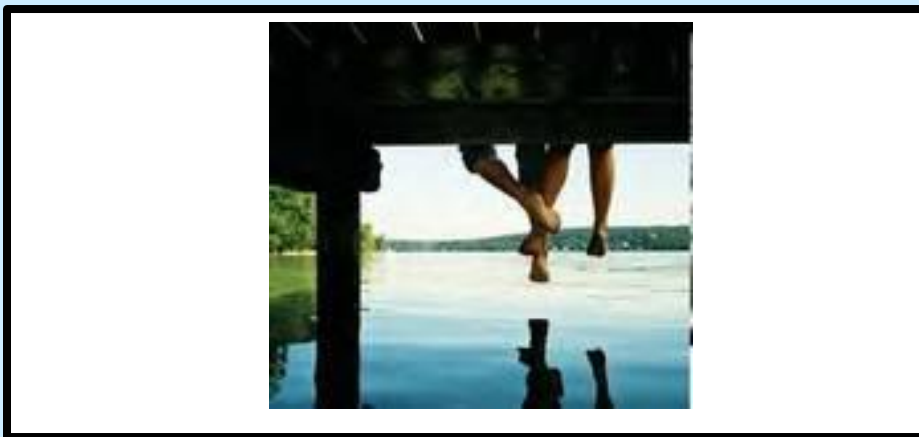


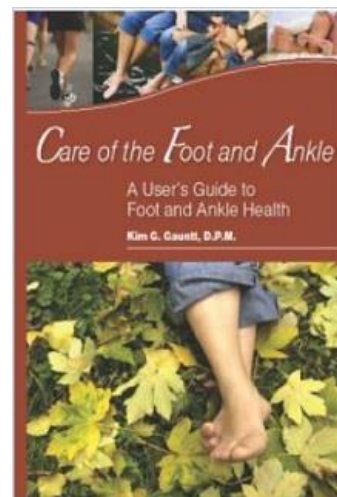
August 2013



August is National Foot Health Month

Here are some tips to keep those summer feet healthy

1. Don't ignore foot pain. It is not normal. If you experience any type of persistent pain in the foot or ankle, please contact our office.
2. Inspect your feet regularly. Pay attention to changes in color and temperature. Look for thick or discolored nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet may indicate Athlete's Foot. Any growth on the foot is not considered normal.
3. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; this can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet, because they are more prone to infection.
5. Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest, and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for each sport or activity that you are engaged in (e.g., running shoes for running).
7. Alternate shoes—don't wear the same pair of shoes every day.
8. Avoid walking barefooted. Your feet will be more prone to injury and infection. At the beach or when wearing sandals always use sunblock on your feet.
9. Be cautious when using home remedies for foot ailments. Self-treatment may turn a minor problem into a major one.
10. If you are a diabetic, please contact our office and schedule a check-up at least once a year.



Now Available!!

A free book is now available through our web.

Check it out at:

<http://www.oregonfootcare.com/>

Our book titled "Care of the Foot and Ankle", written by Dr. Gauntt, is full of information on foot and ankle conditions for you to use and share with friends and family.



Too High?

High Heels Hazardous to your Health?

When most women put on a pair of high heels they're thinking about fashion and not their feet. But women's shoes can cause health problems. High heels may look good, but what they are doing to our feet is anything but pretty says Dr. Jacqueline Sutera, of Podiatric Medicine and Surgery.

"High heels can cause stress fractures; tendonitis, all types of bone spurs, and encourages bunion and hammertoe formation."

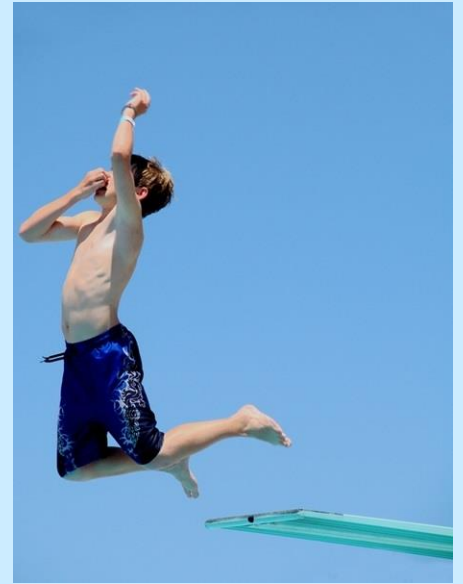
She says it can also affect other parts of the body.

"When the body weight goes to the ball of your foot, the whole skeleton really has to compensate, so the knees and hips jet forward and then your back has to hyper extend backwards. This completely mal aligns not just your foot, but the entire skeleton."

Still most women don't want to give up their stylish high steppers. The American Podiatric Medical Association recommends that women wear heels no higher than 2 inches.

So the best solution may be to wear heels in moderation and pack a pair of flats.

Courtesy of KATU To Your Health



Fun Summer Facts

The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.

Portland has most operating breweries in a city, worldwide; 30 to be exact!

Watermelon is actually a VEGETABLE! It is from the botanical family Cucurbitaceae and is most closely related to cucumbers, pumpkins and squash. The watermelon is composed of 92% water and early explorers often used hollowed out watermelons as canteens.

Mosquitoes are insects that have been around for 30 million years. They have chemical sensors that can detect mammals from 100 feet away



S'mores with Peanut Butter Cups!
Why have we not thought of this
before?!!!