



News and Updates

October 2021

Don't Let Halloween Trick Kids' Feet and Ankles

ABOUT THE DOCTORS



Bruce Theall, D.P.M.

Dr. Theall has been practicing podiatry in East Orange for 40 years. In addition to being Board Certified in foot and ankle surgery, he also specializes in biomechanics to restore proper function and alignment of the lower extremities.



Audrey Snell, D.P.M.

Dr. Audrey E. Snell joined our office, 1 year ago, after working in East Orange at the Department of Veteran's Affairs. She completed a 3-year Podiatric Medicine and surgical residency at the V.A. Dr. Snell has had extensive and diverse training in wound care, limb salvage, and an array of foot and ankle procedures.

OFFICE HOURS

- Mon: 8:30am - 4:00pm
- Tue: 1:00pm - 7:00pm
- Wed: 8:30am - 4:00pm
- Thu: 8:30am - 4:00pm
- Fri: 8:30am - 4:00pm
- Sat: 8:00am - 11:30am
(by appointment)



Young kids eagerly anticipate Halloween trick-or-treating. Dressing up, a boatload of sweets at the rainbow's end — what's not to like? But don't let Halloween get the best of their feet and ankles.

Avoid costumes that extend below the middle of their shins. Long robes or dresses can get tangled with feet and result in strains, sprains, and fractures.

It's best to avoid costume footwear, which is sometimes bulky and frequently uncomfortable. It can be a tripping hazard and promote blisters. Sneakers are the ticket (even if they don't match the costume).

Your trick-or-treaters are best served by wearing synthetic-fiber, moisture-wicking socks, too. Wet feet pave the way for blisters, and late-October evenings might be chilly. Keep extra shoes and socks on hand in case puddles come into play.

Parents should be watchful for untied shoelaces. A lightning-quick tumble can do a number on feet, ankles, knees, and hands. Double knots can help.

Carry a bright flashlight to scope out high curbs, elevated sidewalk, steps, holes or dips in a lawn, slippery leaves, and fallen branches. High visibility is good for passing traffic as well.

After the loot has been gathered, encourage your kids to spread out their candy consumption over the next few weeks. Good dietary habits established early in life can help them to avoid diabetes down the road, a disease with serious implications for the feet and other parts of the body.

A little foot/ankle soreness or fatigue after a long trick-or-treat excursion isn't unusual. However, if discomfort lingers after a couple of days, there may be an injury. Contact our office to schedule a thorough evaluation.

Did You Know?

Summer has ended and everyone is slowly going back to work and school, and with the increased time on your feet, and use of more closed in shoes, many foot problems will start to pop up. We are open regular office hours, and here to help.

We have done some updates to the office this year including our Texting Reminder System that will notify you in advance about a scheduled appointment. This allows us to help run our office more efficiently, reduce waiting time, and help make same day appointments available.

We no longer make phone calls to remind patients of their appointments, so be sure we have your cell phone number and Email for us to contact you when necessary, such as with a storm, snow or emergency closing of the office.

Unfortunately, due to the number of patients who have missed or not cancelled their appointments before 24 hours of their time, we are now enforcing a missed appointment policy, with a \$25 charge for misses. We want to be able to help all our patients by having time available when it is needed, so please be considerate of your fellow citizens.

PRODUCTS OF THE MONTH SPECIAL

25% OFF



Mark Your Calendars

- Oct. 1** World Smile Day: The giant armadillo is the land mammal with the most teeth — 74.
- Oct. 6** Garlic-Lovers Day: Garlic helps regulate blood pressure and is closely related to lilies.
- Oct. 11** Columbus Day: Columbus made four trips to the New World: 1492, 1493, 1498, 1502.
- Oct. 15** Boss's Day: Bruce Springsteen holds the mark for longest U.S. concert: 4 hrs. 4 mins.
- Oct. 16** Sweetest Day: Original intent of this day was to bring joy to the underprivileged.
- Oct. 25** National Art Day: van Gogh painted 900+ paintings but sold only one in his lifetime.
- Oct. 31** Halloween: *Halloween's* Michael Myers' face covering was a William Shatner mask.

