



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

July 2015

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Five Locations to Better Serve You!

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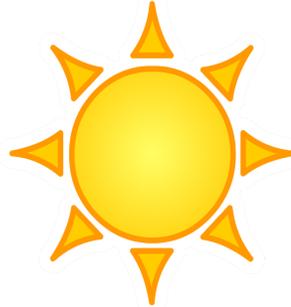
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Protect your Feet from the Heat

If you are planning a beach vacation this summer with your family, you are likely already dreaming of the total relaxation that accompanies the simple act of lounging by the water with your bare feet in the sand. According to the American Podiatric Medical Association, even when lying still on your back while soaking up sunrays, your feet are very vulnerable. You can seriously sunburn your feet, and no matter how upscale your surroundings, athlete's foot can be found in just about any public area. To give you more time collecting sea shells and less time collecting doctor's bills, consider these tips to prevent vacation-related foot predicaments:

- * Limit barefoot walking, as it exposes feet to sunburn, plantar warts, athlete's foot, ring worm and other infections
- * Remember to apply sunscreen all over your feet, especially the tops and fronts of your ankles – and reapply after going in the water
- * Stay hydrated by drinking plenty of water throughout the day, to help minimize foot swelling
- * Keep blood flowing with periodic ankle flexes, toe wiggles and calf stretches
- * Pack several pairs of shoes to match the various activities planned during your vacation

Most importantly, if you injure your foot or ankle while on vacation, seek professional help from a foot and ankle specialist. A podiatric physician can begin treating your ailment immediately even while you are away from home. With this information in mind, you and your family will have all toes on deck for an enjoyable vacation!

Question of the Month By: Dr. Kleman

What is athlete's foot and how can I avoid it?

Rain, rain, go away, give us sunshine so we can play.! With the recent increased rain, comes humidity with the summer heat. This can provide the perfect environment for athlete's foot, or a fungal infection to the skin of your feet. This infection can be common to athletes but may occur to anyone. It is important to identify these infections quickly as sometimes they can be difficult to treat. Common signs/symptoms of athlete's foot are itching, a burning sensation, or scaling skin on the bottom of the foot. Small blisters may also be present. If you are unsure if you have athlete's foot, you should consult your podiatrist or family doctor for an evaluation. In addition athlete's foot does not have to be caused by environmental factors but can also be caused by increased sweating.

A few tips to avoid this itchy, burning infection:

- * Do not wear wet socks or shoes. Be sure to dry your feet thoroughly after getting them wet. If possible bring an extra pair of shoes and socks to wear indoors to ensure your skin will remain dry.
- * Don't forget to dry the spaces between toes. Ulcerations can occur in these areas if ignored.
- * Use a anti-fungal treatment regimen recommended by your podiatrist or family doctor.

It is important to treat athlete's foot correctly as it can lead to a worse infection. If you notice a fever, redness, or swelling in addition to other symptoms do not delay in contacting your doctor. Patients with diabetes or other immune compromising diseases

Product of the Month **K2 Cold Therapy**



k2 Cold Therapy™ relieves minor pain without drying the skin. This pain relieving gel is formulated with eucalyptus oil, rosemary oil and grape seed extract.

\$3.00 OFF this month

Tell our receptionist about this coupon to receive offer

Chicken Lettuce Wraps

Ingredients

- 2 cups warm cooked chicken, diced
- 2 green onions, chopped
- 1/2 cup shredded carrots
- 1/4 cup water chestnuts, diced
- 1 tablespoon lower sodium soy sauce
- 1 tablespoon rice wine vinegar
- 9 butter lettuce leaves



Instructions

1. In a medium bowl, mix together the chicken, green onions, carrots, water chestnuts, soy sauce, and rice wine vinegar.
2. Scoop 1/3 cup chicken mixture into each lettuce leaf.

Calories 70
 Carbohydrates 2g
 Protein 9g
 Fat 2.5g

Sugar 1g
 Dietary Fiber 1g
 Cholesterol 30mg
 Sodium 95mg

Red, White, and Blue Pudding Trifle



Ingredients

- 1 ounce sugar-free, fat-free instant vanilla pudding mix
- 2 cups fat-free milk
- 8 ounces light whipped topping, thawed
- 2 1/2 cups raspberries, divided
- 2 1/2 cups blueberries, divided
- 1 1/2 cups sliced strawberries

Instructions

In a large bowl, prepare pudding according to package directions. Cool in refrigerator for 5 minutes. Fold whipped topping into pudding and incorporate well. In a trifle bowl, spread 1/3 pudding mixture in bottom of bowl. Top with 2 cups raspberries; spread evenly. Layer another 1/3 of pudding mixture and top with 2 cups blueberries; spread evenly. Spread remaining pudding mixture on top of blueberries. Top pudding with 1/2 cup blueberries, 1/2 cup raspberries and all of strawberries pudding.

Calories 755
 Carbohydrate 15g
 Protein 2g
 Fat 2g

Saturated Fat 1.6g
 Dietary Fiber 2g
 Cholesterol 0mg
 Sodium 25 mg

Oh No, Cramps!



We've all had it happen, and often when we least expect it. In the span of a second your feet go from completely normal to experiencing a pain that leaves you hopping for relief. Foot cramps strike without warning, leaving your muscles tight, hard and extremely painful. Cramps are the result of involuntary contractions of one or more muscles, otherwise known as muscle spasms. Some of the most common causes include:

- ◆ Poor circulation
- ◆ Overextension during exercise
- ◆ Insufficient stretching before exercise
- ◆ Repetitive strain • Muscle fatigue
- ◆ Dehydration
- ◆ Calcium, magnesium or potassium deficiency



When a cramp occurs, slowly pull out of the position you are in and press your foot to the floor to lessen the initial spasm. Then put additional pressure on the foot while leaning forward to stretch the back of your leg and ankle. Take deep breaths while holding the posture. Once the cramping has started to subside, stretch out the bottom of the foot by pressing the ball of your foot on the floor and lifting your heel. Another form of relief involves extending the leg while sitting or standing and pointing your toes skyward and then straight ahead to get blood flowing to ease the contraction. To help preventing cramping in the future, stay properly hydrated and try to fill your diet with sufficient calcium, magnesium and potassium. Eight, eight-ounce glasses of water is a great starting point, and adding a banana to your daily diet is a great way to provide helpful potassium while offsetting excess sodium. If you experience ongoing cramping of the feet, please visit one of our physicians at Community Foot Specialists for an assessment of your overall foot health to determine what may be causing the issue and to determine a personalized treatment plan.

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!