



OFFICE LOCATION
Ardmore, PA
610-642-8837
Downingtown, PA
610-873-0322
Paoli, PA
610-644-6501

Newsletter

Summer 2016



Offices/Hours [See Below](#)

Do You Suffer from Arch Pain?



Our feet are incredible structures and the arch is perhaps the most interesting of all. Tendons that attach at the heel and foot bones pull together other tendons in the lower leg to create the foot's arch.

The arch has an important job to absorb the force exerted when walking or running and also to help the foot push off during each step.

Find the Cause of Arch Pain

To address any painful arches, we first must determine the cause which may include:

- Ligament or muscle strain or sprain
- Biomechanical misalignment
- Arthritis inflammation
- Stress or overuse
- Foot deformity
- Weight changes
- Inadequately supportive footwear

Because the arches are subject to so much stress, those who are overweight may suffer more often from arch pain.

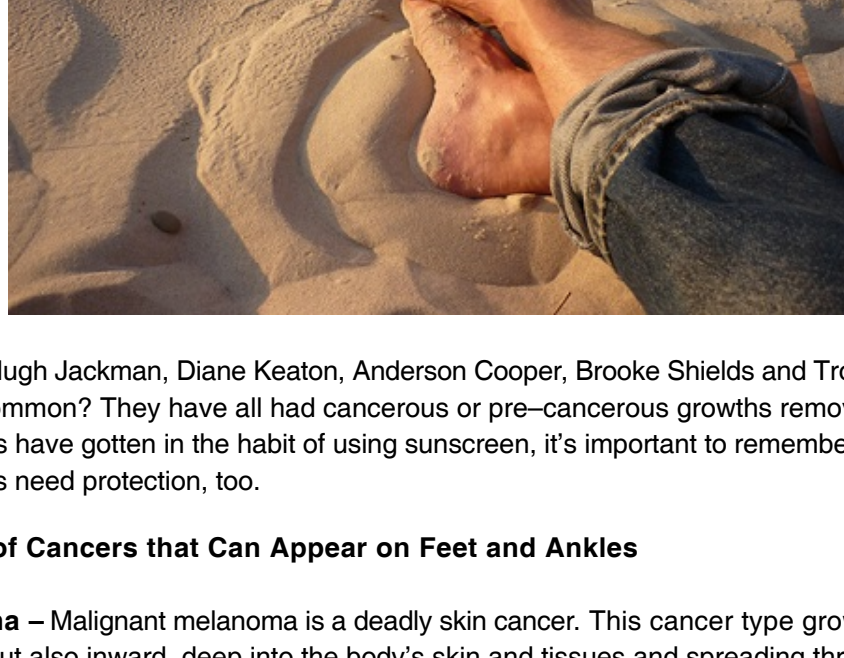
Two common causes of arch pain are plantar fasciitis, or inflammation of the plantar fascia, and fallen arches or flat feet.

Arch Pain Treatments

- Start simple with the R.I.C.E. method: **Rest**, **Ice** the area, apply **Compression** and **Elevate** the leg.
- Take anti-inflammatory drugs like ibuprofen or aspirin.
- Try physical therapy that can stretch and strengthen the area to relieve pain and prevent future flare-ups.
- Wear footwear that has strong arch support to prevent inflammation, especially in sports and for those who must stand for long periods of time on hard surfaces.
- Custom-fitted orthotics can improve the foot's support and improve biomechanics of movement, as can arch supports and foot braces.

We will discuss all treatment options with you based on your individual needs. Make an appointment today so we can diagnose your arch pain and find a way to relieve it.

Skin Cancer Can Strike Feet and Ankles Too



What do Hugh Jackman, Diane Keaton, Anderson Cooper, Brooke Shields and Troy Aikman have in common? They have all had cancerous or pre-cancerous growths removed. While many of us have gotten in the habit of using sunscreen, it's important to remember your feet and ankles need protection, too.

3 Types of Cancers that Can Appear on Feet and Ankles

Melanoma – Malignant melanoma is a deadly skin cancer. This cancer type grows outward but also inward, deep into the body's skin and tissues and spreading through the lymph system and blood vessels. Because they are not always caused by sun damage, they can even be found on the soles and beneath the toenails. Melanomas can often look similar to a mole, plantar wart, ingrown nail, ulcer, bruise or blood blister.

