Affiliated Foot & Ankle Center, LLC

Newsletter November 2018

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www.footdoctorsnj.com

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Affiliated Foot and Ankle Center voted Best in Monmouth County

ASBURY PARK PRESS
ONE OF THE
best!
MONMOUTH COUNTY
READERS CHOICE WINNER 2018

The readers have spoken, the votes have been tallied and...

...Affiliated Foot and Ankle Center in Howell, NJ has been named one of the Best in Monmouth County for Podiatry by The Asbury Park Press.

Every year, The Asbury Park Press asks their readers to select the Best of the Best in Monmouth County, New Jersey.

They have cast a record number of votes this year both online and write-in ballots in four different categories - Eating and Drinking, Entertainment, People and Services and Shopping.

We would like to thank everyone who voted. We are so pleased to receive this very distinguished award.

November is Diabetes Awareness Month

Healthy feet are essential for overall good health. For people with diabetes, taking care of their feet is especially vital. More than 60 percent of all non-traumatic lower- limb amputations worldwide are related to complications from the disease, according to the American Diabetes Association. These amputations are preventable with careful monitoring and regular foot screenings performed by a podiatrist.

Diabetes and Your Feet

While open sores on the foot—called ulcers—are the most common diabetes-related foot problem, serious conditions such as neuropathy, skin changes, calluses, poor circulation, and infection are also prevalent. The nerve damage that diabetes causes may mean a person with an ulcer or injury may be unaware of it until it becomes infected. Infection can lead to partial or full amputation of the foot or lower leg.

Diabetes Warning Signs:

– Skin color changes

– Swelling of the foot or ankle

– Numbness or tingling in the feet or toes

– Open sores on the feet that are slow to heal

– Ingrown and fungal toenails

– Bleeding corns and calluses

– Dry cracks in the skin/heel

Avoid Complications

Avoid Complications

Inspect feet daily.
Check your feet and toes every day for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration.

Wear thick, soft socks.
Avoid socks with seams, which could rub and cause blisters or other skin injuries.

Exercise.
Walking can help control blood sugar, keep weight down, and improve circulation. Be sure to wear appropriate athletic shoes when exercising.

Have new shoes properly measured and fitted.
Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes.

Don't go barefoot.
Don't go without shoes, even in your own home. The risk of cuts and infection is too great for those with diabetes.

See a podiatrist.
Make at least two appointments a year with an APMA member podiatrist, the foot and ankle expert, to have your feet examined. This is a critical step in avoiding diabetic foot complications and amputation.

Gout: Separating Fact from Fiction

"Gout" - isn't that something Grandpa complained about in his old age? Well, perhaps. But gouty flare-ups are not just for old people. That's just one of the myths surrounding this pretty common disease. The podiatrists at Monmouth County's Affiliated Foot & Ankle Center want to help you separate what's gout fact and what's gout fiction.

FACT: Gout is a form of arthritis. *Arthritis means joint pain. Gout affects a joint because of a buildup of uric acid in the body. Eating too much red meat or indulging in too many alcoholic drinks can cause uric acid to build up in a joint.*

FICTION: Gout only affects the big toe. *The joint at the base of your big toe is one of the most common places that uric acid is likely to build up. But knees, ankles, and other joints in the foot can get it too.*

Additional facts/fiction ahead to educate you about this painful condition!

How to Combat Cracked Heels

The heat is definitely on in Monmouth County, New Jersey. Over the course of this month, we've seen the temperature drop almost 40 degrees, forcing us to burn the home heating oil once again. When the thermostat goes up, so does the dry air in our homes. Believe it or not, this dry air can have an impact on our feet.

Heels take a lot of abuse

- They're the first part of our foot to hit the ground when we're walking or jogging, so they absorb a lot of impact.
- They're designed with some padding underneath them, but with use, the padding gradually becomes thinner.
- As we age, sweat glands in our feet produce less moisture, leaving the skin vulnerable to dryness.
- With the added factor of dry heat being pumped into our homes at this time of year, heels can get very dry.

