



## Help My Feet Are On Fire!

While a feeling of burning or extreme heat on the sole of the foot or between the toes is not uncommon, there are actually a range of different issues that can be the cause. Some of these conditions are serious and should immediately be seen by your podiatrist.

It is always a good idea to have your podiatrist check your feet if the burnings sensation is frequent, severe or if it seems to come and go.

As the feet contain a significant number of nerves any discomfort in this area may signal other health issues.

### Neuropathy

Damage to the nerves, usually by diabetes, alcohol abuse, kidney failure or disease, hypothyroidism or any range of inflammation or irritation of the small or large nerve fibers deep in the foot or at skin level is called neuropathy.

In this situation the nerves constantly send signals to the brain to trigger the feelings of stabbing pains, pins and needles and burning skin on some or all areas of the feet. In the case of kidney failure toxins in the blood can irritate the nerves, resulting in the unusual sensations.

### Athlete's Foot

Athlete's foot is a common fungal condition that can result in the sensation of burning on the feet and more specifically between the toes. Unlike neuropathy athlete's foot typically has a visual component that includes a scaly rash in the areas of pain, itching and stinging sensations along with the burning sensation.

### Prescription Medication Side Effects

There are different medications and medical treatments that can have sensations of burning on the feet and hands as a side-effect. Talking to your doctor and finding out if this is a side effect of medication or treatment can help in either choosing a different medication or prescribing another medication to help to calm the painful sensations.

### Swelling or Edema

Swelling of the feet is common in pregnancy as well as for individuals with circulatory problems or vascular problems. Often the swelling extends up the lower legs and may create a dull ache or redness in areas of significant swelling.

Feet can also experience a burning sensation when they are tired and overused or if you have an infection from a blister or wound on the feet. Contact dermatitis, a rash that is often related to an allergy, is another common cause of burning sensation.

Finding out the cause of the burning sensation is important to prescribe an effective treatment. As some of these conditions are serious, immediate medication attention if the burning sensation persists more than a day or two and the cause is unknown should be a priority.



April 2015

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



### Bumper Stickers You May Not Have Seen

Looking for a unique message to stick on the back of your car? Try some of these . . .

- Depression is just anger without the enthusiasm.
- I'm not cheap—but I am on special this week.
- I drive way too fast to worry about cholesterol.
- I intend to live forever . . . so far, so good.
- Mental backup in progress — DO NOT DISTURB!
- The only substitute for good manners is fast reflexes.
- When everything's coming your way, you're in the wrong lane.

# Team Spotlight



## Jennifer Lindsey

### Medical Assistant

Jennifer was hired as a Medical Assistant for Fixing Feet Institute in June of 2013. Her Primary duty is to assist the doctors with patients as well as her fellow Medical Assistants, with testing, procedures and routine office visits.

Jennifer was an Office Manager for several years before she decided to pursue her dream in healthcare. She decided to begin her career in Medical Assisting; however her ultimate goal is to become a trauma nurse for Life Flight. Jennifer is continuing her education at a local university.

Jennifer has been married to her husband, Brandon for 17 years. Together they have three children, Owen who is 16, Bryce who is 13 and Tatum who is 7.

Jennifer enjoys spending quality time with her family. She enjoys the outdoors, camping, fishing, shooting, off-roading and hiking. Her two boys and her husband are heavily involved in Boy Scouts, where she is the co-committee chair of her son's troop. Her oldest son, Owen is an Eagle Scout and her son Bryce is on his way to becoming an Eagle Scout. Her children are also involved in sports from Baseball to Cheerleading and Gymnastics.

Whatever it may be, you will always find her on the sidelines cheering them on.

## How To Make The Most Of Your Health

There are many easy ways to maximize your health with the use of good nutrition. One excellent piece of advice is to stop consuming sugar. Sugar increases the chances of putting on weight, can also result in hormone imbalances, and has been linked to the development of heart disease and diabetes.



For women, the consumption of sugar increases the likelihood of PMS, and can even have an impact on fertility in some cases.

Another good idea is to balance your omega-3 and omega-6 fat levels. Most diets in the Western world today have more omega-6 than omega-3 – sometimes by up to ten times as much. This results in the body becoming inflamed, causing hormonal problems.

Rebalancing your levels is a fairly easy task; however, all you have to do is stop consuming vegetable oils and foods made with them, and consume more omega-3 via foods such as nuts, avocados, and oily fish.

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## Coping With Work Stress

The workplace can be a stressful one, and it is important to know how to deal with it. Stress can be caused from the very beginning of the work day by an encounter with a perpetually complaining client, an overly demanding boss, or a nastily gossiping co-worker, so how can you avoid such moments ruining your whole day?

One good tip is to start your working day with a mantra, reaffirming your positive qualities, your skill at your job, and your determination not to let the attitudes and problems of others bring you down.

Another good tip is to avoid the temptation to pour yourself a cup of coffee at the first sign of tension or upheaval.

Despite its seemingly comforting nature, coffee actually only increases your stress and anxiety levels, so it is a better idea to choose a beverage that has the opposite effect, such as green tea.

