

Foot Notes

Oregon Foot Care Centers

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February 2013



HEALTHY WINTER FEET

Most people get concerned about the health and appearance of their feet during the summer months. During the cold and wet winter months, your feet can really take a beating. Your feet will thrive during these cold months if you follow these foot-health tips.

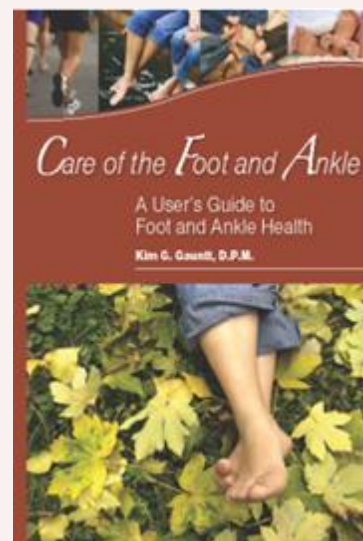
••**Footwear**—Invest in a good pair of waterproof winter boots or shoes. Make sure your shoes fit properly. If they are too tight, they can cause ingrown toenails or blisters. If you do get a blister, apply antiseptic cream and bandages. If the blister doesn't healing in a timely manner, please give our office a call to set up an appointment.

••**Foot care**—The winter months can leave people vulnerable to dry, cracked feet. To keep your feet from drying out, moisturize them once or twice a day, especially around the heels and sides of the foot. Oregon Foot Care Centers carries an assortment of products for moisturizing your feet. Just give us a call, we would be happy to help.

••**Foot Fungus**—Fungus may live inside a winter shoe or boot over the summer, just waiting to re-infect a foot or toenail. If you had foot fungus last winter, take precautions by using an anti-fungal spray on boots or shoes that were worn last winter before wearing them this season.

Now Available!!

A free book is now available through our website.



Check it out at:
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.

Winter, Dry Skin Products



Introducing our new laser!

All of us at Oregon Foot Care Centers are very excited about the new laser that has been brought in the practice!



The DioWave 15 Laser is an FDA cleared laser that is a drug free, non-surgical option for treating many foot and ankle conditions. Often times the effects are realized with the very first treatment. Call our office today if you have been suffering from:

- | | |
|-------------------|--------------------|
| Arthritis | Tendonitis |
| Fractures | Bursitis |
| Hammertoe | Neuralgias |
| Edema | Neuroma |
| Athletic Injuries | Tarsal Tunnel |
| Sprains | Plantar Fasciitis |
| Neuropathy | Post-Surgical Pain |

This is also the latest technology for the treatment of ugly, unsightly nails.

Safe and effective treatment that is an alternative to harsh prescription medications. Give our office a call for all the details!

February Special

Emollia Lotion

Dry Skin Treatment

4oz. \$5.00

Reg. \$6.00

8oz. \$10.00

Reg. \$12.00



Recipe Corner

Mango Pork A great dinner for 2 entrée!

Ingredients:

- 2 medium ripe mangoes
- 1 Pork tenderloin, about 3/4 pound
- cooking spray or olive oil
- salt and pepper to taste
- hot pepper sauce

Preparation:

Put pulp of 1 mango in food processor or blender.

Cut the other mango into small cubes. Trim pork tenderloin and slice into 1-inch thick medallions. Flatten slices lightly with hand. Spray a skillet or medium saucepan with cooking spray or add a small amount of olive oil and heat on medium-high. Brown pork for 1 minute on each side. Season each side with salt and pepper to taste. Reduce heat and cook pork another 5 minutes to cook through. Remove to a plate and add mango puree to the skillet or saucepan. Cook puree about, scraping up brown bits of pork, for about 30 seconds. Add several drops of hot sauce and the mango cubes. Toss cubes in puree while heating through. Spoon sauce over pork and serve with pasta or hot cooked rice.

Serves 2.

Adapted from Southern Food



Medical Tip

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone. (Your fever should be gone without the use of a fever-reducing medicine.)

Source: www.CDC.gov

Keep track of us on all our social media!

