



Call Today (617) 479-7921

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### Our Office Locations

Crown Colony Medical Center  
500 Congress Street, Suite 1D  
Quincy, MA 02169

Eastbrook Executive Park  
30 Eastbrook Road, Suite 104  
Dedham, MA 02026

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for more information.**



Dear [FNVar],

I don't know about you but at the beginning of every year I like to do something I haven't done before. This year it was a trip to the Grand Canyon. It was an amazing experience. The enormity of it was overwhelming especially when I thought of those early American settlers heading to California who came upon it unexpectedly. What a catastrophe! Here they were with wagons and children after an arduous journey across the country and no way to cross the canyon and accomplish their goal. The new year is a time for resolutions. I usually set off with the best intentions but something seems to get in the way. This year I will keep those settlers and the Grand Canyon in mind because unlike them, I have no real barrier preventing me from achieving my goals. I hope you'll accomplish yours too.



Wishing You Good Health in 2017  
Dr. Marshall L. Lukoff

## A 2017 Resolution You Can Keep: Take Care of Your Feet

The holidays are all about traditions. Did you watch the Times Square crystal ball drop or maybe enjoy a local fireworks show? Or did you celebrate with a quiet evening at home with family and friends?

Although we celebrate the New Year with many diverse traditions, there is one thing that most of us have in common - we make resolutions for the coming year. If you've resolved to take better care of your health, don't forget that foot health is a major wellness component.



....continued on page 2



## Make an [Appointment Request](#)

online today or call us at

**855-FIT-FEET** and schedule

**your appointment today.**

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## History FootNote

People make New Year's resolutions all over the world. The ancient Babylonians first made resolutions 4,000 years ago, promising to pay their debts and return any borrowed items!

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## Celebrity Foot Focus

Point guard George Hill of the Utah Jazz was recently sidelined for at least one game due to a sprained big toe.

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## Joke of the month



Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

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## Trivia

**January has 31 days. How many other months also have 31 days?**

- A. Five
- B. Six
- C. Seven
- D. Eight

**Answer: C**

Resolve to take good care of your feet in 2017 with these simple steps:

- Protect your feet with comfortable, sturdy shoes, boots and sandals. Save your flip-flops for poolside and the beach. Don't forget to apply sunscreen to your feet too.
- Clean your feet every day with soapy water and dry thoroughly, especially between the toes.
- Soothe after washing by applying a rich foot lotion or cream - but not between the toes. Moisturize toenails with cuticle cream or petroleum jelly.
- Invest in your feet with new, well made shoes with plenty of support. Shop later in the day when feet are largest and measure both feet each time. Give your toes plenty of wiggle room.
- Trim toenails straight across to prevent ingrown toenails - don't round at the edges.
- Check your feet every day, especially if you have diabetes. Look for foot fungus or any type of damage like cracked skin, abrasions or puncture wounds that are not healing.
- Stretch your feet and ankles along with the rest of your body to keep them flexible and help prevent injury.
- Put your feet up often during the day to help your circulation and take pressure off muscles and tendons.

For patients with diabetes, please add one more resolution. Come in to our office regularly - at least once a year - for a thorough checkup. It's important to check for neuropathy by testing for loss of sensation. We'll also assess your overall foot health and inspect your feet closely for any sign of injury. Left untreated, any foot damage can lead to serious problems in those with diabetes.

We wish all our patients and their families a very Happy and Healthy New Year!

## All About Toes

Our toes are engineering marvels of bone, tendons and muscles and they really take a beating! They are constantly exposed to injury with walking, running or just moving around. And the pressures inside our shoes can cramp the toes and lead to stress-related problems.



If you have toe discomfort, there are many different causes that we will look for. First we'll ask you what type of pain you have - is it a burning feeling or numbness? Sharp or dull? Does it get worse when you're walking or standing?

Here are a few common causes of toe pain:

- Ingrown toenails where the nail cuts into the adjacent skin and often becomes infected.
- Bunions can form when the big toe is pushed up against the others. Bunions can be hereditary or can result from wearing tight, narrow shoes.
- Corns and calluses develop from excess friction and pressure on the skin.
- Arthritis, whether caused by wear and tear or rheumatoid arthritis, causes tenderness, stiffness and difficulty walking. Gout, a painful buildup of uric acid crystals in the joints, is a form of arthritis.
- Hammertoes and claw toes are abnormal bends in the toe joints caused by muscle imbalance. Poorly fitting shoes is often the cause for these painful deformities.
- Morton's neuroma is a nerve problem that causes pain between the toes caused by trauma or excessive pressure from tight shoes.
- Capsulitis causes pain and swelling in the toes or ball of the foot caused by inflammation of the ligaments.

Please come see us if you have persistent toe pain as these conditions will not go away by themselves.

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## Word Search

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P	U	R	I	T	X	U	I	E	K	C	B	U	A	C
C	P	S	B	O	L	N	H	S	P	O	V	N	M	H
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hereditary	resolution	sunscreen	arthritis
hammertoe	ligament	diabetes	muscle
toenail	callus	tendon	moisturize
bunion	neuroma	fungus	ankle
gout	corn	toe	

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