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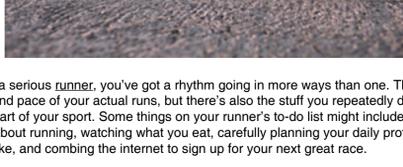
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Team News!

Exciting News...We Are Now Tier 1 OMNIA Plan



Hey Runners, Add This to Your To-Do List



If you're a serious runner, you've got a rhythm going in more ways than one. There's the rhythm and pace of your actual runs, but there's also the stuff you repeatedly do as a regular part of your sport. Some things on your runner's to-do list might include reading articles about running, watching what you eat, carefully planning your daily protein and carb intake, and combing the internet to sign up for your next great race.

Here's one more thing we strongly suggest that you add to your routine: *Do everything within your power to keep your feet as healthy as possible.*

Foot care for runners

Running can be hard on your whole body, but it's your feet that absorb the force of every single stride. The difference between a really nice run and a really wretched one just might be the condition of your feet.

So take these steps to ensure that your feet are up for the demands:

Fast Facts about Hand, Foot and Mouth Disease



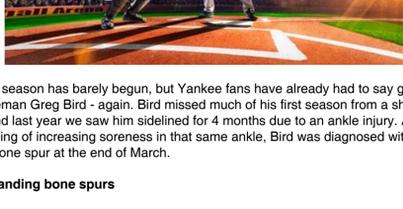
A rash on the soles of child's feet should be a red flag for a parent. It's one of the tell-tale signs of a common childhood illness known as Hand, Foot & Mouth Disease (HFMD). Here's what you need to know about this condition:

Hand, Foot & Mouth Disease...

- is common this time of year - late winter / early spring.
- usually afflicts children 5 years old and younger, but is also seen in older kids and sometimes in adults.
- is in no way related to the disease that affects cattle - hoof and mouth disease.
- causes symptoms that can include blisters on the hands and feet as well as small ulcers in the mouth, fever, headache, sore throat, and a feeling of malaise.

More useful information about this disease ahead, keep reading!

All About Bone Spurs



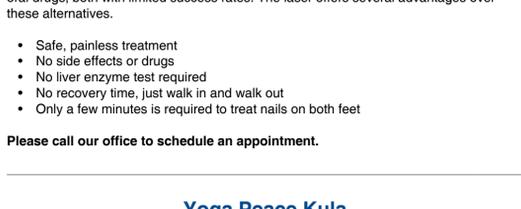
Baseball season has barely begun, but Yankee fans have already had to say goodbye to first baseman Greg Bird - again. Bird missed much of his first season from a shoulder injury, and last year we saw him sidelined for 4 months due to an ankle injury. After complaining of increasing soreness in that same ankle, Bird was diagnosed with a broken bone spur at the end of March.

Understanding bone spurs

What is this mysterious "spur" that's putting Bird out for at least the next 6-8 weeks? Well, it helps to think about the very first time you ever heard the word "spur." If you ever dressed up as a cowboy or cowgirl as a kid, your boots probably sported spurs - those spiked metal wheels that hooked onto your boots, designed to be kicked into a horse's flank and get him to giddy-up.

Much like a cowboy's spur sticks out from his boots, a bone spur is a piece of bone that juts out from a bone. Bone spurs have a distinct function, but bone spurs are just a pain. Bone spurs - in medicine we call them osteophytes - are growths that develop because of constant pressure on a bone. They can occur on any bone in the body, but they're pretty common in the foot, especially the heel and the big toe. At **Affiliated Foot & Ankle Center** in Howell, NJ, we see heel spurs and ankle spurs in athletes who are constantly subjecting their lower limbs to the pressures of their sport. But they can happen to anyone.

Now that you understand what bone spurs are, learn treatments for them.



Affiliated Foot & Ankle Center offers Laser treatments for fungal toenail infection.

Current treatment options for fungal toenail infection include prescription topicals and oral drugs, both with limited success rates. The laser offers several advantages over these alternatives.

- Safe, painless treatment
- No side effects or drugs
- No liver enzyme test required
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

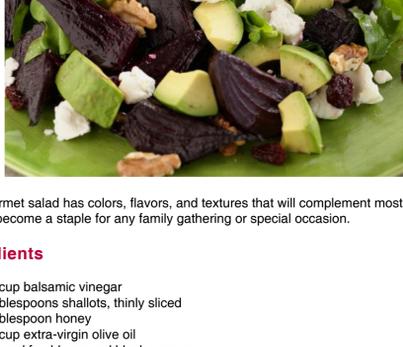
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Yoga Peace Kula



A unique community based 5013c studio serving the hearts of our community.
4631 Route 9 North
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Recipe of the Month Beet and Goat Cheese Arugula Salad



This gourmet salad has colors, flavors, and textures that will complement most any meal and will become a staple for any family gathering or special occasion.

Ingredients

- 1/4 cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted, coarsely chopped
- 1/4 cup dried cranberries or dried cherries
- 1/2 avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

Directions

Line a baking sheet with foil. Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

Recipe courtesy of Giada De Laurentiis

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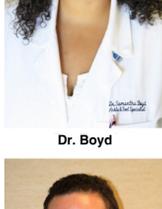
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Meet Our Doctors



Dr. Ornstein



Dr. Boyd



Dr. Saka

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Thursday : 9:00am to 6:30pm
Friday : 8:30am to 4:30pm
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