



When Itchy Feet Need Medical Attention

Itchy skin is common in the winter months when the air tends to be dryer, especially when you have the furnace running and taking the moisture out of the air. However, other issues such as changes in diet, changes in foot care routines and even in the types of shoes and socks that people wear can all make pruritus, or itchy skin, even worse on the foot during this time of year.



Basic Dry Skin Care

In general itching that is caused by dry skin should be relatively simple to treat at home. Wash your feet in warm but not hot water and use a non-perfumed and non-drying type of soap. You may also want to use a soap that has a moisturizer as your winter soap choice.

After you wash and rinse your feet be sure to pat dry and apply a good quality moisturizer. Allow to soak into the skin before putting on your socks. If you have deeper cracks or fissures in the heels or the bottom of the feet use a specialized foot healing salve or balm that will provide extra care for these damaged area. Any infections or larger lesions should be checked by your podiatrist, especially if you have diabetes or are prone to infections.

When to Seek Medical Help

Itching on the bottom of the feet that doesn't stop within a few days of changing your foot care routine and adding moisturizer can be a more serious condition. This could include issues such as:

- Peripheral neuropathy – often associated with diabetes and other disorders of the nerves this can cause tingling and burning sensations in addition to itching.
- Allergies and dermatitis – this is often a result of using some new type of product that the feet are in contact with. This could be different soap, shampoo, laundry products or even a carpet product if you don't wear slippers in the house.
- Psoriasis – this is skin condition that can occur over the entire body and includes dry, red and flaky patches of skin that may be very itchy.
- Athlete's Foot – a fungal infection that is associated with gyms and showers, it is highly contagious and can result in burning, itching and irritated skin on the toes and feet.

February 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



The Big Swindle

One evening back when newsboys were a common sight on the streets of every city, one enterprising young lad dropped his stack of papers on the corner and started yelling:

“Fifty businessmen swindled!
Read all about it! Fifty
businessmen swindled!”

A businessman promptly handed the boy a nickel and scanned the front page.

Perplexed, he quickly skimmed the rest of the paper.

“Hey,” he demanded, “there’s nothing in here about a big swindle!”

“Read all about it!” the newsboy cried. “Fifty-one businessmen swindled!”

Team Spotlight



Viedra Elison, DPM

Dr. Viedra Elison along with her husband, Dr. Peyman Elison opened Fixing Feet Institute at its current location in 2011 to meet the needs of their expanding practice. Prior to that Dr. Elison practiced with an Associate in Sun City from 1999 to 2002. In 2002 she joined her husband in practice in Surprise. Dr. Elison specializes in Diabetic Feet, Wound Care, and Ingrown Toenails. She is although, proficient in all areas of care for the Lower Leg, Ankle and Foot.

Dr. Elison graduated from Ohio College of Podiatric Medicine in 1997. From there she went on to complete a Primary Podiatric Residency at Hu Hu Kam Hospital in Sacaton, Arizona, which she completed in 1998. Dr. Elison is Board Certified in Podiatry by the American Board of Podiatric Medicine.

Dr. Viedra Elison and her husband, Dr. Peyman Elison have four lively children, Zoe who is 14, Abbie who is 11, Sophie who is 7 and Ari who is 5. She enjoys spending time with her family as well as traveling.

"Everybody needs to feel good. We try to make you smile and leave happy!"

Things To Know About Learning a Language

When you have decided to learn a new language, one of the most important things you can do is to ask yourself precisely what it is hoping you are hoping to achieve and at what point you would like to have achieved it.



Learning a language works best when it is boiled down to manageable goals that can be achieved in a reasonable but set timeframe.

Rather than hoping to be entirely fluent in a new language within a couple of months, it might be more realistic to set a target of being able to read a single newspaper article in that language by a certain date.

Reading for pleasure is also a very good idea. It not only makes you more likely to make greater progress in your language learning, but also exposes you to a lot of vocabulary and complicated grammatical structures that you are otherwise unlikely to find in daily life.

It is always better to learn vocabulary in context rather than attempting the often dull challenge of just memorizing lists of foreign words.

Family Business Advice

Family businesses can be a blessing but also a challenge as even the closest of families can feel the strain of having people from different generations and possessing different personalities, opinions, and priorities working together.



There are a few things that those involved in family businesses can keep in mind to ensure the continued success of both the business and the family.

Communication is vital for all concerned. Family meetings should be scheduled on a regular basis so that issues such as responsibilities and business performance can be discussed. All family members should be included, regardless of their place in the business, to avoid feelings of exclusion.

