



NEXT STEP

Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC

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Laser Treatment

If you're like many people, when you look at your toenails, you may shrink back in horror. Having ugly, discolored, misshapen toenails is not uncommon. People of all ages can have fungal toenails or "ugly nail syndrome". Fungal toenails can be caused by heavy foot perspiration, poor shoe/sock ventilation, or walking barefoot in damp areas such as a gym or locker room. Fungi love dark, damp places!

Ugly Toenails? Considered Laser Treatment?

What happens when you do not want to take an oral medication, apply a topical, or have the nail surgically removed? Another option is laser treatment. Connecticut Foot Care Centers is one of the few podiatry practices in the state that offers laser treatments for fungal toenails. Clearly Beautiful Nails is a mobile laser which travels to our six locations. Using laser treatments is the latest in clearing up those ugly toenails. CBN uses the Light Age Q-Clear laser treatment, which can



effectively rid your toenails of unsightliness in as little as one or two treatments, depending on the severity of the condition. The mid-infrared laser wavelength penetrates the nail, eliminating the destructive infection that causes the infection and revitalizing your nail as it grows out. When you come in for your procedure, your toenails will be cleaned and filed prior to treatment. As each toe is treated with the laser you will feel a mild, warming sensation. The laser treatment will take less than 10 minutes to treat both feet and there is usually no discomfort after the treatment. The physician will discuss post treatment care to avoid fungal reinfection.

Results will show in 2-4 months, depending on how quickly your toenails grow. Be patient! Some people's toenails grow extremely slow. New clear growth begins to appear at the bottom portion of your nail as the diseased portion of the nail grows out. You may return to your normal daily routine immediately after your toenail treatment, including painting your nails or pedicure treatments.



Safety Tips For A Barefoot Summer

Whether you're walking on the beach, wandering your local park, or enjoying your own backyard, going barefoot on your adventure is one of the many simple pleasures of summertime. But bare feet need to beware. Every summer, our office treats patients for cuts, puncture wounds, and other barefoot injuries. To help you and your family avoid similar injuries, we're sharing some tips for a safer barefoot summer.

Contact our office within 24 hours of suffering a puncture wound.

This type of injury can embed unsterile foreign objects deep inside your foot and trap bacteria. A puncture wound must be cleaned properly and monitored throughout the healing process. This will help to avoid complications, such as tissue and bone infections or damage to tendons and muscles in the foot.

Don't forget to apply sunscreen to the tops and bottoms of your feet.

Many patients are surprised to learn that skin cancer, including the most serious form, melanoma, does occur on the feet. In fact, melanoma of the foot is particularly dangerous because people rarely think to look for it on their feet, which may result in a later-stage diagnosis and poor prognosis for recovery.

Wear flip-flops or sandals around swimming pools, locker rooms, and beaches.

It's best to keep your feet protected to avoid cuts and abrasions from rough surfaces and sharp objects hidden beneath sandy beaches and to prevent contact with bacteria, fungus, or viruses that can cause Athlete's foot, plantar warts, or other problems.

Routinely inspect your feet and your children's feet for skin problems.

Going barefoot can increase your risk for Athlete's foot, warts, calluses, and other skin problems. Inspect feet regularly for any changes or signs of problems. The earlier a skin condition is detected, the easier it is to treat.

Use caution and common sense.

Every year, people lose toes while mowing the lawn barefoot. Others suffer serious burns from accidentally stepping on stray campfire coals or fireworks. Murky rivers, lakes, and ponds can conceal sharp objects underwater. Plus, those with diabetes should never go barefoot, even indoors, because their nervous system may not "feel" an injury and their circulatory system will struggle to heal breaks in the skin.



Heel Pain Stretch: Kneeling Stretch

Starting on your hands and knees, put the bottoms of your toes flat on the floor and sit back on your heels as much as you can. Then point your toes backward and sit back again.

How To Pick Out Running Sneakers

If you're a runner, you know how important it is to pick out the sneaker that fits you the best. Not only will you spend a lot of time in them, they will help you run strong.

