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Welcome to the CT Family Foot Care and Surgery Spring Newsletter. We are excited to introduce you to our **1st Quarterly Newsletter!** We've created this with articles and features we think will be of interest to you. Please take a moment to check it out and let us know what you think. We welcome your comments and feedback.

CT Family Foot Care and Surgery Moved to a New Office To Better Serve You

1952 Whitney Avenue, 3rd Floor, Hamden



CT Family Foot Care and Surgery Waiting Room (L)
Advanced Laser Pain Relief Center Waiting Room (R)



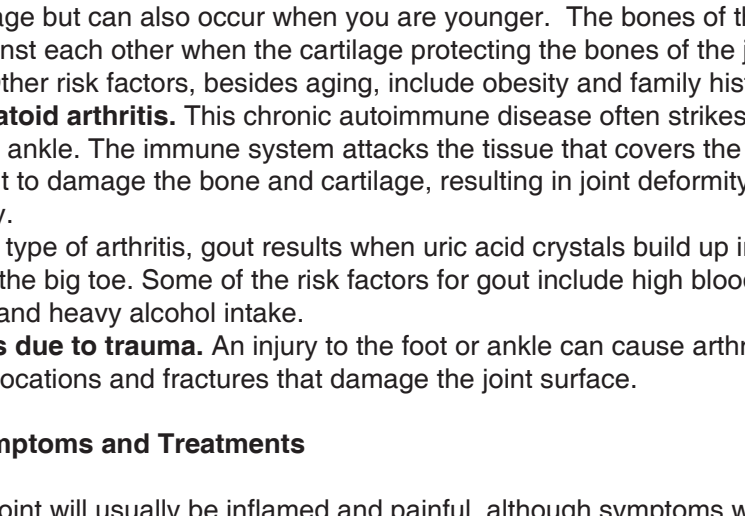
Shoe display area for Vionic shoes, sandals and flip-flops.
Also, sample diabetic shoes.



Treatment Rooms

We are looking forward to seeing you in our new office!

Could That Pain in Your Foot Be Arthritis?



You may be familiar with arthritis pain that can plague your fingers, knees, wrists, neck – anywhere there is a joint. Well, that aching pain in your feet that makes it hard for you to walk or exercise may be due to arthritis too.

Arthritis, inflammation of the joint that can cause stiffness and pain anywhere, is very common in the small joints of the foot and ankle.

Arthritis in the Feet

Those joints in your feet most often affected by arthritis include the big toe, midfoot and the ankle.

The major types of arthritis that afflict the foot and ankle are:

- **Osteoarthritis.** This "wear and tear" arthritis often affects people during or after middle age but can also occur when you are younger. The bones of the joint can rub against each other when the cartilage protecting the bones of the joint wears away. Other risk factors, besides aging, include obesity and family history.
- **Rheumatoid arthritis.** This chronic autoimmune disease often strikes first in the foot and ankle. The immune system attacks the tissue that covers the joint and causes it to damage the bone and cartilage, resulting in joint deformity and even disability.
- **Gout.** A type of arthritis, gout results when uric acid crystals build up in the joints, often in the big toe. Some of the risk factors for gout include high blood pressure, obesity and heavy alcohol intake.
- **Arthritis due to trauma.** An injury to the foot or ankle can cause arthritis, particularly dislocations and fractures that damage the joint surface.

Arthritis Symptoms and Treatments

The arthritic joint will usually be inflamed and painful, although symptoms will vary based on which joint is affected. Look for:

- Pain with motion
- Tenderness
- Difficulty walking
- Joint swelling and warmth

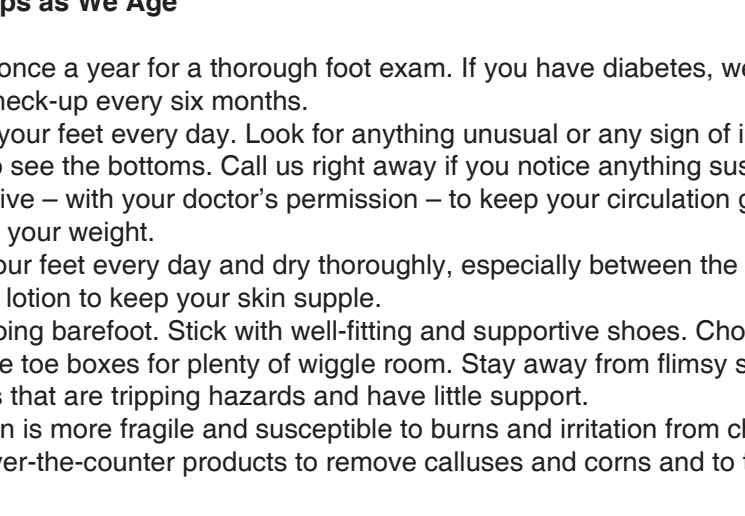
If you suspect that you have arthritis in your feet or ankles, please come visit us! We will do x-rays to examine your bones and order other imaging tests if necessary. Blood tests can help pinpoint the type of arthritis you may have.

