



NEXT STEP

Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



WINTER 2013

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New Treatment For Heel Pain Offered!



Connecticut Foot Care Centers is pleased to announce that we have a new treatment option for those suffering with heel pain, plantar fasciitis, and tendonitis.

Extracorporeal Pulse Activated Technology or EPAT[®] is the most advanced and highly effective non-invasive treatment solution for acute and chronic musculoskeletal pain cleared by the FDA. This scientifically proven procedure represents a breakthrough in regenerative medicine treatment options for a broad range of musculoskeletal disorders/conditions utilizing a proprietary set of unique acoustic pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process.

The pioneering EPAT[®] technologies enable doctors to provide the most advanced, highly effective treatment options more quickly and economically.

The benefits of EPAT[®] compared to traditional treatment methods include:

- No down time
- No anesthesia
- Better access to innovative care and movement solutions.
- Earlier intervention and non-invasive treatments.
- No risk of infection
- Improved Clinical outcomes
- Faster, easier healing.
- Reduced expenditures (Cost benefit)
- And healthier patients who are enjoying their active lives again.

How Non-Invasive EPAT[®] Procedures Work

Extracorporeal Pulse Activation Technology (EPAT[®]) is a proprietary technology based on several unique sets of acoustic pressure waves that activate biologic and angiogenic responses including new vascularization and microcirculatory improvement, helping to restore the body's normal healing processes and tissue regeneration.

Continued on Pg. 3

Diabetes Puts You At Risk For The Flu

It's that time of year again! Everyone's favorite cold and flu season! If you're a diabetic, it is especially important for you take precautions to ensure you do not fall sick. "Diabetes can weaken your immune system against the flu, and it also puts you at an increased risk of flu-related complications," said Fernando Ovalle, M.D., professor of medicine at the UAB School of Medicine and senior scientist in the UAB Comprehensive Diabetes Center.



Ovalle has the following recommendations for diabetics and parents of diabetics to prevent against the flu:

- Get a flu vaccination shot. Those with diabetes cannot take the nasal spray vaccine.
- Talk with your endocrinologist about the pneumonia vaccine.
- Keep track of your blood glucose, which can be affected by illness.
- Wash your hands often with soap and water.
- Avoid close contact with those who are sick.
- Get plenty of sleep and exercise, manage your stress, drink lots of fluids, and eat healthy food.

If you think you've gotten the flu, follow these tips:

- Call your doctor immediately. Symptoms of the flu include fever, chills, cough, sore throat, runny/stuffy nose, muscle/body aches, headaches, and fatigue. In children, vomiting and diarrhea can be common.
- Take your diabetes medication every day.
- Continue to test your blood glucose every four hours.
- Stay hydrated by drinking lots of calorie-free liquids.
- Eat normally.
- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose.

"Experiencing the flu is no fun for anyone, and especially those with diabetes," says Ovalle. "Be vigilant and smart, especially when it comes to washing your hands. And if you ever have any questions or concerns, contact your health care provider."

Switching To Winter Shoes

Say goodbye to the sandals, loose slip-ons and going barefoot for the summer. Now that the cold weather months are here, most of us have switched to socks and closed toe shoes. This change in your feet's environment can cause foot problems, including:

Ingrown toenails

Wearing an enclosed shoe can be a factor in getting an ingrown toenail. To help prevent ingrown toenails watch how you trim your nails and wear shoes that are not tight in the toe box.

Heal Pain Treatment: Continued from Pg. 1

EPAT® Technology offers gentle, fast, and highly effective non-invasive treatment without the need for ultrasound guidance, anesthesia, medication or surgical intervention to achieve effective and sustaining results. There are no incisions, no risk of infection, no needles, and no down time.

Benefits of non-invasive EPAT® Procedures

The beneficial effects of EPAT® are numerous and are often experienced after only 3 treatments with some patients reporting immediate relief. In fact, clinical research shows over 80% of patients treated have experienced a significant reduction in pain or are completely pain free.

EPAT® benefits include:

- Quicker Recovery – Since a non-invasive procedure requires no incisions, no scarring, your body typically heals much faster.
- No Downtime – No restrictions on normal use. Non-invasive procedures help get you back to your active life immediately.
- No scarring – No incisions means no scarring or fibrotic tissue build-up
- Less pain – Because these procedures are non-invasive, there is typically less pain involved.

For more information on this new treatment option which is done in the office setting and how it can help your heel pain, call one of our six locations today! Check out a video of this exciting new technology on our website, <http://www.ctfootcare.com/shockwave-therapy.html>.

HEEL PAIN STRETCH: PIRIFORMIS STRETCH



Lie flat on your back with knees bent. Cross the right knee over the left thigh. Stabilize the left thigh with your arms. Gently pull the right knee toward your chest until a comfortable stretch is felt in the buttock/hip area. Reverse legs and repeat.

Hold 30 seconds. Repeat 5 times for each leg, 1 time per day.

Diabetic Recipe

Jalapeno Corn Chowder

Serves 4

Serving Size: 1 1/4 cups



Ingredients

- 2 tsp. unsalted butter
- 1 cup diced white onion
- 1 cup diced red bell pepper
- 1 jalapeno pepper with some seeds, halved vertically and thinly sliced crosswise
- 1/2 tsp. ground cumin
- 3 Tbsp. unbleached all-purpose flour
- 1 1/2 cups natural fat-free chicken broth
- 1 cup evaporated fat-free milk
- 1 lb. frozen white yellow corn, thawed
- 2 Tbsp. finely chopped fresh cilantro

Preparation

1. Melt the butter in a large saucepan over medium heat. Add the onion, bell pepper, jalapeno, and cumin. Cook, stirring, for 10 minutes or until the onion and pepper are tender.
2. Add the flour and stir one minute. Vigorously stir in the broth and evaporated milk. Increase the heat to high and bring to a boil while stirring. Add the corn and cook for two minutes. Top with cilantro to serve.



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Switching to Winter Shoe: Continued from Pg. 2

Toenail fungus

Fungus commonly attacks the feet because it thrives in a dark, moist, and warm environments such as a shoe. Many of us wear the same shoes everyday without realizing this can promote fungal growth. To help avoid this problem, occasionally disinfect your shoes with an antibacterial/antifungal show spray such as Clean-Sweep (sold in podiatry offices) and wear different pairs to allow them to dry out. Also, remove any left over summer nail polish from your toes. Nail polish seals the nail and traps moisture, creating a breeding ground for fungus.

Irritation to bony prominences

Bony prominences on the foot due to conditions such as hammertoes, bunions, and bone spurs can be irritated by constant rubbing on the shoes. Wear socks and properly fitting shoes. Having your shoe stretched in the areas of irritation may also provide some relief.

Neuroma flare-ups

Neuromas, or nerve pain, may be triggered by tight fitting enclosed shoes. Make sure there is a wide toe box in your shoe so your toes and metatarsals are not being squeezed or irritated.

You should purchase shoes later in the day to accommodate for the normal swelling that occurs due to gravity.

**WACKY SHOE
OF THE
QUARTER**

Have a safe, happy, and foot-healthy Winter 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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