Squamous Cell Carcinoma: The most common form of skin cancer on the feet, they usually don't spread during early stages but can spread when advanced. These growths may be itchy but usually don't hurt, and can look like a fungal infection, ulcer, plantar wart or other skin conditions like eczema.

Basal Cell Carcinoma: Because these skin cancers are often caused by sun exposure, they are found on the feet less commonly than other parts of the body. Basal cells are not as aggressive as other forms of skin cancer and rarely spread beyond the skin. They may resemble benign ulcers or skin tumors.

Learn How To Detect and Prevent Skin Cancer

The [American Academy of Dermatology \(AAD\)](#) has designated May as Melanoma/Skin Cancer Detection and Prevention Month. The AAD's focus is to raise awareness of the seriousness of skin cancer, especially melanoma, and to provide educational materials on its prevention and detection.

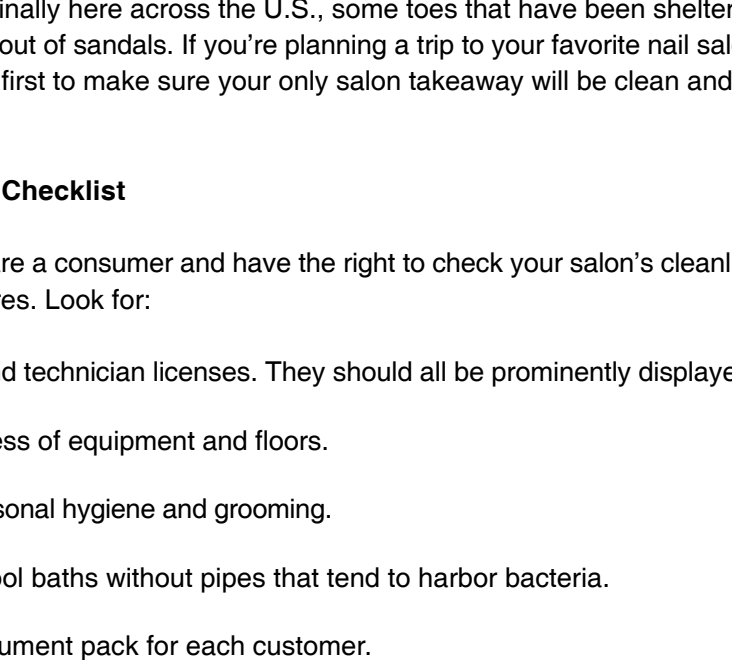
You can prevent skin cancer by:

- Limiting the time spent in the sun – especially between 10 am and 4 pm when it's strongest.
- Applying a broad spectrum (UVA/UVB) sunscreen, SPF 15 or higher, every day. Follow product instructions on how much to use and how often to reapply. Keep your child's skin protected too.
- Remembering to use sunscreen on feet and ankles.
- Checking both your feet and your child's feet regularly for any changes in skin appearance as well as sores, cracks or ulcers. Don't forget the bottoms of the feet and toes too.

Here are more tips from the [Skin Cancer Foundation](#), including how much sunscreen is really enough and how often to apply.

Contact us as soon as possible if you see any suspicious growths on your feet and ankles. We are trained to recognize the danger signals of skin cancer. Early detection is vital so call us today!

Nail Salon Pedicures: Put Safety First



Now that spring is finally here across the U.S., some toes that have been sheltered all winter are peeking out of sandals. If you're planning a trip to your favorite nail salon, do some investigating first to make sure your only salon takeaway will be clean and polished toenails.

Nail Salon Safety Checklist

Don't forget – you are a consumer and have the right to check your salon's cleanliness and sanitation procedures. Look for:

