



## Gout – What Causes it and How to Manage It

Approximately 4% of the population or 8.3 Million people in the United States suffer from gout at least once in their lifetime. Furthermore, gout – which is caused by a high uric acid content in the blood stream – is the most common cause of inflammatory arthritis in men over 40.

Sufferers experience extreme pain that comes when the uric acid level in the bloodstream increases and form crystals which cause the joints to become inflamed.

Over time, gout can become more chronic, the pain becomes more severe, the periods of pain last longer and occur more often.

It's common for sufferers to treat the pain rather than the cause. As stated above, gout is caused by high levels of uric acid in the blood stream.

Yes, taking pain medication will ease the suffering, but it won't do much for decreasing the uric acid levels that are causing the problem in the first place.

Certain foods can trigger a gout attack so paying attention to what you eat and when an attack happens will help prevent it from happening in the future. These foods include:

- Certain meats: red meat, turkey and processed meats
- Organ meats: kidney, liver and sweetbread
- Shellfish: shrimp, scallops, crab and mussels

Long-term management of gout is the key. Talk with your podiatrist and discuss lifestyle changes to help keep your uric acid in check – lifestyle changes that include eating healthier, exercising and weight loss. There have even been some claims as to a connection between gout and celiac disease. If you have begun trying to pinpoint the foods that trigger a gout attack and nothing seems to be preventing them, consider talking to your doctor about the connection of wheat, barley and rye to gout. You may find that gluten intolerance could be the problem.

No matter what, remember that each case is different and it is important not to self-diagnose. See your podiatrist to discuss your situation and the two of you will come up with the proper course of treatment.



## DECEMBER 2018

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 Whole Truth

A man was summoned for jury duty.

When it was his turn to be interviewed, he politely asked if he could be excused from serving.

The judge inquired as to what grounds the man was making this request.

The man said, “Your honor, this is an extremely busy time of year in my office and I’d rather not be away.”

“Do you believe that your workplace won’t be able to function without your presence during this brief period of time?” asked the judge.

“No,” replied the man. “I’m afraid they’ll figure out they don’t need me.”

## Tips for Diabetics

People in general but diabetics in particular need to understand how their blood glucose levels are affected by different foods, particularly carbohydrates as they have the biggest impact on those levels.

Carbohydrates cannot be avoided as they provide the body with energy and need to be included in any healthy eating plan. However, their quality and quantity need to be taken under consideration. When a carbohydrate is more refined, as is the case with sugar, the glucose is released much more quickly into the bloodstream and can cause a rapid increase in blood glucose levels that can cause an unstable blood glucose profile.

Glucose is released much more slowly with starchy carbohydrates, thus creating a more sustainable and stable energy level that results in an improved blood glucose profile but also assists people to better control their appetite. Good starchy carbohydrate examples include noodles, cereals, starchy vegetables like potatoes, rice and noodles. An increase in fiber intake can also slow down the absorption of glucose and the digestion of carbohydrates. Switch to brown rice, wholegrain oats and breads, and whole wheat pasta and noodles.

## Meal Preparation Tips

While eating together as a family on a regular basis is excellent advice, the task of preparing the actual meal is often done by just one family member. However, that routine can be changed into a fun activity for all the family that will also provide children with necessary life skills such as cooking.

Make sure that the recipe for the meal you cook together as a family is kept quick and simple. Recipes should take less than ten minutes to prepare. Even the youngest children can be kept involved in proceedings by allowing them to squeeze lemons, tear lettuce, stem herbs and wash produce.

Another bonus for allowing kids to help to prepare a meal is that they are far more likely to eat vegetables if they have helped to wash and prepare them. Older children can help with the peeling of vegetables while the little ones can help to rinse, dry and portion them out.

## Forming Good Study Habits in Kids

When it comes to developing good study habits, it is never too early for kids to start learning. A routine should be established to encourage kids, particularly kindergarteners and preschoolers, to read every single day.



