



# Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

May 2015

## Happy Mother's Day! Sunday May 10th

### Surprise Mom on Mother's Day...

**Take a Family Outing-** Mother's Day couldn't come at a better time, Spring is finally here! Planning a picnic or an outing at a park is a perfect place to spend time with the family. The flowers are blooming and the ducks are swimming in the pond. Mom is sure to enjoy the fresh air relaxing with her family.

**Coupon Book-** Making a coupon book is a great way to relief some stress from mom's everyday duties. You can add coupons such as cleaning, cooking, date night, or a massage. The great things about making your own is that you can personalize these books to what best describes the mother in your life.

**Cook Mom's Favorite Meal-** Most mothers would not mind taking a break from cooking so why not surprise her with making her favorite meal. Breakfast in bed or that delicious dinner that she loves so much. Maybe even a yummy desert that she would never turn down.

**Mani, Pedi or a Massage-** All moms love to be pampered and they deserve it. Allow mom to have some time for herself to show how much you appreciate all that she does and she is sure to come home with a smile on her face.

**Gather the family-** Bring the whole family together to enjoy each others company maybe play a game, watch a movie, or get all dressed up for family portrait. Either way mom is going to enjoy having her loved ones around on this special day.

**Have a few extra dollars in your pocket-** Surprise mom with that one thing that she's been wanting to buy. Whether that be her favorite perfume, a new pair of shoes, or a fashionable new hand bag.

#### In this Issue:

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- ◆ *Fungal Toenails*
- ◆ *CLARUS*
- ◆ *Diabetic friendly Recipes*
- ◆ *Question of the Month*

### Five Locations to Better Serve You!

#### Beavercreek

1911 N. Fairfield Rd. Suite 210

#### Dayton

1 Elizabeth Place 4th Floor

#### Dayton

5925 N. Main St Suite D

#### Springfield

2207 Olympic St.

#### Vandalia

1 E. National Rd Suite 300

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#### Connect with us!



/Communityfootspecialists



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|                        |                            |
|------------------------|----------------------------|
| I am your mother.      | I am your dinner.          |
| You are my child.      | You are my chocolate cake. |
| I am your quiet place. | I am your BEDTIME.         |
| You are my wild.       | You are my WIDE-AWAKE.     |
| I am your CALM FACE.   | I am your lullaby.         |
| You are my giggle.     | You are my PEEK-A-BOO.     |
| I am your wait.        | I am your GOODNIGHT KISS.  |
| You are my wiggle.     | You are my I love you.     |

## Fungal Toenails

It is not your fault that you have developed fungal toenails, but the condition is still quite embarrassing and can be a source of self-consciousness that you do not need. When your toenails have succumbed to microbial growth, they will often appear unsightly, become thickened and brittle, and may even smell funky. Because of this, it is important to understand how to prevent the situation in the first place and know that it can be expertly treated by the professionals at our practice when it happens to you.

## What are Fungal Toenails?

Also known as onychomycosis, toenail fungus is essentially an infection that happens underneath the bed of a toenail. Cuts in your skin that are so tiny you cannot see them can allow microscopic fungal organisms to enter your body and ultimately fester in your nail beds. These microorganisms can also enter the small gap between your nail bed and nail. Either way, the fungus leads to crumbly, discolored, and thickened nails. Left untreated, fungal toenails can lead to pain, permanent damage to your nails, and even serious complications for those who live with diabetes. It is possible, yet rather infrequent; to develop onychomycosis in your fingernails, but toenails are often affected. This is due to the fact that fungus thrives in dark, moist, and warm places. When your feet are covered by socks and shoes all day long, it creates an ideal environment for the microbial organisms. You can contract this condition from warm, damp environments like gym showers and locker rooms and public, indoor pools. You are at a higher risk of a fungal infection when you have circulatory problems, immune disorders, or diabetes. Anyone should take measures to avoid contracting toenail fungus, but those who are compromised by such conditions should be especially vigilant.

## Preventing Fungal Toenails

Preventing fungal infections is better than having to treat them and this comes down to taking some extra precautions. Your first line of defense against infection is following a daily personal hygiene regimen. Wash your feet every day and be sure to dry them thoroughly after they are clean. Decrease the risk of ingrown nails, which open the door for infection, by clipping your toenails in a straight fashion instead of rounding them. Also, do not cut them too short.

Whether you are physically active or have a condition that leads to excessive sweating, change your socks after your feet have become sweaty. If you are affected by a medical condition, it is a good idea to bring extra socks with you to change into when you need to do so. Give your shoes 24 hours to fully dry between uses. Rotating between two pairs of shoes on an every-other-day basis works well.

