



# August 2017

## News and Updates

# Tricks to Avoid Toenail Troubles

Toenails tend to turn colors when trouble abounds. Yellow nails signify a fungal infection, black ones mean a blood blister has formed beneath, and red? Well, it's likely an ingrown toenail is digging into your skin! Fall color tours might be right around the corner, but they shouldn't include your toes! Follow these tricks to steer clear of toenail issues so you can enjoy the end of your summer (and what's left of sandal season) problem-free!

### Fungal Nail Fighters:

- Keep feet clean and dry
- Never walk barefoot in public places (especially pools, locker rooms, and gym showers!)
- Don't share footwear or towels
- Change out of sweaty socks and shoes

### Black Nail Busters:

- Make sure shoes fit and toes aren't too close to the front of your footwear
- Avoid repetitive stress like kicking a lot or running down hills
- Keep nails even with tips of toes

### Ingrown Nail Nixers:

- Trim toenails straight across, being careful not to curve the corners
- Make sure the toe box of your shoe is wide enough that toes aren't squished together

Follow these tips to keep toenails in tip-top shape! For more tricks to keep toes healthy, just ask our helpful staff.

## Meet the Team



**DR. CRAIG THOMAJAN**  
DPM, FACFAS



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**Alicia Ballew:** Practice Administrator

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**Karin Jung:** Lead Medical Assistant, Trainer

**Christian Gonzales:** Medical Assistant

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**Jamie Wedel:** Medical Assistant

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**Cortney Jimenez:** Lead, Clinical Coordinator, Trainer

**Sydney Mosby:** Patient Scheduler

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**Kelvin Jones:** Billing Specialist



# Non-Invasive Procedures Can Provide Relief

Conservative measures are typically tried first when treating foot problems, in hopes you will find relief from symptoms without having to undergo surgery. From rest, ice, and stretches to a simple switch in shoes or the introduction of orthotics, many of these techniques prove to be quite successful – but not always.

When this happens, and you've exhausted conservative methods to no avail, does it mean surgery is the only option left? Not anymore. There are many non-invasive procedures now available that may very well provide you with relief without an incision being made.

Laser therapy, for instance, uses light energy to eliminate fungus beneath toenails, and electric waves to reach damaged nerves and tissues, block pain and encourage the healing process. Medicated injections can also be used to ease discomfort and boost your body's ability to heal. More and more, these procedures have been utilized to bring patients relief – and who knows? Perhaps they could benefit you!

If you are struggling with foot problems, and conservative methods don't seem to be working, it doesn't necessarily mean surgery is your next step. Ask us about non-invasive options – they just might provide the relief you need!

When fungi attack your toenails you can fight back with our state of the art laser treatment. We use Hyper Blue Diode Laser treatment that uses intense light beams to travel through the nail and destroy the fungus where it starts. It is fast, painless and with no down-time. Call for an appointment today.

## Mark Your Calendars

- August 2** National Ice Cream Sandwich Day – eat fast before it melts!
- August 5** National Mustard Day – celebrate by grilling out.
- August 6** Sisters Day – give your sis a hug!
- August 7** National Lighthouse Day – how many have you visited?
- August 26** National Dog Day – try one of our tips for dog-friendly fun.
- August 31** National Trail Mix Day – pack a snack and take a hike!





# Row, Row, Row Your Boat!

Cross-training with low impact activities is a great way to stay fit and injury-free, but usually when low impact options are considered, they tend to include swimming, biking, and sometimes yoga. Well, there's another choice often overlooked that just might float your boat – rowing!

Rowing is beneficial in a number of ways including improved joint mobility, as well as cardio, power, and strength building. In fact, when you row, you use all your major muscle groups so you get a great overall workout without high-impact stress placed upon your body. As a result, while your fitness level increases, your risk of injury does not!

Even if you don't have a boat or access to water, you can check out the nearest gym to see if they have a rowing machine that simulates the same movements. Whether by land or by sea, when you incorporate rowing into your fitness routine you'll be doing your body good! So, go ahead, grab your oars and row, row, row your boat!

# The Dog Days of Summer

In the hot summer months, it's often tempting to leave your dog in the comfort of home, but there are ways you can take Fido along and still enjoy activities during these dog days of summer! Consider these ideas for dog-friendly fun:

**Head to a local dog park** – these typically offer shaded areas as well as watering stations

**Break out the kiddie pool** – if you don't have access to a dog-friendly swim area, make one in your own backyard! Kick back while your furry pal relaxes in a plastic pool filled with cool, refreshing water.

**Take a W-A-L-K** – find a shady trail and go for a hike. Just remember to bring enough water along for both of you!

**Go camping** – many campgrounds allow dogs, so, check out your options, and enjoy the great outdoors together!

**Take a scenic ride with the windows down** – let's face it, dogs love hanging their heads out the window during car rides.

**Eat out at places that allow four-legged friends** – check around and you'd be surprised at how many restaurants with outdoor seating allow dogs.

There are also dog-friendly beaches, towns to stroll through, and more. No need to sit and stay – just do a little investigating, grab the leash and go!





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# Back-To-School Gym Shoes News

School's starting soon and that means stocking up on pencils, paper, folders, markers, glue sticks and more! Of course, if your child has a physical education class, you better add gym shoes to that list.

Kids grow fast so don't try having them squeeze into last year's pair. Shoes that are too tight can cause a host of problems, like ingrown and black toenails, bunions, and blisters. Even if it's just for one class, it's better to play it safe and take your child new gym shoe shopping for the new school year.

Be sure to have his or her foot measured and choose shoes that offer ample cushion and plenty of support. There should be a thumb's width between the longest toe and end of the shoe (the golden rule!) and no child should ever have to "break them in" -- shoes should always feel comfortable right from the get go!

Keep in mind that most schools require non-skid, light-colored soles, too, in order to avoid damage to gymnasium floors. Check with your child's school for any other regulations, and try not to think about the fact that your kids will need new shoes again next year!

Remember, properly fitting children's footwear as an investment in the protection and health of their feet and necessary for a problem-free, active life -- which of course, is priceless!

