

June 2013

Know the Signs of a Stroke

Did you know stroke is the fourth leading cause of death in America and a leading cause of adult disability.

Stroke is brain damage caused by a blocked blood vessel or bleeding in the brain.

If you have symptoms of a stroke, **call emergency services right away**. General symptoms of a stroke include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- *Sudden problems with walking or balance.*
- A sudden, severe headache that is different from past headaches.

Spot a Stroke F.A.S.T.

F

FACE:

Ask the person to smile.
Does one side of the face droop?



A

ARMS:

Ask the person to raise both arms.
Does one arm drift downward?



S

SPEECH:

Ask the person to repeat a simple phrase.
Is their speech slurred or strange?



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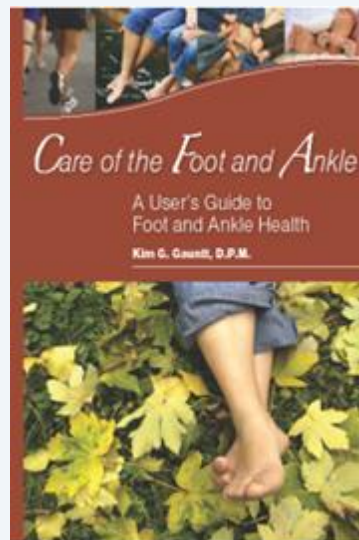
TIME:

If you observe any of these signs,
call 9-1-1 immediately.



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.

June is
National Great
Outdoors
Month

Get out there and
enjoy the great
outdoors!



Trillium Lake, Government
Camp



Fishing on the Deschutes
River

What are Sweaty Feet?

Excessive sweating of the feet is called hyperhidrosis. This condition is more common in men than women and more common in young adults than older adults. People whose feet sweat excessively often have problems with excessive sweating of the palms also.

Causes

Excessive sweating of the feet seems to be an inherited problem. No one knows for sure exactly why it occurs, but people who sweat excessively seem to have a different "set point" than other people. People with hyperhidrosis sweat excessively almost all the time.

Home Care

Good foot hygiene is essential. Wash your feet with an antibacterial soap; be sure to wash between the toes. Dry the feet thoroughly, then apply an antibacterial or antifungal powder to your feet. Wear wicking socks that draw the moisture away from your feet instead of trapping it. Synthetic blends are designed to wick moisture away from the skin and work best to keep feet dry. 100% cotton socks absorb moisture but do not wick it away from the skin which can lead to blisters and should be avoided. It's also a good idea to change socks during the day. Bring an extra pair of socks with you during the day and change mid-way through the day.

Prevention

Good foot hygiene can prevent foot odor and foot infections, two common side effects of sweaty feet.

When to Visit a Podiatrist

If your feet sweat excessively, see a podiatrist. A podiatrist can help you with this condition. At Oregon Foot Care Centers Dr. Gauntt can diagnosis and treat this and many other foot conditions. We carry several products, including Bromi-Lotion that will help you feel more comfortable.

Adapted from APMA publication

June Special

Bromi-Lotion

Anti-Perspirant Lotion

\$10.00

Reg. \$12.00





Recipe Corner

Spinach, Orange and Chicken Salad

- 6 small juice oranges (Can use canned mandarin oranges)
- 2 tablespoons red wine vinegar
- 1 teaspoon grainy mustard
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cumin
- 1/3 cup olive oil
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 5 ounce package baby spinach
- 1 head green leaf lettuce, trimmed, cleaned and torn into bite-size pieces
- 1/2 red onion, thinly sliced
- 1 3/4 ounce crumbled goat cheese

Directions

1. Cut off peel and slice sections from 5 of the orange. Place in a bowl. Juice remaining orange (you will need 1/4 cup juice).
2. In a small bowl, whisk orange juice, vinegar, mustard, sugar, 1/4 tsp. of the salt and 1/8 tsp. of the pepper. Microwave cumin in a small bowl for 40 seconds or until fragrant. Whisk into orange juice mixture. While whisking, add oil in a thin stream.
3. Place chicken in a resealable plastic bag and add 1/3 cup of the dressing. Marinate 15 minutes.
4. Meanwhile, heat grill or grill pan. Remove chicken from marinade and discard any remaining marinade. Grill for 14 minutes, turning once, or until chicken registers 160 degrees on an instant-read thermometer.
5. In a very large bowl, toss spinach, lettuce, orange sections (and any juice in bowl), red onion slices, goat cheese and remaining dressing. Slice chicken and fan over top of salad. Sprinkle with remaining 1/4 tsp. salt and 1/8 tsp. pepper and serve.

Adapted from Family Circle Magazine Makes 6 servings

June is Portland Dining Month



Portland Dining Month returns with more than 85 restaurants offering three-course (appetizer-entree-dessert) meals for \$29.

Check out the link below for participating restaurants!

<http://downtownportland.org/dining-month/>

Medical Tip

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

Keep track of us on all our social media!