"When you have the right sneaker, plantar fasciitis, shin splints, and other issues can be avoided," says Dr. Craig M. Kaufman, DPM.



When going shopping for the best sneaker, consider the shape of your feet. Different sneakers are better for different types of feet. The three main foot types are flat, neutral, and high arches. If you have flat feet, you tend to have fallen arches, making them flexible and prone to overpronation, an inward rolling motion. The best type of foot to have are those that are in the middle, neutral feet, the most biomechanically sound. High arched feet are the opposite of flat feet. The arches are defined and the feet are rigid, which leads to supination, or being on the edges of the feet.

Sneaker companies have developed models to fit runners of all foot types and strides. When selecting sneakers, fit your foot type with the right shoe category. Flat footed runners will need a higher stability shoe, as they help you from overpronating. Neutral runners can run in many different types of sneakers, but will need a moderate stability shoe. High arched runners should look for a cushioned shoe with midsole padding providing flexibility.

Make sure you try on several pairs. Remember that you will need to go up a half size from your street shoes, allowing for wiggle room in the toebox. The heel should be snug and secure so that you avoid unnecessary slipping.

You will know when you've found the best sneaker for you. Your shoe should act as a part of your foot, working with your foot shape and biomechanics.

Diabetic Recipe:

California Chopped Salad



8 servings
Serving Size: 1 cup
Preparation Time: 20 minutes

Salad

1 medium cucumber, peeled, halved, seeded, and diced
1 medium red pepper, diced
1 medium yellow pepper, diced
2 medium carrots
5 medium plum tomatoes, diced
2 scallions, thinly sliced
4 cups fresh spinach leaves or other greens
Salt and pepper to taste

1. In a large bowl, combine the cucumber, red pepper, yellow pepper, carrots, plum tomatoes, and scallions. On a serving platter or in a serving bowl, place the spinach leaves or other desired greens. Set aside.

2. Whisk together the lemon juice, white vinegar, Dijon mustard, and garlic. Slowly add the oil, salt, and pepper and whisk well. Pour over the chopped vegetables and then turn out the chopped salad onto lettuce leaves and serve.

Dressing

1 Tbsp. lemon juice
1 Tbsp. white vinegar
2 tsp. Dijon mustard
1 garlic clove, minced
3 Tbsp. olive oil



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Vibram FiveFingers Lawsuit

A federal class action lawsuit civil was filed in Massachusetts at the end of March against Vibram FiveFingers, LLC and Vibram USA, Inc. The company makes minimalist running shoes which feature a pod for each toe. The plaintiffs' claims exceed \$5 million.



The lawsuit says the manufacturer makes false claims about its product's health benefits. The complaint says there is no proof that running in Vibram's running shoes will improve posture and foot health, promote spine alignment, strengthen muscles, or reduce injury risk. It also alleges that running in the footwear, which costs between \$80- \$125 a pair, may actually increase the injury risk as compared to running in traditional sneakers or barefoot.

Vibram's website reiterates that moving from traditional running sneakers to minimalist shoes takes time. They believe that running in their shoes makes you healthier, happier, and more connected to your body. Vibram FiveFingers lists the following recommendations in using their product:

- Listen to your feet. Switching will take some time, whether it be a matter of weeks, or even a year. Much is dependent on your foot type, the activities you're using the shoes for, and whether you pronate or not. Improving those muscles will increase both endurance and strength (proof?).
- Stop if your arches or the top of your foot is hurting. Discomfort should diminish after one to two weeks. Pain can sometimes occur when you land too far forward from your hips and pointing your toes too much. As well, pain can also happen from landing on too rigid a foot and not letting your heel drop gently.
- Let your body heal if you've experienced pain. Tired muscles are normal. Bone, joint, or soft-tissue pain is not. See a podiatrist if you are suffering.
- Bring your traditional running shoes in the beginning as a back-up. You can switch shoes if you need to stop.

WACKY SHOE OF THE QUARTER



Have a safe, happy, and foot-healthy summer from all of us at CT Foot Care Centers. For more "Wacky Shoes", check out our Facebook page and Pinterest Shoe board.



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