



SHOW YOUR FEET SOME LOVE THIS VALENTINE'S DAY

VALENTINE'S DAY IS A GREAT EXCUSE TO GET DRESSED UP AND GO OUT FOR A NICE DINNER OR DRINKS WITH THOSE YOU CARE ABOUT. WHETHER CELEBRATING THE HOLIDAY WITH A SIGNIFICANT OTHER OR A GROUP OF GIRLFRIENDS, MANY WOMEN MAY OPT TO WEAR HIGH HEELS ON THE 14TH.

According to a 2014 Today's Podiatrist survey by the American Podiatric Medical Association (APMA), nearly half of all women (49 percent) wear high heels, even though the majority of heel wearers (71 percent) complain these shoes hurt their feet. It's no wonder that so many women experience pain from these shoes—blisters and arch and heel pain are common culprits associated with high heel wear. Heels can also cause your Achilles tendon to shrink, putting you at greater risk of an injury when doing any activities while wearing flats, including exercise. Luckily, APMA has some solutions to common problems associated with wearing high heels.

- **Problem: Burning sensation on the balls and toes of the feet**

Solution: Alleviate the burning sensation by adding a cushion insert such as a metatarsal pad to reduce pressure on the balls of your feet. It also helps improve body alignment, balance, and ankle stability.

- **Problem: Minimal arch support, which can cause foot fatigue**

Solution: Promote arch support by adding a shoe insert for tight fitting shoes such as our CP3300. These inserts promote arch support and help distribute weight evenly.

- **Problem: Painful blisters and abrasions on the outsides and heels of the feet**

Solution: Prevent the cause of blisters and abrasions by inserting a foot adhesive in those trouble spots. Moleskin or a "blister bandage" will minimize the damage caused by friction.

Adapted from APMA



February Special Emollia Lotion

Dry Skin Treatment

\$10 8oz. Reg. \$12

\$5 4oz. Reg. \$6

Head Over Heels

OREGON FOOT CARE CENTERS REMINDS ALL HIGH HEEL WEARERS TO TREAT HIGH HEELS LIKE DESSERT—WEAR THESE SHOES SPARINGLY! IF AND WHEN YOU DO CHOOSE TO WEAR HIGH HEELS, KEEP THESE PODIATRIST-APPROVED TIPS IN MIND:

1. Wear shoes with a heel height of two inches or less
2. Look for a shoe with a generous toe box area
3. Try to find a shoe with a slight heel or wedge to encourage your arch to lift
4. Inspect for cushioning at the front

Dr. Gauntt and Oregon Foot Care Centers are very proud to help sponsor Sole4Souls shoe drive!



Everyone deserves a good pair of shoes.

Did you know that 400 million children worldwide live in extreme poverty?
Did you know that many of them never owned a pair of shoes?

Donate Your New or Gently Used Shoes at our Next Shoe Drive!

When: February 1st-April 17th 2015

Where: **Dr. Gauntt-Oregon Foot Care Centers**
Hillsboro 200 NE 4th Ave. Hillsboro, OR 97124
Newberg 410 Villa Road Newberg, OR 97132

Contact: Hillsboro office (503) 648-1713 Newberg office (503) 538-0466

SOLES4SOULS

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LOOKING FOR A WAY TO PAMPER YOUR SIGNIFICANT OTHER? TRY GIVING A FOOT MASSAGE!

Foot rubs not only feel good, but they're also a great way to release tension, boost circulation, and refresh skin after a long day on your feet. Take a few minutes to massage feet at the end of the day. Use an emollient-enriched lotion and take care of moisturizing at the same time! Be careful not to leave any excess lotion in between toes, as it can promote the development of athlete's foot or a fungal infection.

Recipe Corner

Great for weeknight meals! Just put all ingredients in a freezer bag and stick in the freezer. Defrost chicken; bake 350 degrees, 20-25 minutes.

Teriyaki Dump Chicken

- 1 clove crushed garlic
- 1.5 tbs. minced ginger
- 1/3 cup soy sauce
- 1.5 tbs. brown sugar
- 1.5 tbs. cider vinegar
- 1.5 tbs. rice wine vinegar or sherry

Sweet Orange Ginger Chicken

- 1/4 cup orange marmalade
- 1 tbs. honey-mustard
- 3/4 tsp ground ginger
- 1/4 tsp. dried thyme
- 1/8 tsp red pepper (optional)

Cranberry Chicken

- 1/4 cup orange juice
- 1/2 cup cranberry sauce
- 2 tbs. melted butter
- 1 tbs. soy sauce

Garlic Dijon Chicken

- 2 cloves minced garlic
- 4 tbs. Dijon mustard
- 2 tbs. lime juice

Herb-wine Chicken

- 1 cup red wine
- 2/3 cup vegetable oil
- 2 cloves crushed garlic
- 1/2 lemon sliced thinly
- 2 tbs. minced parsley
- 1 tsp thyme
- 1 tsp basil
- 1/2 tsp salt
- 1/4 tsp pepper

Russian Chicken

- 16 oz. Russian salad dressing
- 2 pkgs. dry onion soup mix
- 2/3 cup apricot preserves

Chili Maple Glazed Chicken

- 2 Tbs. water
- 1 Tsp. salt
- 1 1/2 Tbsp. Maple Syrup
- 1 Tbsp. Chili Powder

Lemon Marinade Chicken

- 2/3 cup Lemon Juice
- 1/4 cup Cider Vinegar
- 1/4 cup Vegetable Oil
- 2 Tablespoons Minced Onion