Spring 2017

Offices/Hours See Below

5 Common Skin Problems Found on the Feet



They are always in contact with surfaces that can cause injury and harbor contagious fungi.

- They are enclosed in shoes which create a dark and moist environment that fungi We force them into shoes that don't always fit properly which can create friction and
- result in painful blisters, calluses and corns.
- Here are some common foot skin problems and their solutions:

Ulcers. Individuals with diabetes are prone to ulcers because of poor blood circulation

your shoes. Fungal infections like Athlete's foot are easily picked up in public areas like pools and showers. Symptoms include redness, dry skin, blisters, itching and peeling. Fungal infections need professional help for complete healing. Keep fungi away by

and neuropathy, or nerve damage. A small cut or puncture wound can quickly worsen into a dangerous ulcer. Please contact us right away if you notice a cut or sore on your foot that is not healing.

Fungal infections. Fungus and bacteria love warm, dark, humid places like the inside of

Common Skin Problems Found on the Feet

keeping your feet, socks and shoes clean and dry. Blisters. Blisters are formed when skin is repeatedly subjected to friction from shoes. Protect the blister with a clean bandage. If it pops, wash it and re-bandage. Avoid blisters by wearing well-fitting shoes with socks.

Calluses and corns. These skin problems are also caused by friction when bony areas rub against footwear. Please see us for relief from these troublesome conditions. Custom-fitted orthotics can relieve and prevent calluses. Avoid over-the-counter products as these may damage healthy skin. Heel fissures. This condition, also known as cracked heels, results when the skin is too

dry and dead skin cells build up on the heels. Pressure from everyday activities causes the skin to crack, sometimes very deeply and painfully. Get in the habit of moisturizing your feet regularly with a rich foot cream, then gently exfoliate with a pumice stone.

Good Foot Care for Children Can Prevent Adult Foot Problems

Don't live with skin problems on your feet - we can help!



unusual gait. ✓ Be wary of ankles turning in more than usual, flattening of the arches (after age 5), pain, limping and cramping.

Contact us for an evaluation before your child actually complains of pain, as treatment

As tempting as it might be to buy baby's first pair of shoes, it's healthy and natural for infants and toddlers to remain barefoot. Until baby begins to walk, a warm pair of socks

For children of all ages: Be sure to check that their shoes have ample width and toe room. Children grow quickly and shoes have to be replaced just as fast! Wearing shoes that are too small can lead to toe and foot problems. And never pass down shoes to a younger child from an older sibling. Shoes tend to mold to fit the owner's foot and will

✓ Watch for any developmental problems like toes pointing inward or outward or an

is all the protection they need. When walking regularly, let them wear flexible, soft-soled shoes.

for most problems must begin as soon as possible.

cause a problem if given to another child to wear.

A Word about Children's Shoes

Help Us Grow

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Recipe of the Month

Cauliflower with Pancetta and Onions

1 small cauliflower (about 1 1/4 pounds), trimmed and cut into florets (about 6 cups)

Heat 1 tablespoon of the olive oil in a large heavy skillet over medium heat. Add the pancetta and cook until it is crisp. Remove the pancetta with a slotted spoon. Set aside.

Add in the onions, and turn the heat to medium low. Sauté the onions for about 8 minutes. Add in the cauliflower, salt, pepper, and bay leaf. Add in the water, cover and

Cook for about 10 to 15 minutes, stirring occasionally until the cauliflower is tender and

History FootNote

Celebrity Foot Focus

Joke of the Month

Customer: I've been calling your local office for two days and can't get through

Do you wear a toe ring? If yes, you're in company with Jennifer Anniston, Star Jones,

The Brannock device, the tool that measures your foot in shoe stores, hasn't changed much since its invention in 1908. Some original samples are housed in the Smithsonian

lightly browned. Remove and discard the bay leaf. Add the cauliflower to a serving bowl. Mix together the remaining olive oil and lemon juice, and add to the cauliflower, mixing well. Top with the crisp pancetta.

Recipe courtesy of www.diabetes.org/recipes

Here's a great way to prepare cauliflower for a delicious side dish.

Ingredients

1 bay leaf

Instructions

raise the heat to medium.

2 tablespoons water

2 tablespoons olive oil, divided

1 medium onion, thinly sliced

1 tablespoon fresh lemon juice

3 ounces sliced pancetta (unsmoked bacon)

Kosher salt and freshly ground black pepper to taste

Trivia: The Ides of March is a famous day. What day is it?

A. 3rd B. 5th C. 15th

D. 31st

Answer: C

Tori Spelling and Britney Spears.

Museum.

Meet our Doctors

Operator: Where did you get that number, sir?' Customer: It was on the door to the office. **Operator:** Sir, those are the office hours.

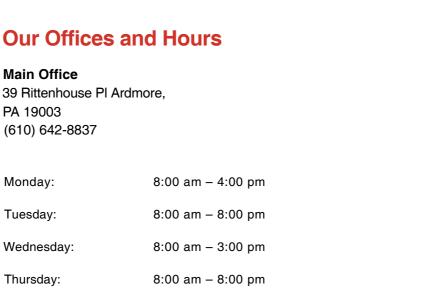
Travel Centre -Call Center help calls

Operator: What number are you calling?

-- can you help?

Customer: 0700 0600

Dr. Eric Ricefield Dr. Mark Yagodich



9:00 am - 2:00 pm

Closed

Closed

Dr. Aliza V. Eisen

Tuesday: Wednesday: Thursday:

Main Office

PA 19003 (610) 642-8837

Monday:

Tuesday:

Wednesday:

Thursday:

Saturday:

Sunday:

Paoli Office

PA 19301 (610) 644-6501

Monday:

1410 Russell Rd #201 Paoli,

Friday:

4:00 pm - 8:00 pm 8:00 am - 12:00 pm

Closed

1:30 pm - 4:00 pm 2:00 pm - 5:00 pm 9:00 am - 1:00 pm

Closed

Friday: Closed Saturday: Closed Sunday: Closed **Downingtown Office** 797 E Lancaster Ave #9 PA 19335

Monday: Tuesday: Wednesday: Friday: Saturday:

Sunday:

8:00 am - 6:00 pm 8:00 am - 12:00 pm 2:00 pm - 8:00 pm

(610) 873-0322 9:00 am - 12:30 pm