As of yet, there is no cure for arthritis, but there are many things that we can do to relieve your discomfort. **Our brand new state of the art MLS laser machine can significantly provide long-lasting pain relief.** Custom-fitted orthotics will help to minimize pressure on the foot and ease pain. Reduce stress on the joint by losing excess weight and switching to lower-impact activities like swimming. Physical therapy exercises can increase flexibility, range of motion and muscle strength. Anti-inflammatory medications like ibuprofen and naproxen can reduce inflammation.

In severe cases, where these conservative measures do not help, we will discuss surgery with you.

With the right treatment, your arthritis pain can be managed to let you lead an active and healthy life.

Our Top 6 Tips to Help Prevent Skin Cancer in Your Feet



The last place that we think of when applying sunscreen is our feet. But our feet are vulnerable to skin cancer just like the rest of our bodies, even under the toenails and on the soles!

Other factors besides sun exposure can cause skin cancer such as genetics, chronic ulceration, environmental factors such as chemical burns and viral infections such as HIV and human papillomavirus (HPV).

Melanoma is the most deadly form of skin cancer and can appear on the tops of the feet, the soles and under a toenail. This cancer digs deeper and can eventually reach the blood vessels and lymph system to spread within the body.

Melanomas can take many varied forms and appearances. Look for a spot with unusual colors like pink or red; uneven borders; size larger than one-quarter of an inch. This type of cancer can masquerade as an ingrown nail, bruise, plantar wart, ulcer or blood blister.

6 Tips to Prevent Skin Cancer

1. Early detection is very important and can even save your life! Inspect your skin – feet too – for any irregularity. Aim for a careful examination once a month and use a mirror to see difficult spots such as the bottoms of your feet. If you notice anything unusual, give us a call!
2. Wear a sunscreen of SPF 30 or more when out of doors, and don't forget to apply to feet, ankles and even between the toes.
3. Reapply sunscreen after sweating or swimming.
4. Wear UV-absorbent sunglasses.
5. Avoid picking up viruses by covering your feet in public places like pools, spas, locker rooms and gyms.
6. Stay out of the sun when its rays are most intense – between 10 a.m. and 4 p.m.

Your Feet Are Aging with You: Modify your Foot Care Routine to Keep Up



Our hardworking feet still have a long way to take us! As we age, it's very important to take good care of your feet to avoid serious health issues.

Now more than ever it's important to pay attention to foot care – especially if you have any pre-existing health issues such as diabetes. Don't ignore foot pain, or even a small bump or discolored area.

Foot Care Tips as We Age

- Visit us once a year for a thorough foot exam. If you have diabetes, we recommend a foot check-up every six months.
- Inspect your feet every day. Look for anything unusual or any sign of injury. Use a mirror to see the bottoms. Call us right away if you notice anything suspicious.
- Stay active – with your doctor's permission – to keep your circulation going and manage your weight.
- Wash your feet every day and dry thoroughly, especially between the toes. Apply a rich foot lotion to keep your skin supple.
- Avoid going barefoot. Stick with well-fitting and supportive shoes. Choose those with wide toe boxes for plenty of wiggle room. Stay away from flimsy shoes and flip-flops that are tripping hazards and have little support.
- Your skin is more fragile and susceptible to burns and irritation from chemicals, so avoid over-the-counter products to remove calluses and corns and to treat fungal nail.
- Trim nails straight across to prevent ingrown toenails. We will be happy to trim your nails if you find it difficult.

Give your feet some TLC now so little problems don't grow into serious ones!

Recipe of the Month Blueberry-Strawberry Smoothie Bowl



This smoothie, thick enough to eat with a spoon, is bound to keep you feeling fuller longer. This one gets its richness and creaminess from avocado, which also provides fiber and heart-healthy fats.

Ingredients

- 1/3 cup unsweetened blueberry or pomegranate juice
- 1/3 cup 2% plain Greek yogurt
- 3/4 cup fresh blueberries, divided
- 1/2 ripe peeled avocado
- 1 cup ice cubes
- 1/2 cup sliced fresh strawberries
- 1 tablespoon sliced almonds, toasted

How to Make It

Step 1

Place juice, yogurt, half of blueberries, and avocado in a blender; blend until well combined, about 15 seconds. Add ice; process until smooth, about 30 seconds.