Learn the dangers of cracked heels and ways to combat dry skin. Your feet will thank you!

How to Treat Your Bulging Big Toe

If you look at down at your foot and see that it's jutting outward at the base of your big toe, you've probably got a bunion. But a bunion may not be what you think it is.

A bunion isn't swollen tissue or a damaged muscle. It's actually a bone problem. With a bunion, the bones that form the joint at the base of your big toe no longer line up correctly. What used to be a straight joint is now a joint that projects outward. There are a number of reasons why the bones at the base of your big toe get pushed out of alignment, including:

- genetics - this is the big one. A quick look at your grandparent's or parent's toes will tell you if your feet are likely to face a similar fate.
- age
- injury

Other reasons ahead that may cause you to suffer from this condition.

HYPERBLUE
A Multiuse Diode Laser
1530

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
- No recovery time, just walk in and walk out
- Only a few minutes is required to treat nails on both feet

Please call our office to schedule an appointment.

Affiliated Foot & Ankle Center LLP Now Offers Erchonia's FX 635 Laser for Chronic Heel Pain from Plantar Fasciitis

FDA-approved, non-invasive, pain-free procedure with results in three weeks

Howell, NJ – Affiliated Foot and Ankle Center is now accepting appointments for Erchonia's new FX 635 laser treatment for the relief of chronic heel pain from plantar fasciitis. The FDA-approved, non-invasive FX 635 laser is proven to significantly reduce heel pain from plantar fasciitis in just three weeks.

Dr. Hal Ornstein comments, "Plantar fasciitis can be extremely painful and persistent. Erchonia's FX 635 laser is ideal for chronic heel pain sufferers, because it offers effective, pain-free treatment—without side effects. In just three weeks with two treatments per week, patients can have significant and lasting relief from plantar fasciitis."

Erchonia's FX 635 laser received FDA-clearance based on a double-blind, randomized, multi-site and placebo-controlled clinical trial. Almost all patients treated with the FX 635 laser noted a dramatic reduction in pain and an improvement in function.

For more information or to book an FX 635 consultation, please call our office at 732-905-1110.

Dr. Joseph Saka demonstrates the FX-635 Laser, which is the latest technology to treat chronic heel pain.

Yoga Peace Kula

A unique community based 5013c studio serving the hearts of our community.
4631 Route 9 North
Howell, N.J. 07731
www.yogapeacekula.com

Recipe of the Month
Roasted Sweet Potato Salad with Warm Chutney Dressing

A blend of traditional and fanciful holiday flavors, this side dish is really delicious and will surprise and delight your Thanksgiving guests!

Ingredients

Salad:

- 4 medium-sized sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 cup raw green pumpkin seeds (also known as pepitas)
- 1 cup dried cranberries
- 1 cup chopped scallions (green and white)
- 1 cup julienned roasted red pepper

Dressing:

- 6 tablespoons balsamic vinegar
- 1/3 cup mango chutney
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 garlic cloves, minced
- 1/4 cup olive oil

Directions

Make the Salad: Preheat oven to 425 degrees F.

In a roasting pan, combine the potatoes, 3 tablespoons of the olive oil, rosemary, salt, pepper, cumin and ginger. Stir to combine and bake until the potatoes are fork-tender and golden brown, about 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat. Add the pumpkin seeds and cook, stirring, until toasted. Transfer the seeds to a plate and season with salt and pepper. In a small bowl, combine the cranberries, scallions, and red pepper and set aside.

Make the Dressing: Prepare the dressing by combining all the ingredients (except for the olive oil) in a small saucepan and heat. Remove from heat and whisk in the olive oil.

Assemble salad by gently tossing the roasted potatoes with the red pepper mixture. Add enough of the dressing to coat and garnish with toasted pumpkin seeds. Serve with extra dressing on the side.

Recipe courtesy of Devon Delaney

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