

## March 2016

**March is National Health Awareness month,  
with that is keeping your feet healthy too.**

Here are some basic foot care guidelines:

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.



*March  
Special*

Gormel  
Crème

*Wonderful for  
moisturizing and  
softening dry  
feet*

**\$18.00**

Reg. \$20

Dr. Gauntt is proud to help sponsor our second annual Sole4Souls shoe drive! Last year we were able to collect 512 pairs of new and gently used shoes. The goal this year is to collect 600 pairs of shoes, with your help I know we can do it!



## Everyone deserves a good pair of shoes.

Since 2006, Soles4Souls has distributed 26 million pairs of shoes in 127 countries around the world. Over half of their distribution events occur right here in the United States.

### 2<sup>nd</sup> Annual Soles4Souls Shoe Drive

**Donate Your New or Gently Used Shoes**

**Help us reach our goal of 600 pairs this year!**

<b>When:</b>	March 1 <sup>st</sup> -April 14 <sup>th</sup> 2016
<b>Where:</b>	<b>Dr. Gauntt-Oregon Foot Care Centers</b> Hillsboro 200 NE 4 <sup>th</sup> Ave.      Newberg 410 Villa Road Hillsboro, OR 97124      Newberg, OR 97132
<b>Contact:</b>	Hillsboro Office (503) 648-1713      Newberg Office (503) 538-0466

### Recipe Corner

#### Elephants Deli Fruit and Spice Granola

Elephant's Deli in Portland is a wonderful deli that prides itself in using local ingredients. One of my favorites is their granola, really good!

Makes 10 cups

#### Ingredients

- 1/2 cup unsalted butter (1 stick)
- 1/2 cup honey
- 4 cups old-fashioned oatmeal, uncooked
- 1 cup sweetened flaked coconut
- 1 cup sliced almonds
- 1 cup pecans pieces
- 1/2 teaspoon ground nutmeg
- 3/4 teaspoon ground cinnamon
- 1/4 cup dried tart cherries
- 1/4 cup dried dates
- 1/4 cup dried cranberries
- 1/4 cup dried blueberries

#### Instructions

Preheat oven to 300 degrees. On the stove top, melt butter with honey in a small saucepan. While butter is melting, mix the oatmeal, coconut, nuts, nutmeg and cinnamon together in a bowl. Once the honey and butter have combined, pour the hot mixture over the dry mixture and stir until mixed. Spread evenly between two baking sheets. Bake the mixture for 30 to 45 minutes, checking it every 10 minutes or so to stir it and break up any large clumps. When the mixture has reached golden brown, pull it out of the oven, pour it into a large bowl and mix in the fruit. Cool before serving.

Courtesy of Elephants Delicatessen