Step 2

Pour smoothie mixture into a bowl; top with remaining half of blueberries, strawberries, and almonds.

Recipe courtesy of CookingLight

Word Search

T Q N A A M E S N T W P T J P C H Y U Z
D R M J X U Q G U P D W X Z A D B M X
S I A T O D T R Z N L B R W S N Q L E G
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osteoarthritis	inflammation	sunscreen	rheumatoid
stiffness	sunglasses	arthritic	arthritis
autoimmune	exercise	diabetes	therapy
disease	cancer	joint	surgery
trauma	ankle	virus	pain
gout	orthotics	melanoma	xray
foot	toe		

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See Answer at: www.ami-solutions.net/ctfam/ni/2019/spring/puzzlesolution.pdf

Advanced Laser Pain Relief Center

Introducing a Drug-Free, Non-Surgical, FDA Cleared, State of the Art Laser Therapy:
Whether you suffer from long-term pain or pain from a recent injury,
you can get permanent relief from your pain!

Do you suffer from any of the following conditions?

- Back Pain / Sciatica
- Arthritis
- Hip Pain / Muscle Strains
- Knee Pain
- Neck Pain / Shoulder Pain
- Tendinitis
- Heel Pain
- Chronic Pain
- Carpal Tunnel / Tingling
- Fibromyalgia

Benefits of laser therapy:

- Non-surgical Treatment
- Pain Free
- Extremely Safe
- No Known Side Effects
- Rapid Results
- Speeds Healing Process
- Long Lasting Results
- FDA Cleared
- Drug Free Pain Relief



www.AdvancedLaserPainReliefCenter.com

Our laser is a dual-waved synchronized fully robotic MLS laser. Our laser uses specific wavelengths of light that have a strong anti-inflammatory, anti-edema effect on tissues that are exposed to the laser. As a result of the MLS laser, the cells of tendons, ligaments and muscles repair themselves faster.

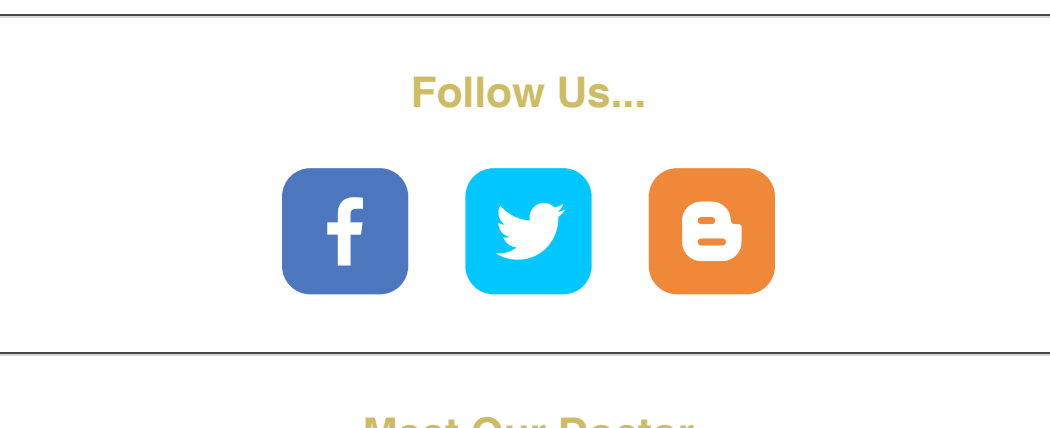
In simple terms, laser energy kick-starts the healing process, thereby speeding recovery.

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History FootNote

Gout was referred to as the "disease of kings" because many incorrectly linked it to the type of overindulgence – in food and wine – that only the rich and powerful could afford.

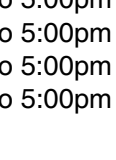
Celebrity Foot Focus

King Henry VIII, Sir Isaac Newton, Benjamin Franklin, Yankee pitcher David Wells and NBA star and coach Maurice Cheeks all suffered from gout.

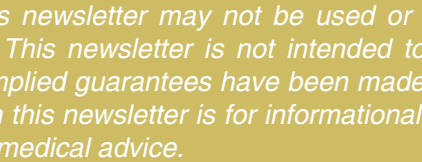
Foot Funnies

How does a frog feel with a broken foot? Un-happy.

Follow Us...



Meet Our Doctor



Lori K. Paragas, DPM, FACFAS

Our Office and Hours:

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Tel: (203) 288-0129

Office Hours:

Monday : 9:00am to 5:00pm
Tuesday : 9:00am to 5:00pm
Wednesday : 9:00am to 5:00pm
Thursday : 9:00am to 5:00pm
Friday : Closed
Saturday : Closed
Sunday : Closed

www.ctfamilyfoot.com

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