When going to the gym or public pool, wear a pair of shower shoes or sandals when walking in the locker room, shower area, or deck. Do not borrow someone else's towel or clothing, because this could lead to transference of microbial organisms.

## Product of the Month **CLARUS ANTIFUNGAL SOLUTION**



CLARUS ANTIFUNGAL SOLUTION, 1% Tolnaftate, is a safe, effective, oil-soluble formulation indicated for the treatment of athlete's foot (tinea pedis) and ringworm (tinea corporis). The proprietary vehicle contains a menthol derivative combined with essential oils designed to enhance the penetration of tolnaftate.

**\$3.00 OFF this month**

**Tell our receptionist about this coupon**

## Turkey and Veggie Chili

### Ingredients

- cooking spray
- 1 small onion, diced
- 2 medium carrots, diced
- 1 medium zucchini (6 ounces), diced
- 1 clove garlic, minced
- 16 oz lean ground turkey
- 1 (14.5 oz) can, no-salt-added diced tomatoes
- 1 (28 oz) can, no-salt-added crushed tomatoes
- 1 (15.8 oz) can great Northern beans, rinsed and drained
- 1 (15.25 oz) can no-salt-added kidney beans, rinsed and drained
- 1/2 tsp ground black pepper
- 1 Tbsp chili powder



|                     |                      |
|---------------------|----------------------|
| Calories- 235       | Saturated Fat- 1.4 g |
| Carbohydrates -27 g | Sugar- 8g            |
| Protein- 20 g       | Dietary Fiber- 8g    |
| Fat- 5.0 g          | Cholesterol- 45 mg   |
| Sodium- 170 mg      | Potassium-935 mg     |

### Instructions

1. Spray a large soup pot with cooking spray. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3-4 minutes or until the onions turn clear. Add the garlic and sauté 30 more seconds. Add the ground turkey and cook until brown.
2. Add the remaining ingredients; mix well and bring the chili to a boil. Reduce the heat and simmer for 15-20 minutes.

## Gluten Free Quinoa Chocolate Chip Cookies



### Ingredients

- 3 tablespoons Smart Balance margarine, softened
- 1 teaspoon vanilla
- 1 egg
- 1 cup gluten-free rolled oats
- 2 cups cooked quinoa, cooled
- 1/2 cup gluten-free baking mix (such as Pamela's)
- 1/4 cup mini-chocolate chips

### Instructions

Preheat oven to 350 degrees. Line baking sheet with parchment paper. In a large bowl, whisk together margarine, vanilla, egg and Splenda. Mix until well blended. Add oats, quinoa and baking mix to mixture and stir well. Fold in chocolate chips. Drop by tablespoon onto baking sheet. Bake for 15 minutes. Cool on wire rack and store in airtight container when cool.

|                     |                    |
|---------------------|--------------------|
| Calories- 55        | Dietary Fiber -1 g |
| Carbohydrates- 8 g  | Cholesterol- 5 mg  |
| Protein- 1 g        | Sodium- 30 mg      |
| Fat- 2 g            |                    |
| Saturated Fat- .6 g |                    |

## Question of the Month By: Dr. Adam M. Thomas

### Why are my feet, ankles or legs swelling?

Swelling or (**edema**) is a common finding in the podiatry office and a common question asked by many patients with the most frequent affecting both extremities (**bilateral**). Often on exam, a test with applying pressure of the finger will leave an indentation or dimple in the tissue known as “**pitting**”. The degree of pitting with the depth and time it takes for the dimple to disappear can be graded as + 1, +2, + 3 etc. Swelling itself should be thought of as a secondary finding or symptom and not a condition in and of itself. Most commonly, the cause is when the veins in the legs which have valves inside in order to move the blood back up into the body for circulation, are not functioning properly, often referred to as “incompetent valves”. Other more serious causes could be related to poor function of the **kidneys** or the **heart**. If swelling occurs on only one side and not the other such as the right or left leg (**unilateral**), it may be prudent to first rule out a blood clot (**Deep Venous Thrombosis**) which can be a life threatening urgency.

It is important that if you notice swelling as an ongoing occurrence to report this to your podiatrist. We will often work with the primary care provider as the first step is to determine the cause and first rule out more serious contributing factors mentioned above. Swelling or edema can be difficult to control and may require ongoing management. Treatments will often include **reducing salt intake**, **compression hose** (which will require commitment of use by the patient), **diuretic medications** (water pills) or referral to a vascular specialist.

If you have any questions, comments or suggestions, please submit them to [patientrelations@daytonfeet.com](mailto: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!