



# October 2017

## News and Updates

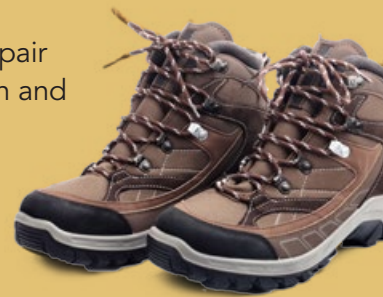


## Helpful Hints for a Healthy Hike

Going for a hike is a great way to get some exercise, breathe some fresh air, and take in the beautiful scenery of the great outdoors! Unfortunately, it can also be a great way to sustain a foot injury or incur other problems, but not to worry – here's a handy dandy hiking guide to staying healthy on the trail!

First and foremost, make sure you have a good pair of well-fitting hiking boots with plenty of cushion and support.

Wear moisture wicking socks to prevent sweaty feet from inviting blisters or a fungi infection along on your trek.



Don't overdo it. Choose a trail that is appropriate to your fitness level, and try to pick a path with even terrain to avoid the possibility of an ankle sprain.

Stay hydrated and fueled. Pack plenty of water as well as nutritional snacks to give your body the energy and hydration you need to finish the hike.

Be conscious of the weather forecast and dress appropriately before heading out.

Wear bug repellent and sunscreen to protect yourself from bites and burns.

Use the buddy system – remember, there is safety in numbers! If you do go alone, be sure to tell someone your plans so they know exactly where you're going.

Finally, make sure you warm up and stretch – not only before you go, but during your hike as well – to keep muscles loose and less likely to pull.

Follow these helpful hints, and you're sure to enjoy a healthy hike.

Happy trails to you!

### Meet the Team



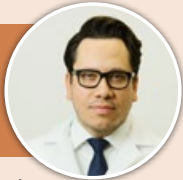
**DR. CRAIG THOMAJAN**  
DPM, FACFAS



**DR. SHINE JOHN**  
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**DR. BRITTANY KALAPACH**  
DPM



**DR. RICARDO CHICA**  
DPM

**Alicia B.:** Practice Administrator

**Monica V.:** Surgical Scheduler, Trainer

**Karin J.:** Lead Medical Assistant, Trainer

**Christian G.:** Medical Assistant

**Mary D.:** Medical Assistant

**Jamie W.:** Medical Assistant

**Kolbey G.:** Medical Assistant

**Cortney J.:** Lead, Clinical Coordinator, Trainer

**Sydney M.:** Patient Scheduler

**Lindsey R.:** Insurance Verification

**Kelvin J.:** Billing Specialist



# Stop Those Spider Veins!



Spider veins are smaller versions of varicose veins and can not only be unsightly, but can also cause pain, swelling, and sometimes even an itchy rash. The good news is, though, that there are things you can do to help prevent these red and blue veins from branching out like spider webs all over your legs.

One reason spider veins occur is because of backed up blood having difficulty on its return journey to your heart. Movement helps get your blood flowing, so regular exercise can go a long way toward stopping spider veins before they start.

Other things you can do to promote blood flow and reduce your risk of this condition include elevating your feet, avoiding high heels, limiting time spent sitting with your legs crossed, wearing compression stockings, and taking breaks from standing for extended periods of time.

Aging and hormonal changes like those during puberty, pregnancy, and menopause can increase your chances of these web-like veins as well, but there's not much you can do about that! You can, however, protect yourself from the sun –another culprit that could be behind your troubles.

You might not be able to skirt every risk factor, but you can at least take some precautions to better your chances of keeping your legs – and your veins – clear and problem-free!

Perhaps you'll find more information on our web-site. (See what we did there?)



## Mark Your Calendars

- October 1** World Vegetarian Day – Take advantage of the fall harvest.
- October 4** National Kale Day – Try it, you might like it.
- October 10** International Newspaper Carrier Day – Thank your delivery person.
- October 13** Friday the 13th – Don't be scared!
- October 13** International Skeptics Day – Hard to believe, huh?
- October 17** National Pasta Day – Grab a fork!
- October 31** Halloween – Boo!





# Horrific Foot Odor?

Yikes! When you take your shoes off, do people scream and run away? Smelly feet can indeed scare people off, but luckily there are things you can do to help diminish the stink and keep your friends close. Follow these tips to oust foot odor:

- Keep feet clean and dry. That means washing daily, and changing out of sweaty socks and shoes.
- Use powder or antiperspirant. These counteract odor-causing bacteria that grow when feet get sweaty. We're not just talking about applying these to your feet, either – the trick is treating your shoes, as well!
- Choose footwear that is breathable. Moisture-wicking socks and shoes will help to keep feet dry.
- Soak your feet in warm water with baking soda, lavender, Epsom salt, vinegar, or black tea. These ingredients are natural odor-eaters!

If you follow these tips, you'll no longer be haunted by horrific foot odor, not to mention frightening fungal infections that love sweaty feet, too! Want to find out more? Just ask our helpful staff. We're here to help keep your feet feeling (and smelling) great!



## Making a Mask for Your Feet

You see a lot of masks around Halloween time, but while these are used to hide your face, facial masks are used to refresh it! Wouldn't it be nice if you could freshen up the skin on your feet, too? Well, guess what? The stuff you slather on your face can just as easily be used as a mask for your feet! Try these refreshing, smooth solutions so you don't have to hide scary-looking feet inside your socks and shoes:

1. Pulse together a quarter cup each of rolled oats, brown sugar, and honey, then add a tablespoon each of olive oil and lemon juice. Divide into two bags and slip a foot into each one. Massage the mixture in and let set for 10 minutes, then remove from the bags and rinse.
2. Mix a tablespoon each of olive oil and cocoa butter with the contents of a few vitamin E capsules. Massage into feet, slip some socks on and let the mixture work its magic overnight! Rinse in the morning to reveal the silky smooth results.
3. Blend a peeled, small cucumber with a tablespoon of honey then slather it over feet and let stand for 20 minutes. Rinse with warm water.
4. Mix together smashed avocado and plain yogurt until creamy, apply to feet and cover with plastic or place feet in bags for 20 minutes, then rinse.

Now, you can unmask those beautiful feet with pride!



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# Bubbles, Bubbles, Toils, and Troubles

Blisters form with good intentions – to protect your skin from friction. However, these fluid-filled bubbles can cause you troubles, like pain and infection. They can also get in the way of doing the things you love. So, take these steps to care for blisters, and better yet, prevent them:

**Bandage your bump.** Cover small blisters with a bandage and use moleskin to protect them from the friction of shoes that rub you the wrong way. (Psst...get yourself some shoes that fit!)

**Burst your bubble.** Larger blisters can be popped by using a sterile needle to poke a tiny hole at the blister's border, then gently pushing the fluid out.

**Banish bacteria.** Apply an anti-bacterial cream and place a bandage over your popped blister, taking care to leave the outer layer intact to stop infection from finding its way underneath.

**Behave proactively.** Protect problem areas with padding, moleskin, petroleum jelly, or bandages prior to activity. Change out of sweaty socks, keep feet dry, and look into orthotics which could help correct foot structure and mechanics that may be encouraging the problem.

It's important to note that if you have diabetes, you are more prone to infection which can be dangerous, so you should never care for blisters yourself! Call us instead and we will treat the problem safely before it turns into a bigger one.

Let us know if you need assistance with blister care – we'll help you say bye to those bothersome bubbles (along with their toils and troubles)!

