



## Preventing Foot and Ankle Injuries

While enjoying the last of summer, people of all ages will be out enjoying the warm weather. They may be taking a lot more walks on the beach, hiking and trekking through unfamiliar areas, and perhaps even playing sports and completely getting more outdoor exercise.

All of these activities are wonderful for the health, but they may not be easy on the feet and ankles.

To help prevent foot and ankle injuries at this time of year, take the following precautions:

- Wear the right shoes – Always wear shoes that provide the support needed by the feet and ankles for the particular activity. This can include wearing the right sports shoes or casual shoes to provide the right level of foot and ankle protection.
- Don't skip the socks – Unless you are wearing sandals, make sure you are wearing socks. In the summer, the feet will sweat, creating a slippery surface on the footbed and allowing the foot to twist and slip inside the shoe, leading to an increased risk of ankle sprains and strains.
- Train on the softest surface – For cross country running or even for summer 5k or 10k runs or marathons, start out training on a soft surface. This can include a running track or a dirt path or road, but make sure it is well-maintained and free from holes and irregular surfaces.
- Warm up first – Even in the summer, it is important to warm up the muscles, including those of the feet and lower legs.
- Make sure your shoes fit – Along with wearing the right shoes, it is important they fit correctly. Don't hang on to old shoes for too long as they can easily lack support and tread, increasing the risk of injury.
- Know when to stop – It is essential not to overdue any type of exercise and activity. When the muscles are fatigued, it is more likely you will roll over on an ankle or end up with an overuse injury that can be very slow to heal.

Finally, if you experience any swelling or pain in the feet, ankles, or lower legs that doesn't get better in two to three days, make an appointment with your podiatrist.

It is easy to fracture a bone or injure a muscle, ligament, or tendon and experience only limited outward signs of the seriousness of the injury.



## August 2016

Hello! We are pleased to send you this monthly issue of *Foot Notes*. 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



### The Right To An Attorney

Max was caught red-handed burglarizing a store. At the police station he refused a lawyer, and he was quickly brought to a courtroom for a preliminary hearing.

The district attorney quickly summarized the case against him. When he was finished, the judge asked,

“How do you plead?”

“Uh, before I plead guilty or not guilty,” Max said nervously, “I think I want a lawyer.”

“You have already declined legal representation,” the judge said, “but of course we’ll appoint a public defender to represent you if you desire. But Max,” she said, “given the evidence against you, what do you expect a lawyer to say in your defense?”

Max shrugged. “I’d like to hear what a lawyer could say too!”

## Tips for Growing Families

A healthy diet is vital when it comes to living a life that is both active and lengthy. It is important to eat a variety of healthy, real foods and to cut down on the number of processed calories that we consume. You can help your kids develop healthy eating habits in the future by focusing on particular practices or nutrients when they are at different ages. Good nutrition is pretty simple for babies, who should receive iron-fortified formula or breast milk as their primary nutritional source for their first year of life. The introduction of solid food can start when babies start to sit on their own after gaining some neck strength. It is best to wait until they are around six months old before doing this, according to recent research. Toddlers should be allowed to feed themselves, even if that can get messy, to develop their appetites along with their motor skills. Toddlers' tastes can change wildly and sometimes it may take as many as 20 exposures to an unfamiliar food before they will be willing to eat it on their own. Older children and teenagers lead busy lives, but it is still vital that they eat well-balanced meals. Snacking is common at this age, so be sure to have snacks on hand that are nutritious and portable, such as wholegrain muffins, nuts, string cheese, and pre-cut vegetables and fruits.

## Tech Tips to Cope with Flying

Airplanes represent an incredible achievement, but flying can be stressful, nerve-racking and downright nauseating depending on your feelings toward it. A surprising number of people are genuinely afraid of flying, and many others are less than thrilled by the prospect if it becomes a necessity. The good news, however, is that there are some technology tips that can help ease the fear for even the most nervous flyer. Noise-cancelling headphones can be a godsend on flights. Other people are often responsible for a lot of the stress associated with flying, such as couples bickering or babies crying. Over 99 percent of all external noise can be blocked out by noise-cancelling headphones, so you will be able to watch the in-flight movie, listen to music, or just get some peace and quiet for the entire journey. Entertainment is also important to keep your mind off your uneasiness for the duration of the journey. Ensure all of your electronics have been fully charged prior to take-off and remember to bring an external battery charger with you.

## Tips for Learning to Cook

Cooking is a vital skill to learn that will not only make your life easier but also improve your health.



Cooking real food carries with it a vast array of benefits, including saving a lot of money on expensive takeout and restaurant food and also being sure of exactly what it is you are eating.

One of the best cooking tips is just to cook every meal. Cooking at every given opportunity is the single best thing you can do to increase your cooking skills.

It is simply about trial and error, and the only really “bad cooks” are those who give up after early failures. Those who carry on and learn from their mistakes will soon become masters of the art.

Along the same lines, it is also a good idea to avoid being too ambitious when first starting. Start with something relatively simple and then work your way to the really complicated stuff as your confidence in the kitchen grows.

Making something really delicious is another cool tip. Nothing is likely to make you want to cook more than being responsible for the creation of some truly tasty treat you really enjoy.

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## Being a Grandparent

There can be an amazing bond between grandparents and their grandchildren, but it can also be difficult at times for grandparents to clearly understand and define their own roles in the relationship.



It can be tough at times to have a deep relationship with your grandchildren without it possibly having an adverse effect on the relationship with your grown children.

The good news is there are some helpful tips that can assist you to negotiate that dynamic.

