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Happy Father's Day

Sunday June 21st

Looking for simple yet meaningful Father's Day activity that will let Dad know you care.

Make his favorite meal– The way to a man's heart is through his stomach. Cook or grill his favorite food.

Play his favorite sport– Get some fresh air and challenge dad to a game.

Get crafty– Build something with dad, dads love teaching their kids how to properly put something together.

Beer or wine tasting– Giving dad the chance to try a variety of beers or wine is surely going to put a smile on his face.

Father's Day Outing– Plan a trip to the beach, ball park or even a museum. A place that dad is sure to enjoy.

Relaxing– Let dad have control of the remote for the day and allow him to kick up his feet.

Be sure to let dad know how much he means to you and that you appreciate all that he does.

A big thank you to all of our patients who donated money to the American Heart Association and a thank you to Aija who collected the most donations.



Helpful Summer Tips from Dr. Belinda Dotter

It's the summer and sandal season. Unfortunately not all of us can wear sandals to work. One of the most embarrassing problems one may encounter during hot temperatures are sweaty and smelly feet. When we wear closed shoes the sweat is unable to evaporate. This combination of sweat, bacteria and fungus may produce the bad smell. The fungus and moisture may also cause athlete's foot. Wearing the wrong socks or shoe material contributes to this condition. Here are some suggestions to avoid this problem:

1. Socks:

Use socks that are a combination of wool and man made fiber. Bamboo fiber socks are supposed to wick away sweat effectively. Avoid nylon, or all cotton socks as both can't hold a lot of moisture without becoming too damp and exacerbating the problem.

Wear clean, well fitting socks.

2. Shoes:

Shoe material: plastic or synthetic material do not breath well, and trap moisture. Leather material are the best. Check the inside of shoes are even leather shoes sometimes have a plastic lining.

Avoid wearing the same shoes daily to allow time for the shoes to dry. Spray with an antiseptic and dry them completely for a full day.

Change the insoles of your shoes at least twice a year. There are washable insoles that may help.

3. Feet:

Bath feet in warm water with tea tree oil (has antibacterial properties), dry thoroughly.

File calluses regularly. Thick calluses may become damp throughout the day and is an ideal spot for bacteria, causing bad odor.

If you notice a lot of pitting calluses on the soles and a very bad smell (looks like a bee honeycomb), it may be "pitted keratolysis". This is a bacterial infection that must be treated with antibiotics.

Use a foot antiperspirant or deodorant. This will require a prescription from your foot doctor.

Product of the Month **JM Orthotics**



JM orthotics are an affordable and instant solution to a painful problem. Your feet are constantly changing, so JM offers us an opportunity to be able to change with them. We can remold the orthotics over the years so they are a better fit and offer more support. JM orthotics are easy to add and remove from any shoes, so no matter the occasion you can walk in comfort.

\$5.00 OFF this month

Tell our receptionist about this coupon to receive offer

Chicken Nacho Casserole

Ingredients

- cooking spray
- 1/8 tsp ground black pepper
- 1 lb boneless, skinless chicken breasts, cut into small pieces
- 1 (15 oz) can fire-roasted diced tomatoes
- 1 cup no salt added black beans, drained and rinsed
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 2/3 cup reduced-fat cheddar cheese, shredded
- 1.5 oz (or about 24) baked tortilla chips, crushed



Calories 210	Sugar 3g
Carbohydrates 17g	Dietary Fiber 3g
Protein 23g	Cholesterol 50mg
Fat 6g	Sodium 360mg
Saturated Fat 2.3 g	Potassium 455mg

Instructions

Preheat the oven to 375 degrees F. Spray a 2 1/2 quart baking dish with cooking spray. Season the chicken with black pepper. Spray a large sauté pan with cooking spray and heat over medium-high. Add the chicken and cook for 8 minutes. Add the diced tomatoes, black beans, chili powder, cumin, and garlic powder to the pan. Reduce the heat to low and simmer for 5 minutes. Pour the chicken mixture into the baking dish. Sprinkle cheese on top and then top with the crushed tortilla chips. Bake 12 minutes or until the cheese is melted.

Baked Cinnamon Stuffed Apples



Ingredients

- 4 large McIntosh or Golden Delicious Apples, cored
- 1/2 lemon, juiced
- 1/4 cup + 2 tablespoons Splenda® Brown Sugar Blend
- 1/4 cup oatmeal
- 1 teaspoon cinnamon
- 2 tablespoons trans-fat free margarine
- 1/4 cup pecans, finely chopped

Instructions

Preheat oven to 425 degrees. Drizzle lemon juice over apples. In a small bowl, mix together remaining ingredients. Stuff each apple with approximately 1/4 cup oat mixture. Place apples in an oven safe baking dish and bake for 25-30 minutes

Calories 145	Saturated Fat 09g
Carbohydrate 26g	Dietary Fiber 3g
Protein 1g	Cholesterol 0mg
Fat 5g	Sodium 25 mg

Flip– Flops DO’S and DON’T’S

With the official start of summer taking place in June, now is the perfect time to think about the do’s and don’ts for wearing this casual footwear while maintain optimal foot health. Below are a few helpful suggestions courtesy of the American Podiatric Medical Association:

DO’S

- ◆ Do shop for a flip-flop made of high– quality. Leather minimizes the potential for blisters and other types of irritation.
- ◆ Do gently bend the flip– flop from end to end, ensuring it bends at the ball of the foot. Shoes of any kind should never fold in half.
- ◆ Do ensure that your foot doesn’t hang off the edge of the flip-flop.
- ◆ Do wear a sturdy pair of flip– flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking bare-foot can expose foot soles to plantar warts and athlete’s foot.

DON’TS

- ◆ Don’t re– wear flip-flops year after year. Inspect older pairs for wear. If they show signs of severe wear, discard them.
- ◆ Don’t ignore irritation between toes. Where the toe thong fits. This can lead to blisters and possible infections.
- ◆ Don’t wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in term of shock absorption and arch support.
- ◆ Don’t do yard work while wearing flip– flops. Always wear a shoe that fully protects feet when doing outside activities such as mowing the lawn or using a weed-eater.
- ◆ Don’t play sports in flip-slops. This practice can lead to twisting of the foot or ankle, as well as sprains and breaks.



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!