

In This Issue...

- Teams News!
- 4 Ways To Avoid Sports Injuries in Children
- 5 Effects of Diabetes that May Surprise You
- Is Walking on Toes Normal?
- Affiliated Foot & Ankle Center Offers Laser Treatments for Fungal Toenail Infection
- Erchonia's FX 635 Laser for Chronic Heel Pain from Plantar Fasciitis
- Yoga Peace Kula
- Recipe of the Month: Pumpkin Muffins

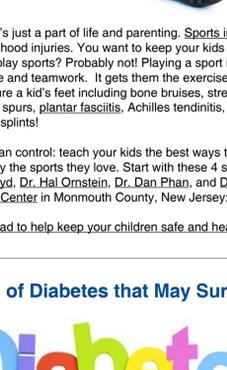
Team News!

Meet Janice Woerner!

Janice Woerner is our new Director of Marketing and Patient Relations for our Howell location. Janice has a Bachelor's from Seton Hall University in Liberal Studies, a Bachelor's in Health Science and Master's in Occupational Therapy from Mercy College. Janice is known in Monmouth County for her work with fellow cancer survivors and patient education in health and wellness. She teaches senior fitness at the Old Bridge YMCA and continues to treat patients in the geriatric community. We're excited to welcome her onto our team, as she will be out connecting with local businesses and at local events educating the community of our podiatric services and quality patient care. Janice brings a warm, caring sensibility derived from her own experiences as a clinician and as a patient, as well as, a positive energy that will, no doubt, be a great addition to the AFA family.



4 Ways To Avoid Sports Injuries in Children



Children get injured - it's just a part of life and parenting. Sports injuries account for one-third of those childhood injuries. You want to keep your kids safe. But are you about to tell them they can't play sports? Probably not! Playing a sport is great for kids. It teaches them discipline and teamwork. It gets them the exercise they need. Sports also offer many ways to injure a kid's feet including bone bruises, stress fractures, full bone fractures, turf toe, heel spurs, plantar fasciitis, Achilles tendinitis, Sever's disease, sesamoiditis, and shin splints!

Here's one thing you can control: teach your kids the best ways to avoid getting foot injuries while they enjoy the sports they love. Start with these 4 suggestions from podiatrists Dr. Samantha Boyd, Dr. Hal Ornstein, Dr. Dan Phan, and Dr. Joseph Saka of Affiliated Foot & Ankle Center in Monmouth County, New Jersey:

Great suggestions ahead to help keep your children safe and healthy.

5 Effects of Diabetes that May Surprise You



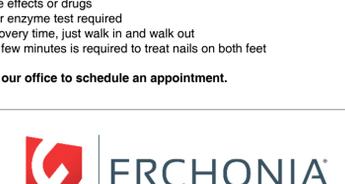
"What is diabetes?" Ask that question to someone who's got just a basic knowledge of diabetes. You might hear answers like "it's when you have high blood sugar" or "someone needs to inject insulin."

Diabetes is all those things to different people, but it's so much more complicated than that. A person with diabetes is at a higher risk for a number of other diseases and complications. Let's take a closer look at 5 of those risks:

1. Eye disease – patients with diabetes are up to 15 times more likely to get cataracts than non-diabetics. Diabetes also doubles the risk of getting glaucoma. Diabetic retinopathy is a disease affecting the tissues at the back of the eye (retina) and it's often accompanied by retinal swelling. Any of these conditions can lead to serious vision impairment or blindness.
2. Diabetes is a major risk factor for getting kidney disease. High blood sugar can damage the small blood vessels or nerve system in the kidneys, leading to dangerous infections.

Additional risks ahead that can be avoided with the proper care.

Is Walking on Toes Normal?



Young kids sometimes walk around on the balls of their feet. Podiatrists and other doctors call this "toe walking." If you've ever wondered whether or not it's normal, here are some details about this phenomenon from Dr. Samantha Boyd, Dr. Hal Ornstein, Dr. Dan Phan, and Dr. Joseph Saka of Affiliated Foot & Ankle Center in Monmouth County, New Jersey.

Why do children sometimes walk on their toes?

There are a number of reasons. A child might

- Have a muscle imbalance. Muscles work in pairs, so a tight muscle somewhere in the lower leg can cause a weakness in the opposite muscle.

Additional reasons why you might notice this with your child.

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."

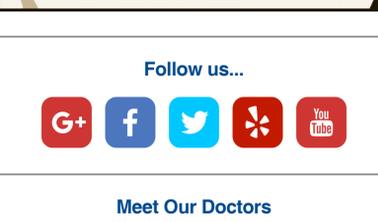
Erchonia's FX 635 laser received FDA-clearance based on a double-blind, randomized, multi-site and placebo-controlled clinical trial. Almost all patients treated with the FX 635 laser noted a dramatic reduction in pain and an improvement in function.

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



Live Your Yoga

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 Pumpkin Muffins



These muffins make a tasty, nutritious breakfast or anytime treat. When you whip up a batch, the house will smell of pumpkin spice!

Ingredients

- Cooking spray
- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulphered molasses
- 1/4 cup canola oil
- 2 large eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1/4 cup raw, unsalted pumpkin seeds

Directions

Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray. In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.

In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.

Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Recipe courtesy of Ellie Krieger

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Meet Our Doctors



Dr. Ornstein



Dr. Boyd



Dr. Saka



Dr. Phan

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Wednesday : 9:00am to 4:30pm
Thursday : 9:00am to 6:30pm
Friday : 8:30am to 4:30pm
Saturday : 10:00am to 1:00pm

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