It is also important to be honest with yourself as to the cause and extent of the stress you are under. Everyone experiences stress at work to some degree, but if the environment itself is toxic for far too much of the time, then it may be time to think about changing jobs.



## Online Learning Video Creation Tips

The satisfaction and engagement of students in online courses can be massively increased by the creation of educational videos, but it is important to know how to go about creating the kind of videos – and the kind of content – that will be of maximum benefit for learners.



One good tip is to be aware of video vocabulary. Becoming familiar with the kind of terms used in the creation of videos can be invaluable, particularly the meaning of terms such as high definition video, framing, and compression.

Becoming familiar with the video technology that is available is also important.

There are a wide variety of different video production technologies on the market today, and it is a good idea to have some knowledge so that you can choose, if not the best (and most expensive) one, at least something that will be appropriate for the kind of information and style with which you wish to communicate with students.

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## Midyear School Transfer Tips

Millions of people move house every year, and in many cases there are children involved who will have to move schools, often in the middle of the school year.

Whatever the reasons for the move, parents need to keep in mind a few important considerations to help make sure that their child's move to a new school is a smooth one.

One good tip is to make sure you have done your research on the new school beforehand.

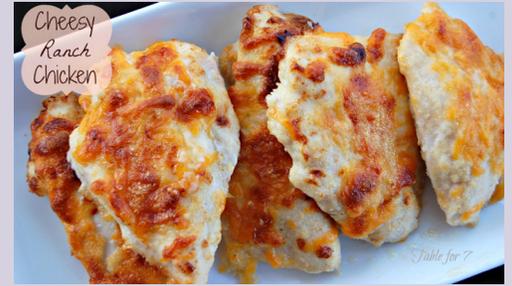
Talk to the school principal and even the parents of other kids that attend. Getting your child familiar with the new school is also a good idea.

If at all possible, switch schools at the beginning of a new term, and get in touch with guidance counselors and enrollment officials to aid you in making the switch.

It is also important to begin the process as quickly as possible as accumulating all of the necessary paperwork can take a considerable amount of time.



## RECIPE CORNER



### CHEESY RANCH CHICKEN

#### Ingredients:

1.25 lbs boneless chicken breast  
1/4-1/2 cup ranch dressing  
1/2 cup shredded Parmesan cheese  
1/2 cup shredded cheddar cheese

#### Directions:

Preheat oven to 350 degrees.

Coat chicken with ranch dressing. Mix cheeses together. Top chicken with mixed cheeses.

Bake uncovered on greased baking sheet for 30 minutes or cooked through. To crisp up your cheese, put chicken in broiler for a few minutes before serving.

Approx 6 servings.  
(servings=1/2 chicken breast)

Courtesy of  
[www.ourtableforseven.com](http://www.ourtableforseven.com)



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

APRIL 2015

## Strange Frog Facts

Frogs are many different things to many different people – everything from adorable to slimy, to fascinating and even repulsive. Most people, however, will be completely unaware of many of the strangest and most bizarre facts about frogs. One such bizarre fact is that frogs often swallow their food by using their eyeballs. Frogs take food into their mouths, but in order to assist it to go down their throat, they pull down their eyeballs. Although the great majority of frogs lay eggs that later turn into tadpoles, there are some species of frog that actually give birth to live tadpoles, including one species of fanged frog that reside in Indonesia. One of the most peculiar frogs in the whole world is the Common Suriname toad, which has a flattened pancake-style shape, and lives in water for its entire life. When they mate, the male catches and fertilizes eggs released by the female, which then go back to the female and embed themselves in the sponge-like tissue in her back, eventually bursting out as froglets.

## April Dates to Remember

April 4<sup>th</sup> – First day of Passover

April 5<sup>th</sup> - Easter

April 11<sup>th</sup> – Last day of Passover

April 15<sup>th</sup> – Tax Day

April 22<sup>nd</sup> – Earth Day

April 22<sup>nd</sup> – Administrative Professionals Day

April 24<sup>th</sup> – Arbor Day

April 26<sup>th</sup> – Hug an Australian Day

April 28<sup>th</sup> – Kiss your Mate Day

April is also: National Foot Health Month

<http://www.apma.org/>

National Autism Awareness Month

<http://www.autism-society.org/>

National Child Abuse Prevention Month

<http://www.preventchildabuse.org/>

## Four Legged Friends Need Your Help

During March and April we will be focusing our community efforts on a fundraiser for the Arizona Humane Society.



The Arizona Humane Society has a huge responsibility to help, heal and shelter the animals in need in our community. They

do it all with no federal or state funding, and rely solely on corporate and individual donations to fund all of the services and programs that keep the animals healthy and happy. Show your compassion for animals and your support for their cause by donating items to aid in the care of the animals. Every little bit helps, allowing them to keep their doors open and continue to provide necessary services to Valley pets. We appreciate it and so do they.

Our office will be providing drop off boxes in our reception area. You can obtain the complete shelter wish list at <http://www.azhumane.org/how-you-can-help-the-arizona-humane-society/donate/shelter-wish-list/> - or by contacting our office.

Every day we are inspired by animals who provide unconditional love regardless of the hardships they face. The least we can do is offer them all of the comforts of home by providing them with a few of their favorite things that will help keep them healthy, happy and having fun!