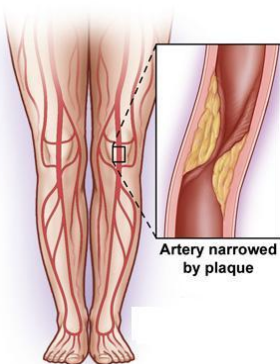


*Dear Dr. Gauntt,  
I want to thank you for helping me so quickly.  
Had you not done so, I would have lost my foot. They  
Did a CT scan and discovered no blood flow from the groin  
down. They put 4 or 5 stents in and I was lucky enough to  
have blood start flowing right away.  
When I got your voicemail, I was leaving Montana into  
North Dakota. I should have turned around then.  
Oh well, hindsight is always 20-20.*

Irene S.  
Newberg, OR

## Peripheral Arterial Disease What is PAD?

PAD is short for Peripheral Arterial Disease. PAD is caused by a blockage or narrowing of the arteries in the legs when fatty deposits called plaque buildup. The buildup of plaque causes the arteries to harden and narrow. This results in a reduction of blood flow to the legs and feet. This is commonly referred to as poor circulation.



PAD occurs most often in the arteries in the legs, but it can also affect other arteries that carry blood outside the heart. This includes arteries that go to the aorta, brain, kidneys, and the stomach.

PAD affects 8 to 12 million Americans, with one in every five people over the age of 70 with the disease. People with PAD have a two-six times' greater chance of death from a heart attack or stroke. PAD and diabetes are the leading causes of foot or leg amputations in the U.S.

Risk factors for PAD and other conditions that may complicate PAD include:

- Smoking
- High Cholesterol
- High Blood Pressure
- Physical Activity
- Obesity
- Diabetes

The symptoms of PAD include:

Fatigue, tiredness, or pain in your legs, thighs, or buttocks that happens when you walk but goes away when you rest.

Foot or toe pain at rest that often disturbs your sleep.

Skin wounds or ulcers on your feet or toes that are slow to heal.

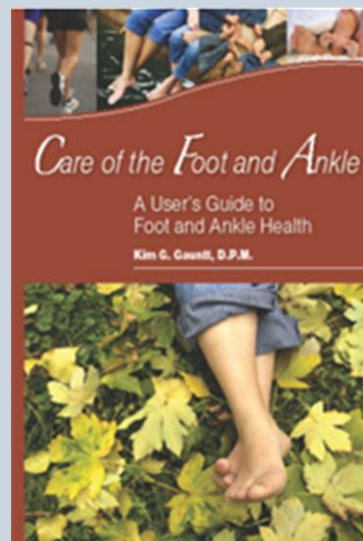
**It is important to note that many individuals with PAD do not experience typical leg symptoms such as cramping, pain, or fatigue.**

**Do not** ignore leg pain. It is important to discuss any leg or thigh pain that you are having with Dr. Gauntt. Early detection of PAD can offer an opportunity to treat risk factors of the disease and decrease the chance of heart attack and stroke.

Oregon Foot Care Centers can do a simple test to determine if you have PAD. The test will compare your blood pressures in your extremities, if abnormal; Dr. Gauntt may order additional testing.

## Now Available!!

A free book is now available  
through our website.



Check it out at:  
[www.OregonFootCare.com](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.

## Monthly Special

*Emollia Lotion*

*\$10.00*

*Reg. \$12.00*

*An elegant lotion to soften  
and moisturize dry skin.  
Especially suited for use over  
large areas.*



It's back to school time and the American Podiatric Medical Association wants your children to put their best foot forward in the right shoes.

Take a look at Dr. Gauntt's You Tube channel to see if you are buying the best shoes for your children. Just enter **K.G. Gauntt** in the search bar.



### **Back to School, Back to Sports Could Mean Injuries:**

Fall is quickly approaching and with the back to school season, comes back to sports for many children. During this time, podiatrists see a lot of injuries from overuse, improper shoes/shoe sizes, and other easily overlooked issues.

**Blisters** are caused by friction when shoes and socks rub repeatedly on the skin. Also, if your child is not wearing socks a blister can form. Another big cause of blisters is shoes that are too tight or don't fit properly.

**Turf toe** is more common among athletes who compete or train on artificial turf, which is where it gets its name. The pain develops in the base of the toe at the ball of the foot. The cause of turf toe is usually due to cramming the toe into the foot from jumping too hard or constant pressure from running on the hard surface. Shoes or athletic footwear may also be to blame.

**Shin splints** Shin splints is named for pain to either side of the leg bone, caused by muscle or tendon inflammation. It is commonly related to a collapsing arch, but may be related to a muscle imbalance between opposing muscle groups in the leg. They are usually caused by high impact exercise, improper stretching, or an existing issue like flat feet.

## Recipe Corner

These are sinfully delicious!

Next time we'll make sure our recipe is healthy, I promise!

### Salted Caramel Chocolate Chip Cookie Bars

Yield: 16 cookie bars

Prep Time: 15 minutes | Bake Time: 30 minutes

2 1/8 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

12 tablespoons unsalted butter, melted and cooled to room temperature

1 cup light brown sugar

1/2 cup granulated sugar

1 egg

1 egg yolk

2 teaspoons vanilla extract

2 cups chocolate chips

10 ounces caramel candy squares, unwrapped

3 tablespoons heavy cream

Fleur de sel (or other sea salt), for sprinkling over caramel and bars



1. Preheat oven to 325 degrees F. Grease a 9-inch square pan; set aside.
2. In a medium bowl, whisk together the flour, baking soda, and salt; set aside.
3. Using an electric mixer, mix together the melted butter and sugars on medium speed until combined. Add the egg, egg yolk, and vanilla extract and mix until smooth. Slowly add the dry ingredients and mix on low, just until combined. Stir in the chocolate chips.
4. In a medium microwave-safe bowl, combine the caramels and heavy cream. Microwave on high until the caramels are melted, stirring every 20 seconds. This will take about 2 minutes.
5. Press half of the cookie dough into the prepared pan, smoothing the top with a spatula. Pour the hot caramel over the dough cookie dough and spread into an even layer, leaving some empty space around the edges. Sprinkle the caramel with the sea salt. Drop the remaining cookie dough in spoonfuls over the caramel and gently spread the dough with a spatula until the caramel is covered. Sprinkle the bars with additional sea salt.
6. Bake the cookie bars for 30 minutes, or until the top of the bars are light golden brown and the Edges start to pull away from the pan. Cool the bars on a wire rack to room temperature, then refrigerate for about 30 minutes to allow the caramel layer to set. Cut into squares and serve. Store leftovers in an airtight container at room temperature.

Recipe adapted from Two Peas and their Pod

## Did you know September is:

Self-Improvement Month, Be Kind To Editors and Writers Month, International Square Dance Month, Cable TV Month, National Bed Check Month, National Chicken Month, National Courtesy Month, National Honey Month, National Mind Mapping Month, National Piano Month, National Rice Month, National Papaya Month, and Classical Music Month.

## Follow us on



Search for us at Oregon Foot Care Center or Dr. Gauntt

Do you have a smart phone? Use our QR code to access our website!

