



The Recurring Issue Of Nail Fungus

Most people will have some form of nail fungus, particularly on their toes, throughout their life. Depending on your overall health, genetics and even your lifestyle you may be more prone to developing this fungal infection than others.

The leading causes of nail fungus on the toes include being moist and warm, which is very common in the winter months as everyone is wearing shoes and socks all the time.

Additionally, if you are in gyms, swimming pools, spas, saunas or even in private homes in bathtubs or showers, it is easy to get fungal infections from another infected person walking through the same area.



If you think you have a nail infection, the following information will be helpful:

- Yellowing or white patches on the nail, often thickening of the nail or extremely brittle nails are a key indicator of a fungal infection.
- Those with diabetes, poor circulation, auto-immune diseases or those on specific types of medications need to watch for signs of infection.
- Infected nails can lift up off the surface of the toe and develop a thick layer of material or debris under the nail.
- Over-the-counter treatments – in the very early stages it may be possible to treat nails with the over-the-counter anti-fungal drops or liquid. You will need to apply it as directed and over the entire treatment duration recommended by the product manufacturer. This can be for several months, which is something that most people don't do, allowing the fungus to return.
- Do not apply nail polish over the infected area – this will only allow the fungus to spread and damage the nails. Talk to your podiatrist before using any type of nail polish if you are being treated for a fungal infection.
- Anti-fungal medications – most people with significant nail fungus will need to have a prescription for an oral antifungal medication. This will be taken for up to three months.
- Throw out any products used on infected nails – this will prevent spreading the fungus. When you clip or clean infected nails, be sure to sanitize the clippers by cleaning with soap and water and wiping with rubbing alcohol.

Make sure all shoes and socks are completely cleaned and laundered. Talk to your podiatrist and be sure to follow all treatment recommendations completely.

April 2017

Hello! We are pleased to send you this monthly issue of *Foot Prints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Beating the Competition

A barber was confident in the knowledge that his was the only barber shop in his small town. One day, though, a new barber shop opened right across the street. A sign out front proclaimed, "EVERYTHING FOR \$10! \$10 haircuts, \$10 perms, everything for \$10."

Soon all his customers began patronizing the cut-rate shop across the street, and the man's once profitable business took a nosedive. In desperation, he hired a big-city business consultant, saying to him, "I'm finished. How in the world am I going to compete with that big outfit with all that advertising and with those kind of prices?"

The consultant stood looking at the shop across the street for several minutes. Then he picked up the phone and dialed the town's only billboard company.

"Yes," he said, "right on top of our building. In the biggest letters you can find, and do it right away. And make the message read: WE FIX \$10 HAIRCUTS."

Apple TV tips

Apple TVs are increasingly popular but many people remain unaware of hidden features and the ways in which they can get the absolute most of out of their new purchase.

One good tip for those who want their TV to be the way it looked in the showroom is to find the hidden Demo mode. It is easy to set up inside an Apple Store by going into Settings, selecting General and then clicking on About; then select Play/Pause a total of four times in succession and you will be in Demo mode.

If you make a mistake with your Apple ID with the remote control or while trying to set search terms, there is no need to panic. Just say “Clear” in order to erase the text and remember to say “uppercase” when you want a letter to be capitalized.

If your TV starts acting strangely, then do what should be done with any iOS device under the same circumstances – depress the Home and Menu buttons simultaneously in order to restart the device.

Start The Day Inspired

Many people start the day not so much inspired as angry, frustrated, grumpy and irritated at having to get out of bed in the morning. Happily there are some changes you can make to your morning routine to try and change those morning blues into something rather more positive. For instance, one method of preventing yourself from starting to stress out the moment you open your eyes is to avoid looking at phone messages or emails for at least fifteen minutes after you have woken up. Whatever it is, it can wait.

Another good piece of advice is to lie in bed and make a mental list of a minimum of five things for which you are grateful in your life. Keeping yourself grounded in an attitude of gratitude for the good things about your life is a great way to change your attitude for the better.

It is also important to snatch at least fifteen minutes of the day for yourself, in which you can just either lie or sit down and gently breathe and meditate. This simple trick can help to calm your mind and body, resulting in a greater sense of emotional balance and general feeling of wellness.

Cooking Tips

Many people like the idea of learning to cook but the reality can be rather more difficult than the fantasy. The good news however is that cooking is like any other artistic skill and can be honed with experience and time.

One good piece of advice for novice cooks is to shop according to the season.

