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Dr. Marshall L. Lukoff, Podiatrist
Fellow, American Society for Laser Medicine and Surgery

In This Issue...

- Foot Pain: Avoid These 5 Shoe Types
- Best Footwear for Walkers
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I hope you are having a great summer enjoying lots of fun activities with family and friends! Make sure you take along the right footwear for each activity plus extra pairs of clean, dry socks. Damp socks allow fungus to grow and spread so change them regularly. Good foot support is vital especially for long hikes. Save the flip flops for visits to the pool or beach. If you love sandals check out our custom sandals with built-in orthotics. Great foot support equals improved balance and reduced discomfort so you can stay active longer, gain strength quicker with less likelihood of injury. Get your balance on this summer!



Advice from Dr Lukoff:

Some of the things we do every day can damage our feet, for instance, walking barefoot at home on hard, flat surfaces can cause damage. That's because feet were designed to walk on soft surfaces like dirt, sand or grass that give. Think about walking on wet sand, your heel sinks in while your arch is supported by the surrounding sand. However, when we walk on hardwood or tile floors unnatural stress on the structure of our feet can cause heel and knee pain. Socks aren't sufficient to stop it from happening. You're better off wearing shoes or sandals with arch support at home if you have hard floors.



Foot Pain: Avoid These 5 Shoe Types

Do you have sore, aching feet or toe stiffness and pain, or have you developed blisters in unusual spots on your feet? The problem may be your shoes.



Our feet take a beating from walking, running or even just standing. Wearing the wrong shoes can cause foot pain and any number of temporary or even chronic foot problems.

Here's our list of 5 shoe types to avoid - or at least wear in moderation!

Ballet Flats. The down side is these shoes can be **too** flat without adequate arch support, cushioning or shock absorption. But wearing these flexible shoes can also make your feet work harder, creating stronger muscles. Be aware that these shoes can cause tendonitis, heel pain, stress fractures and injuries from stepping on sharp objects.

Converse-style Sneakers. These shoes provide cushioning and shock absorption but not much arch support. The flexible material can help those who suffer from hammertoes and bunions. Wearing these shoes for too long can result in tendonitis, heel pain and stress fractures.

Flip-Flops. Save these flimsy sandals for protection from burning sand at the beach or to prevent a fungal infection at public places like pools, spas and locker rooms. Flip-flops have no arch support, and your toes have to work hard to keep them on your feet. The lack of cushioning means a really hard heel strike which can cause heel pain. Flip-flops can cause many problems including heel pain, tendonitis, strains and fractures.

High Heels, Stilettos and Platform Wedges. A heel that is too high shifts your weight forward onto the balls of your feet and squeezes your toes. Shoes with high heels can even cause a balance problem as they force your hips and knees forward. Platform wedges are less harmful as they have a reduced incline and more cushioning. Problems from wearing stilettos and platform wedges include ankle sprains, neuromas or nerve tumors, pinched nerves, hammertoes and bunions.

Rainboots. These are fun and certainly help keep your feet dry but they are not meant to wear for long periods of time. Bacteria and fungi love them because they are waterproof, and the top of the boot can irritate your calf. Wearing rain boots for too long can cause bacterial and fungal infections, wart viruses and blisters.

Best Footwear for Walkers

Walking for exercise is one of the best workouts to help maintain a healthy weight, strengthen muscles and bones, and even prevent or manage some serious health conditions like type 2 diabetes and heart disease.

It's easy to fit in the recommended 30 minutes of walking even if you have a busy schedule. Try walking to work or using part of your lunch break to walk outside. Make your dog walks a little bit longer.

Walking for exercise is very low cost - all you need is a good pair of walking shoes! Here are some tips on investing in your feet and choosing the right walking shoe:

....continued on page 3

Make an [Appointment Request](#)

online today or call us at

855-FIT-FEET and schedule
your appointment today.

History FootNote

Rubber shoes with canvas tops, or sneakers, were invented in 1892 by the U.S. Rubber Company. They got their name because they were so quiet that a person wearing them could "sneak up" on someone.

Celebrity Foot Focus

Many celebrities sport sneakers with anything from tough leather pants to ladylike pencil skirts, preferring traditional flat soles to the faded-out wedged sneaker fad.

Trivia

All of these countries celebrate their Independence Day in July except which one?

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

Answer: B



Joke of the month



What do you call a criminal with an attitude going down stairs?

A condescending con descending.

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- **Make sure the shoe supports your individual arch type.** For a **low arch**, sometimes called flat feet, look for a shoe with a straight last (a "**last**" is the shape of the sole - its footprint) and motion control that will help stabilize your feet. Those with **high arches** will benefit from lots of cushioning and a curved last. With a **neutral arch**, walking shoes should have firm midsoles and straight to semi-curved lasts.
- **Get a good fit.** Your walking shoes must be long enough - 1/2" between your longest toe and the shoe - so your toes aren't jammed against the front of the shoe. Look for a high toe box with plenty of toe room. Shop at an athletic shoe store later in the day when your feet are largest and ask to have both feet measured. Try the shoes on with your own socks and walk around the store to make sure the shoes fit well and are comfortable right away.
- **Look for good walking shoe features.** Look for an Achilles tendon protector around the heel; a mesh, leather or synthetic upper to let your foot breathe; a well-cushioned insole; extra gel or foam midsole cushioning; grooves and treads on the outsole to help with traction; and a roomy and rounded toe box with plenty of toe space to prevent calluses.
- **Consider your walking surface.** Asphalt roads have a little "give" so your favorite walking shoes will be fine. Walking on concrete sidewalks may require more cushioning. If you're hitting the trail for a more natural scene, look for more rugged hiking shoes especially if you're carrying a backpack.

Recipe of the Month

Banana Split Kebobs

Here's a great healthy summer dessert -- fresh fruit kebobs. Make it fun for the kids with a drizzle of chocolate and crushed peanuts (if there are no allergies!).

Ingredients

- 2 bananas, cut into 1" pieces
- 24 1" pieces pineapple
- 12 large strawberries, rinsed, dried, and halved



Optional:

- 2 c. chocolate chips
- 1/2 c. peanuts, chopped

Directions

1. Make kebobs: Thread two pieces each banana, pineapple, and strawberry onto skewer. Repeat process to assemble all skewers. Place all on parchment-lined baking sheet.

Chocolate and peanut option:

2. In a microwave-safe bowl, melt chocolate in the microwave in 30-second intervals, stirring in between, until completely smooth.
3. Drizzle chocolate over fruit kebobs and top with chopped peanuts. Freeze until ready to serve.

Recipe courtesy of Delish.com

From My Blog

You Can Prevent Bunions From Getting Worse

A bunion is a fairly common foot deformity, with 23% of those in the U.S. ages 18-65 and 35% of those over age 65 having at least one bunion (National Institutes of Health).

Bunions are painful deformities caused by an enlarged big toe joint. Often the big toe is also moved out of place and pushes against the smaller toes. As the bunion grows, it causes pain because of the inflammation and also irritation where the protuberance results in friction against shoes.



<http://www.footcarespecialistspc.com/blog/post/you-can-prevent-bunions-from-getting-worse.html> to read more.



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