One good tip is to never have a disagreement with your children in regard to their parenting, particularly when your grandchildren are present. Observing friction between the parent and grandparent never benefits a child, and if something really does need to be discussed with your adult child, it should be done in private.

It is also important that you follow the same rules with your grandchildren that are established by their parents, such as avoiding certain activities, foods, or movies.

Stay involved with the lives of your children and grandchildren and encourage them to visit. Spoil your grandchildren without going to excess.

## After Hours Etiquette

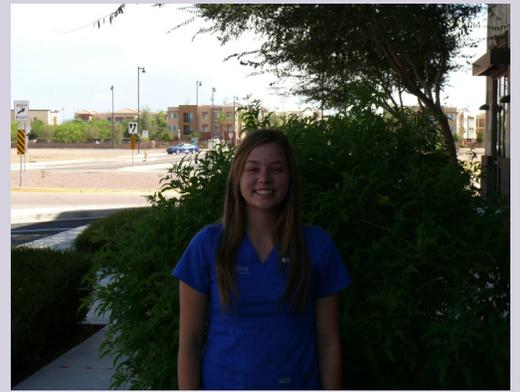
The need for work tips does not necessarily end at the conclusion of the workday. Sometimes work spills over into socializing, and in such instances, it is important to keep a firm understanding of the etiquette on such occasions.

One common problem faced by many people is the after-hours office party or get-together, which can be particularly difficult for people who do not drink when drinking sometimes seems to be primary purpose.

Of course, the truth is that it is the social bonding that is the really important aspect, and it can be a bad idea to miss out on this by foregoing such get-togethers because you feel uncomfortable about being the only one not drinking.

Force a smile through the jokes, stick to ginger ale, cranberry juice, or some other non-alcoholic beverage, and have fun.

It will help to build smooth work relationships and avoid alienation in the office.



## We Are Losing a Very Special Member of our Staff



Amber has been working in our office for over 2 years now, starting when she was just 16. During this time she has proven to be mature far beyond her years. She has been an incredible asset to our office as a whole and to our patients, making sure their needs are met. Although we are excited to see her to take this next step in her life, we are very sorry to see her go.

Over the years Amber has been that pleasant voice that calls our patients to remind them of their appointments. She maintains our chart room in an organized manner, and is always willing to learn a new task. She assists in all aspects of the front office, and at times has even handled the Front Desk on her own. The best thing about Amber is not only her willingness to do whatever we need her to do, but she always does it with a smile.

Amber graduated from Willow Canyon High School, last May. Her last day with us will be August 18<sup>th</sup>. After that she will be moving to Flagstaff to attend NAU, where she will be studying Veterinary Medicine.

Please join us in thanking Amber for being such an important part of our team for the last two years. We are also hoping that she accepts our offer of employment whenever she has a school break.

We wish her the best of luck in her future endeavors, and are confident that she will succeed. Soon we will be calling her Dr. Amber!!

## Enjoy a Tastier and Healthier Breakfast

Breakfast is often thought as the day's most important meal, even by health experts, yet many people either skip it entirely or just grab something quick while on the go.

However, you can make the most of your breakfast by following a few simple tips for a tasty wakeup that is also good for you.



Your metabolism is never more efficient than it is first thing in the morning, so take advantage of this fact by eating a large breakfast and then just have a light dinner later on in the day.

Studies have shown that people who do just that tend to lose more weight than those who do the opposite by as much as two and a half times.

To ensure you get all of the nutrients you need at breakfast, try a little bit of variety. Shake up your menu by experimenting with different foods at breakfast time such as pancakes, blueberries and creamy Greek yogurt, and smoked salmon.

For those for who time is of the essence, eat a complete egg. They take just three minutes to cook yet deliver the ideal balance of healthy fat and protein, with the most nutrients being found in the yolk.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

AUGUST 2016

## Do You Suffer From Chronic Pain??

Earlier this year we introduced the Quell device, which is available in our office. Quell, is a 100% drug free technology proven to fight chronic pain. This new wearable intensive nerve stimulation (WINS) technology that blocks pain in the body. Quell offers the only wearable pain relief device cleared by the FDA for use during sleep and can help with conditions such as: painful diabetic neuropathy and other neuropathic pain, lower back pain (sciatica) and leg pain, fibromyalgia, osteoarthritis, among other conditions. Quell's patented OptiTherapy automatically adjusts intensity and energy level to provide stochastic (random) stimulation that ensures optimal therapeutic response for widespread pain relief throughout the entire body. Many of our patients have already benefited from this device – You could be next. Ask Fixing Feet about Quell during your next visit!

## August Dates to Remember

August 5<sup>th</sup> – Summer Olympics Begin in Rio

August 6<sup>th</sup> – Wiggle your Toes Day

August 7<sup>th</sup> – Friendship Day

August 12<sup>th</sup> – Middle Child's Day

August 13<sup>th</sup> – Left Handers' Day

August 15<sup>th</sup> – Relaxation Day

August 16<sup>th</sup> – National Tell a Joke Day

August 19<sup>th</sup> – Aviation Day

August 21<sup>st</sup> – Senior Citizens' Day

August 26<sup>th</sup> – National Dog Day

June is also: Psoriasis Awareness Month

<https://www.psoriasis.org/home/>

Medic Alert Month

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

## Still Collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Faith House Domestic Violence Shelter in the West Valley among others.



For the months of July and August, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area.

Crayons – Pens – Pencils – Markers – Highlighters – Paper – Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners and BackPacks.

Last month we mistakenly stated this fundraiser was for June & July. It is actually for July and August, so there is still plenty of time to make your donation.