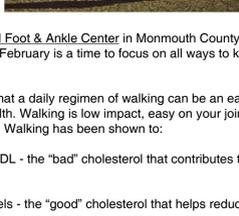




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Walk Your Way to Good Health



This month at Affiliated Foot & Ankle Center in Monmouth County, we're observing National Heart Month. February is a time to focus on all ways to keep your body's pumper in top form.

Health experts agree that a daily regimen of walking can be an easy, important step toward good heart health. Walking is low impact, easy on your joints, and can be done pretty much anywhere. Walking has been shown to:

- reduce levels of LDL - the "bad" cholesterol that contributes to atherosclerosis and heart disease.
increase HDL levels - the "good" cholesterol that helps reduce your risk of heart disease.
help control overweight and obesity which strain your feet as well as your heart.
decrease your risk of diabetes and diabetes-related foot problems such as peripheral arterial disease and nerve damage.

Read further for important tips to remember when walking!

What Type of Ankle Surgery Is Right for You?

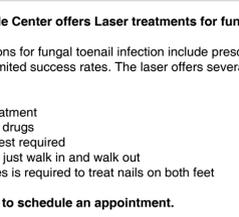


Arthritis is degeneration of any of the body's many joints. It can be brought on by years of wear-and-tear or by injury. Arthritis in the ankle can be particularly vexing because it makes moving around so difficult. The ankle joints are inflamed, tender to the touch, and hurt even worse with any kind of activity. Quality of life really suffers because you can't even walk without pain.

Traditional treatments for arthritis in the ankle are the right choice for many people, and our foot surgeons Dr. Samantha Boyd, Dr. Hal Ornstein, Dr. Dan Phan, and Dr. Joseph Saka do continue to use them. In many cases, rest, ice, anti-inflammatory medications, custom orthotics, physical therapy, or some combination of all of these will improve a patient's symptoms.

Consider these two types of surgery options - keep reading.

Standing on the Job? 4 Tips for Fighting Foot Pain



If you've got a job that involves a lot of standing, chances are you're going to experience some aches and pains in your feet. Many hours spent "vertical" on the job equals many hours during which your feet are supporting the full weight of your body. Feet - and ankles - can get really stressed if you're a nurse, hair stylist, retail salesperson, line cook, waiter, bartender, carpenter, cashier, or any number of other professions that require a lot of standing.

There are ways, however, to fight back when foot pain threatens to ruin your workday. Here are 4 suggestions for relieving foot and ankle soreness from the board-certified podiatrists at Monmouth County's Affiliated Foot & Ankle Center - Dr. Samantha Boyd, Dr. Hal Ornstein, Dr. Dan Phan, and Dr. Joseph Saka:

4 suggestions for relieving foot and ankle soreness to help you through the day!

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.

ERCHONIA World Leaders in Low Level Laser Technology

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

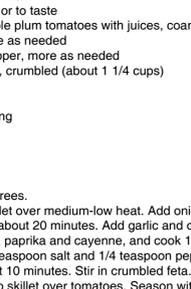
FDA-approved, non-invasive, pain-free procedure with results in three weeks



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.



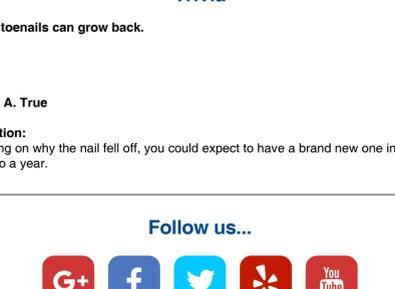
Dr. Joseph Saka demonstrates the FX-635 Laser, which is the latest technology to treat chronic heel pain.

Yoga Peace Kula

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Recipe of the Month Shakshuka with Feta Cheese



This one skillet Israeli breakfast dish is vibrant and delightfully spicy. Serve it with a side of pita or challah and enjoy it any time of day!

Ingredients

- 3 tablespoons extra-virgin olive oil
1 large onion, halved and thinly sliced
1 large red bell pepper, seeded and thinly sliced
3 garlic cloves, thinly sliced
1 teaspoon ground cumin
1 teaspoon sweet paprika
1/4 teaspoon cayenne, or to taste
1 (28-ounce) can whole plum tomatoes with juices, coarsely chopped
3/4 teaspoon salt, more as needed
1/2 teaspoon feta cheese, more as needed
5 ounces feta cheese, crumbled (about 1 1/4 cups)
6 large eggs

Chopped cilantro, for serving
Hot sauce, for serving

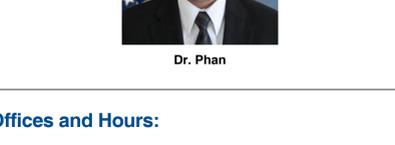
Preparation

- Heat oven to 375 degrees.
Heat oil in a large skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Stir in crumbled feta.
Gently crack eggs into skillet over tomatoes. Season with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

Recipe courtesy of the New York Times

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History FootNote

An artificial toe found attached to the foot of an ancient Egyptian mummy may have been the world's earliest functional prosthetic body part.

Celebrity Foot Focus

Mark McGwire, while playing for the St. Louis Cardinals in 1998, took out an insurance policy on his ankle. Lloyd's of London wrote the policy that even specified which tendons and ligaments were included in "ankle."

Foot Funnies

Why is it impossible to fool a ballerina? Because they are always on their toes.

Trivia

Missing toenails can grow back.

- A. True
B. False

Answer: A. True

Explanation: Depending on why the nail fell off, you could expect to have a brand new one in 6 months to a year.

Follow us...



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 1:00pm
Saturday : 10:00am to 1:00pm

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