Rather than try to find the likes of peaches in winter find products that are appropriate to the season and cook it in the correct manner.

Preparation is also vital. Innovation is something you can experiment with at a later date when you are more experienced in the kitchen but when you are just starting out, you need to follow each step of the recipe to the letter in order to ensure initial success.

It is also a good idea to start with something simple.

Get a handle on the fundamentals such as such as learning how to properly use a knife and a pan, how to add food after the oil has been heated and how to evenly brown something before trying something overly ambitious.



Make the Most of Family Time

Family time is such a precious thing and yet most people rarely take the time to really get the most out of it.

The good news is there are some simple things you can do for preparation that can result in that time being even more memorable and special.

One good tip is to make a budget. Not only is making a budget a good idea for everyone, particularly families, anyway, but it can enable you to come up with ways to make savings that will allow for fun and unforgettable family activities.

Parents with multiple children should take the trouble to spend some time with their kids on an individual basis as well as with the whole family.

Different children can have wildly different personalities, which means they will often not enjoy the same kind of activities and it is very important to spend separate time with them to maintain a strong family bond.

Planning a summer trip at the beginning of every year is also a good idea, giving everyone something to look forward to and adding a goal to your budgeting.



Keryflex provides Instant improvement to the Appearance of Nail Fungus

If you suffer from a fungal infection in your toenails, then you probably don't want to wear sandals because of the appearance of your nails. Treating a fungal infection can take a long time. Summer will be here soon and gone before you know it, and you don't want to miss the opportunity to show off your toes.

Dr. Viedra Elison was one of the first podiatrists in Arizona to offer Keryflex applications in her office. KeryFlex is a safe, in-office application that restores the appearance of one's natural nails. This product allows Dr. Elison to remodel your nail that is affected by fungus, nail deformities or trauma. The patented resin creates a flexible, non-porous nail that allows the natural nail to continue to grow.

Keryflex provides an immediate cosmetic improvement, is durable and you can polish your Keryflex nail, just like you polish your other nails. Contact our office and we can give you more information if you are interested.



Camping Trip Tips

Family camping trips can be no picnic, and meticulously planning out such a weekend is vital, especially for those attempting the endeavor for the first time.

Fortunately some helpful tips can make life easier for all the family.



One good tip is to make sure you bring along some of the more portable toys for your kids, such as water guns, soccer balls or a pair of binoculars to ensure that the little ones are kept entertained while you set up the tent and the campfire.

A spacious and comfortable tent is always a great thing to have, but in the event of unexpected rainfall make sure you also bring along multiple tarps so that your sessions of bonfire can still continue uninterrupted regardless of the weather.

Another good tip is to bring along some glow sticks, as they not only make it a lot easier to see when darkness falls, but are also great fun for the kids.

MILLENNIALS



Investment Advice For Millennials

Millennials will still have plenty of years left until they reach retirement age, meaning that they have a lot of time on their side in order to plan and save for that retirement.

One of the best financial tips for millennials is to start investing as soon as they can and then continue to do so as often as they can.

Investing should be a major priority even for millennials at the start of their careers and even if a small contribution per month is all that can be achieved to begin with, something is still a lot better than nothing and can soon add up to a tangible investment.

Another good piece of financial advice is to take advantage if your employer is offering a 401(k) or similar retirement plan and contribute as much as is financially viable to do so.

Contributions to such retirement plans can decrease your taxable income level, resulting in an increase in your earnings on a tax-deferred basis.

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

APRIL 2017

Our new Private Label Anti-Fungal Medications are now Available.

We are proud to announce that we now have our own Physician Approved Fixing Feet Institute Anti Fungal medications available in our office. We can now offer anti-fungal treatment in the form of a Cream, Nail Polish and a Debrider. These treatments are available without a prescription and only available in our office.

Contact our office for more information and pricing.



April Dates to Remember

- April 2nd – Autism Awareness Day
 - April 9th – Palm Sunday
 - April 11th – First Day of Passover
 - April 16th – Easter Sunday
 - April 17th – Tax Day
 - April 18th – Last Day of Passover
 - April 22nd – Earth Day
 - April 26th – Administrative Professional's Day
 - April 28th – Arbor Day
- March is also: MDA Awareness Month
<https://www.mda.org/>
National Lupus Awareness Month
<http://www.lupus.org/>
National Arthritis Month
<http://www.arthritis.org/>

Help us fill their bowls and feed some hungry Pets!

During the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.

The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.

