



October 2016

News and Updates



No Sweat!

Help for Excessively Sweaty Feet

If your feet break out into a sweat just thinking about putting on socks and shoes, you likely have your parents to blame. You see, having excessively sweaty feet is thought to be an inherited trait—not necessarily the family tradition anyone wants to carry on! Even worse, this condition, known as hyperhidrosis, can cause issues beyond stress and embarrassment. When feet are constantly wet, especially when trapped inside socks and shoes, the risk of fungal infection is high, and yes, foot odor is common. However, you can control your fate. To counteract these occurrences, good hygiene is crucial.

Meet the Team



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- Wash feet with an antibacterial soap daily, and don't forget between your toes!
- Be sure to dry feet thoroughly and apply foot powder, cornstarch, or anti-fungal powder to your feet, as well as your shoes. You can also try applying antiperspirant to both.
- Wear moisture-wicking socks and shoes made of breathable materials like leather or mesh.
- Change socks regularly and rotate the shoes you wear so they have time to dry out.

You don't have to be destined to a life of excessively sweaty feet. Try these at-home treatment options, or come see us for additional help. There are prescribed oral medications as well as medical procedures that can alleviate the symptoms of severe cases. We're here for you—so don't sweat it!



Don't be Afraid of Flat Feet

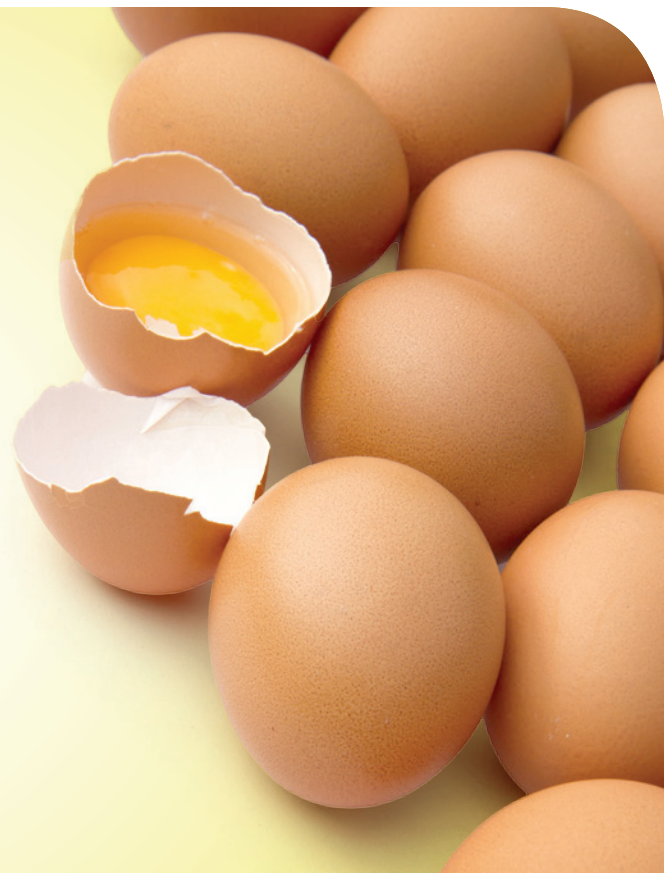
We are all born with flat feet, and our arch develops over time. Sometimes, however, arches don't ever make an appearance and the bottoms of feet stay flat from heel to toe. While this may seem concerning, it's actually nothing to fear. In fact, oftentimes people with flat feet experience no problems at all and go through life as carefree and active as their friends with well-defined arches do!

It is only if flat feet start causing pain that treatment becomes necessary. This can occur when the lack of an arch places stress on feet and ankles, resulting in alignment issues, strained ligaments and tendons, or biomechanical and gait problems. Even then, treatment to minimize symptoms is mainly conservative, ranging from footwear that provides plenty of arch support and heel stability, to orthotics that help distribute pressure evenly and support your arch. There are also wraps you can use to ease discomfort. Of course, if these treatments are found to be ineffective, surgery may need to be considered to relieve your pain, but this is typically only necessary in severe cases.

The bottom line is, if you have flat feet, don't be afraid! It doesn't have to stop you from enjoying the activities you love. Talk to us about options to ensure your condition doesn't become a pain!

Mark Your Calendars

- October 5** Do Something Nice Day – A chance to pay it forward.
- October 7** World Smile Day – Say cheese!
- October 14** World Egg Day – Better get crackin'.
- October 16** Dictionary Day – Look it up.
- October 21** National Pumpkin Cheesecake Day – Enjoy!
- October 31** Halloween – Trick or treat!



Say So Long to Sweets

Cutting back on sugar has many health benefits, including lowering blood pressure and bad cholesterol, as well as decreasing your risk of heart and liver problems, diabetes, and even cancer. It also keeps your brain sharp, your skin clear, and your spirits high. That's all great motivation, but that doesn't mean it's easy!

This time of year especially, when trick or treaters come calling, we're often surrounded by sweets that are hard to avoid. From passing out candy to preparing cupcakes for school parties, temptation is all around us—and it's only the beginning of an onslaught of holiday treats! Well, here are some tricks to help you slash some of that sugar from your diet without having to say goodbye to every goody you meet:

- Avoid processed foods that contain hidden sugars.
- Eat fresh fruit!
- Stay away from flavored yogurt.
- Make your own sauces and dressings.
- Reduce your intake of soda and mixed alcohol drinks.
- Watch out for aliases like "high fructose corn syrup," "sucrose," as well as artificial sweeteners.
- Cut back on carbs.
- Buy things that are unsweetened.
- Stay clear of sports and energy drinks, and pass on bottled iced tea and coffee drinks.

Try some of these suggestions, and you'll be surprised how quickly you'll be able to say, "So long sugar. Hello health benefits!"



Pumpkin Carving Pointers

1. Pick a pumpkin that is fresh and has no bruises, a sturdy stem, and a flat bottom.
2. Cut the lid on an angle—not straight up and down—so it doesn't fall inside.
3. Scoop and scrape like crazy! Remove all the insides and thin the interior walls.
4. Tilt the pumpkin upward and carve a face carefully with up and down slices. You can use a serrated knife for detail work.
5. Don't throw your scraps away! You can use them for ears, eyebrows, a tongue, or other fun and creative features.

BONUS secrets courtesy of Good Housekeeping:

Keep your pumpkin fresh by sealing cut edges with petroleum jelly to lock in moisture.

Sprinkle a little cinnamon on the lid and the lit candle will make it smell like pumpkin pie!



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Free
Books

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Heel Spurs Got You Howling?

A heel spur is a calcium deposit that builds up and forms a bony protrusion on your heel bone. Although heel spurs alone are not usually painful, they are often associated with plantar fasciitis, which can definitely have you howling (especially with the first steps of the morning)! That's because the inflamed plantar fascia tissues that span the bottom of your foot become contracted at rest, so after a good night's sleep, that first step's a doozy as it stretches the damaged tissues and pulls on your heel—yow!

Here's what you can do to keep heel spurs from haunting you: rest, ice, and anti-inflammatory medication will help to address the primary problem of plantar fasciitis. Stretching exercises and physical therapy can help, too, as can orthotics and a switch to shoes that fit well and offer more cushioning and support. In the rare case that these conservative measures fail to provide relief, surgery can be performed to release the plantar fascia and remove the spur.

If you'd like to learn more, just ask our staff—they're so helpful it's scary!