Corns, Calluses, and Blisters, OH MY!

As women, we usually have a million things to do throughout the day, which leads to a lot of pressure on the feet. As we move into colder months with closed-toed shoes, we should be mindful of what we wear to support our feet. Being active can lead to some uncomfortable things such as corns, calluses, and blisters.

Corns are thickened skin, usually on the top of the toes, as a result of friction and pressure. Blisters can also form this way on any part of your foot. Both of these problems can lead to openings in the skin and put you at risk for infection. A lot of times these are from ill-fitting shoe gear rubbing on the toes.

Calluses are hard build up of skin, which normally occur on the bottom of your feet. They often result from a lot of walking due to the pressure caused by the structure of your foot and the way that you walk.

As with many of the other issues, finding more comfortable shoes or using orthotics can help reduce both the immediate pain and the likelihood of corns or calluses forming. Wedges, toe caps, and offloading pads can help relieve areas of pressure as well. Foot soaks, cream, and a pumice stone can also be used, although a doctor may need to shave the area if the issue is very advanced.

If you have any of these problems come in to Gentle Touch Foot Care to have an evaluation! Call to make an appointment at 973-673-3668.



French Bread Pizza Mummies

Yield: 4 servings; prep time: 5 mins.; cook time: 10 mins.; total time: 15 mins..

These easy-to-make French bread pizzas will elicit smiles from kids and grown-ups alike. And they taste good, too.

Ingredients

- 8-oz. whole-wheat French bread baguette
- 1 cup marinara sauce
- 8 black olive slices (from 2 olives)
- 4 slices (.75 oz. each) mozzarella cheese

Directions

1. Preheat oven to 425°F.
2. Cut the bread in half lengthwise, then cut each half crosswise in 2 pieces to give you 4 pieces total.
3. Place the bread cut-side-up on a baking sheet. Spread 1/4 cup of marinara sauce on each piece.
4. Place 2 slices of olives on each pizza to make eyes. Randomly lay out mummy cheese strips over the sauce. Bake on the center rack until the cheese is melted and bubbling, and the bread is crisp (about 8 minutes).

Recipe courtesy of www.skinnytaste.com.





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PATIENT LOYALTY GIFT CARD PROGRAM



Existing patients receive a \$10 Walgreen's Gift Card for every referral of a friend or family member.

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The Thrill of Pregnancy and the Agony of Da Feet

During pregnancy, a woman's body goes through a multitude of changes, many of which progressively intensify. Foot and ankle discomfort is frequently part of the mix.

One obvious bodily change is weight gain, which increases pressure on feet and ankles. The growing abdomen area also shifts a woman's center of gravity, which can alter her gait and place excessive stress on muscles and other soft tissues.

Extra weight can also flatten a woman's arches (flat feet). The result is overpronation — the foot rolls inward excessively — and discomfort when walking. Pain in the plantar fascia, calves, and lower back are sometimes collateral damage as well.

The hormone relaxin plays a key role in pregnancy by loosening the ligaments around the hips and pelvis to aid the birthing process. However, relaxin also diminishes stability in the feet and ankles. Joint laxity may also give a boost to bunion formation. Foot length and width often change, too, prompting the appearance of calluses and corns — put shoe shopping on the to-do list.

Throughout the pregnancy, blood heading from the lower extremities back to the heart might get backed up (venous insufficiency). Sometimes valves in the veins are weak, or the baby might be scrunching the inferior vena cava. Foot and calf cramps, numbness, and itchiness may result. Also, feet and calves frequently swell due to higher blood volume and increased water retention.

If you are expecting, include us on your pregnancy team. We will treat your foot and ankle pain and conditions; give recommendations on at-home care; and offer guidance on exercise, stretching, and footwear to make your pregnancy as comfortable as possible.