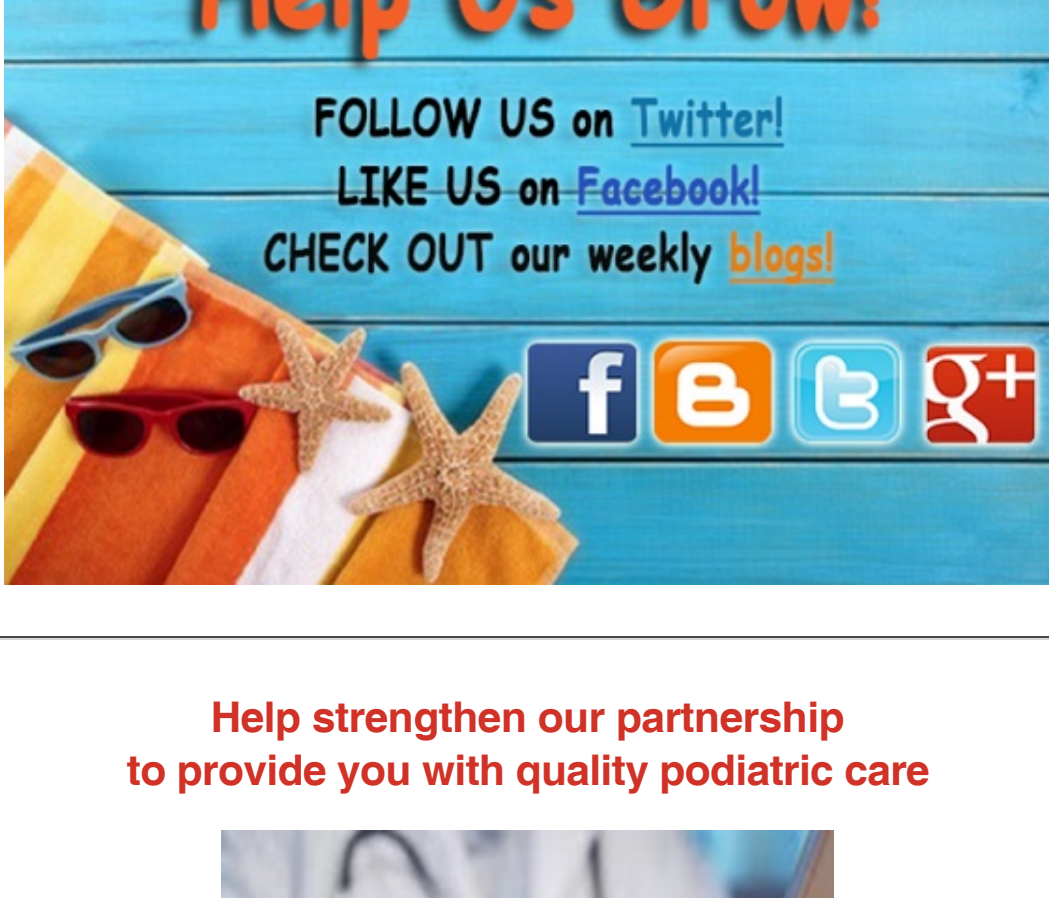
- ✓ Current salon and technician licenses. They should all be prominently displayed.
- ✓ Overall cleanliness of equipment and floors.
- ✓ Technician's personal hygiene and grooming.
- ✓ Spotless whirlpool baths without pipes that tend to harbor bacteria.
- ✓ New sterile instrument pack for each customer.
- ✓ Soaking solutions that are changed frequently.
- ✓ New packaged toe separators and buffers that are disposable.

Prep Tips for a Nail Salon Pedicure

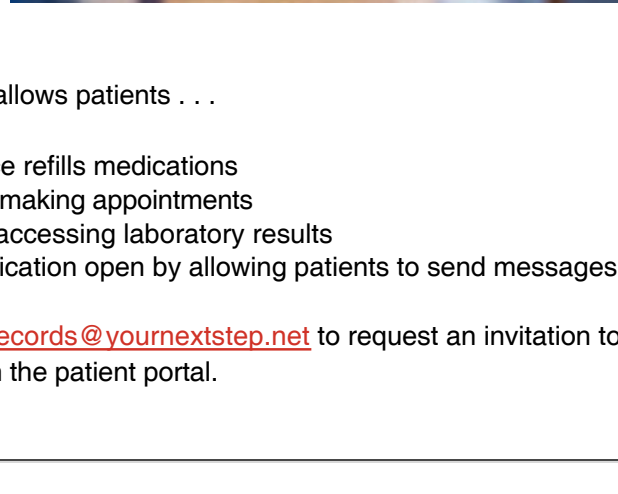
- Try for a morning appointment when equipment is cleanest.
- Wear your own flip flops.
- Bring your own instruments if you have a good set.
- Reschedule if you have any cuts or open sores on feet and legs.
- Don't shave your legs within 24 hours of your appointment to prevent bacteria from entering your system.

