most

Common Injuries – Plantar fasciitis, shin splints and Morton's Neuroma
Proper Shoe Characteristics – Shoes with shock absorption to help prevent impact-related injuries, and a design to match your child's high, medium or low arch.

Basketball Most

Common Injuries – Sprains, stress fractures and tendinitis.
Proper Shoe Characteristics – Thick and stiff sole that offers support while your child runs and jumps. The shoe should also have a high ankle for added support during quick motion changes on the court.

Soccer

Most Common Injuries – Ankle sprains, turf toe and ingrown toenails
Proper Shoe Characteristics – Stud-type sole that will be appropriate for the type of ground they will be playing on, whether soft, hard, or firm. Also, the shoe should have no more than one half inch of space between the big toe and the end of the shoe. The safest way to ensure that you are purchasing the right shoe for your child's sporting endeavors is to schedule an appointment at Community Foot Specialists. Our team will provide a personal foot assessment and give you a recommendation for the shoe that offers the best fit for your young athlete while also providing the best support and functionality on the playing field.

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!



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Community Foot Specialists exists to provide patient centered, high-quality foot and ankle care, delivered by knowledgeable, compassionate podiatrists and a professional, caring staff, in a welcoming environment at convenient locations.

Thank you for all of your referrals, we appreciate them!