Roles and responsibilities need to be clearly assigned, with job definitions helping to ensure the business runs smoothly and preventing well-meaning family members from intruding on others' spheres.

Maintaining good financial records is absolutely essential.

Smaller businesses might be able to leave the financial side to a family member, but in most cases it is always advisable to bring in a qualified accountant.

How To Make Your Finances Healthier

The first thing you need to do to improve your finances is to start doing something about them immediately by getting in touch with a financial adviser in order to talk about your current circumstances, including any credit cards, mortgages, or other outstanding debts.



You should also discuss your existing and predicted future income, as well as assets you may have, and work out your expenses.

The next thing to do is to think about the balance between your current lifestyle and the possibilities offered by investments.

The more money you choose to invest, the less money you will have to play with now, so it is important to make sure your assessment is an honest and realistic one.

It is also important to set goals, both short term and long term.

Think about saving up a small deposit with the intention of using it on an investment property, while also thinking ahead to your retirement, and work out what you need to do now to improve your chances of success in the future.

Throwing Sleepovers

If you have children, sooner or later they are likely to want to have a sleepover with a few of their friends. Sleepovers help kids and young teens to create lifelong bonds and memories.

The first thing to know is when your child is actually ready to have a sleepover, then you will need to work out how to plan a successful event.

Parental planning is essential to making slumber parties and sleepovers work as they should. Ten is generally the age where children are thought to be old enough to have friends over or to be away from home, although this can vary depending on the individual.

Strong rules should generally be avoided, so long as the children behave and are nice to each other, as the whole point of a sleepover is for them to have fun together. It is a good idea to keep them within earshot however, as some supervision is still recommended while still ensuring that they have enough of their own space.

Host parents might want to have some activities planned to avoid boredom, such as a movie screening or pizza.



Recipe Corner



Easy Tuna Casserole

Ingredients:

- 3 Cups Cooked Macaroni
- 1 (6 ounce) can Tuna, drained
- 1 (10.75 oz) can condensed Cream of Chicken Soup
- 1 Cup Shredded Cheese
- 1 1/2 Cups French Fried Onions

Directions:

Preheat oven to 350 degrees F

In a 9x13-inch baking dish, combine the macaroni, tuna and soup. Mix well, and then top with cheese.

Bake at 350 degrees F for about 25 minutes, or until bubbly.

Sprinkle with Fried Onions, and bake for another 5 minutes.

Serve Hot!!

Enjoy!!



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute
14823 W. Bell Rd Ste 100
Surprise, AZ 85374
623-584-5556
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

FEBRUARY 2015

Groundhog Forecasting??

Every February 2nd, crowds gather at Gobbler's Knob in Punxsutawney, Pennsylvania to see a groundhog named "Punxsutawney Phil". Phil peeks out of his heated simulated tree trunk around the crack of dawn, to make the most celebrated weather forecast of the year. Upon emerging from his tree trunk it is legend that if he sees his shadow, we will have 6 more weeks of winter weather - while if he does not see his shadow, Spring is right around the corner.

The celebration of this "groundhog forecaster" is witness each year by crowds gathering as early as 3am in anticipation, with a pre-dawn fireworks show with lively music. Even though records kept since 1988 show no accuracy to Phil's predictions, the crowds continue to gather each year for this most anticipated weather forecast by a groundhog.

February Dates to Remember

February 2nd - Groundhog Day
February 8th - Boy Scout Day
February 11th - Make a Friend Day
February 12th - Abraham Lincoln's Birthday
February 14th - Valentine's Day
February 16th - President's Day
February 17th - Random Acts of Kindness Day
February 20th - Love your Pet Day
February 24th - National Tortilla Chip Day
February is also
American Heart Month
And
National Cherry Month

Help us Support our Troops

During January and February we will again be collecting food, hygiene and recreational items to send to our Military Troops overseas. Just as last year, we are again working with "Packages from Home," a local organization that collects items and ships them to our Troops overseas. This organization was begun by a mother whose son was deployed back in 2004, and has grown by leaps and bounds since then.

The mission of Packages from Home is to send care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate the morale of all veterans. You can learn more about this generous organization from their website at www.packagesfromhome.org.

For a complete list of their needs, you can go to their webpage at <http://www.packagesfromhome.org/index.php/ways-to-donate/things-to-donate> or contact our office. They will also accept cash donations to help cover postage costs to ship these items to the Troops.

To make it easy for our patients and friends to donate we have placed a box in our waiting room for you to place your donations. Please join us in supporting our troops.