Sometimes a nail technician may be too aggressive in pushing back the cuticle or can slip when trimming nails or cuticles. A too-rounded toenail cut can create an ingrown toenail. If you notice any toe or foot problems after a salon visit, please call us for an evaluation.

Patients with diabetes should be careful with professional pedicures. Always tell the nail technician that you have diabetes so they will take extra care with their tools.



Help strengthen our partnership to provide you with quality podiatric care



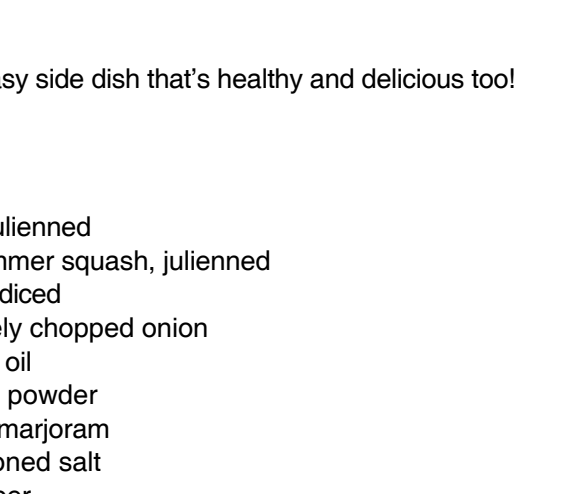
The patient portal allows patients . . .

- The convenience refills medications
- The flexibility of making appointments
- The mobility of accessing laboratory results
- Keeps communication open by allowing patients to send messages to their doctors.

Email "INVITE" to Records@yournextstep.net to request an invitation to set up your **secure** account in the patient portal.

Recipe of the Month

Savory Summer Squash Recipe



Here's a quick and easy side dish that's healthy and delicious too!

Ingredients:

- 1 small zucchini, julienned
- 1 small yellow summer squash, julienned
- 1 medium tomato, diced
- 3 tablespoons finely chopped onion
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon dried marjoram
- ¼ teaspoon seasoned salt
- 1/8 teaspoon pepper

Directions:

In a skillet, saute the zucchini, yellow squash, tomato and onion in oil for 1 minute. Sprinkle with seasonings; cook 5–7 minutes longer or until vegetables are tender. Serve with a slotted spoon.

Yield: 2 servings.

Recipe from [TasteofHome.com](#)

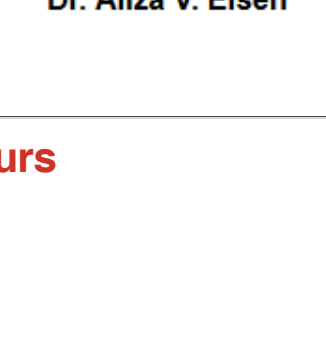
Meet our Doctors



Dr. Eric Ricefield



Dr. Mark Yagodich



Dr. Aliza V. Eisen

Our Offices and Hours

Main Office

39 Rittenhouse Pl Ardmore,
PA 19003
(610) 642-8837

Monday:	8:00 am – 4:00 pm
Tuesday:	8:00 am – 8:00 pm
Wednesday:	8:00 am – 3:00 pm
Thursday:	8:00 am – 8:00 pm
Friday:	9:00 am – 2:00 pm
Saturday:	Closed
Sunday:	Closed

Paoli Office

1410 Russell Rd #201 Paoli,
PA 19301
(610) 644-6501

Monday:	4:00 pm – 8:00 pm
Tuesday:	8:00 am – 12:00 pm
Wednesday:	8:00 am – 6:00 pm
Thursday:	8:00 am – 12:00 pm 2:00 pm – 8:00 pm
Friday:	Closed
Saturday:	Closed
Sunday:	Closed

Downingtown Office

797 E Lancaster Ave #9
PA 19335
(610) 873-0322

Monday:	9:00 am – 12:30 pm
Tuesday:	1:30 pm – 4:00 pm
Wednesday:	2:00 pm – 5:00 pm
Friday:	9:00 am – 1:00 pm
Saturday:	Closed
Sunday:	Closed