Parents can help even very young children to develop skills in focusing, memorization and organization while completing a puzzle or teaching them their address.

Spelling out words is another excellent way to provide assistance to even the youngest learners, as is helping them to understand the importance of setting priorities and having things organized.

Allowing children to come up with their own method of organization, so long as it actually works, is an important step toward independence.

Trial and error is also an important part of learning what helps youngsters to develop skills, as some may prefer to get homework done the moment they arrive home from school, while others may prefer to have a break and a snack prior to starting.

---

## BREAKING NEWS:

**Tolcylen™ Antifungal/Nail Renewal Solution is now available in our office**

Tolcylen™ Solution is a first product of any kind that can deliver an anti-fungal formulation to infection sites while also introducing cosmetic agents clinically proven to rapidly improve the appearance of thickened, dehydrated and discolored nails.

The cosmetic ingredients found in Tolcylen™ (including urea, lactic acid and propylene glycol) have been clinically shown to improve nail appearance of fungal and non-fungal nails beginning as early as 10 days. Several placebo controlled studies show 92% of patients with onychomycosis see marked improvement in nail appearance within 8 weeks and 77% at 2 weeks respectively, when treated with a formulation containing these cosmetic agents.

By combining antifungal, cosmetic and low molecular weight agents, Tolcylen™ Solution is the only product of any kind to simultaneously treat fungal infections and nail appearance in one formulation. Feedback from patients using Tolcylen™ Solution since it was introduced in 2017 have been overwhelmingly positive with many reporting 90%+ satisfaction at 1 to 3 months. Contact our office for more information on this amazing new product for Fungal infections.



BEFORE



AFTER

## Fussy Eaters

Many parents can become frustrated when their children are “fussy eaters” who often refuse to eat food that is healthy or in some cases any and all kinds of food. Most toddlers have a phase where they avoid certain foods, which can change on a daily basis and thus make mealtimes a tricky endeavor. However, most children will learn to accept new foods with repeated exposure over time and no pressure, according to research.



One good tip is for the parents themselves to change their perception of their child’s “fussy” eating habits. Preschoolers are already developing their independence, preferring to feed themselves and having their own opinions in regards to food, and parents can often label this as them being a “fussy eater” instead of simply seeing it as being entirely normal behavior on a developmental level. The focus should be on the promotion of a healthy relationship between your children and food, rather than simply getting them to comply with parental requests.

When offering your child new foods, it is important to eat those same foods in their presence. Research shows that children are more likely to eat fruits and vegetables, even “disliked” vegetables such as sprouts, if they see their parents regularly doing so.

---

## Sleep Tips

30 percent of all adults suffer from insomnia and there are various reasons why someone may struggle to fall asleep, from an irregular pattern of sleeping and waking, drinking caffeinated drinks prior to bed or more serious causes such as anxiety and depression.



One good tip to help with sleep issues is to maintain a regular time to go to bed at night and get up in a morning.

Your sleep schedule should vary by no more than half an hour every day and you should also make sure you are trying to sleep in an environment that is cool, dark and quiet.

Blackout curtains are a good idea and if you live in a particularly warm environment a cooling body pad could also help you to achieve the ideal temperature for sleeping (60-67 degrees Fahrenheit).

Daily exercise is important, but any workouts should take place a minimum of four hours prior to bedtime as exercise boosts your body temperature, which can interfere with sleep.

You should also avoid caffeine drinks in the evening and even the afternoon.



## Setting Financial Goals

Many people fail to achieve their financial goals for the simple reason that they have not taken the time necessary to work out how to do so.

Taking the time to really plan how to afford a family holiday or the deposit on a house can be a motivating and positive experience in addition to ensuring you remain on the right financial track.

One good tip is to actually sit down and put pen to paper.

Use this planner to be able to visualize what you want to achieve and regularly interact with those goals.

It can also be a good idea to share your goals with family members or friends as they can help to keep you accountable and ensure you stick to your plan.

Another good tip is just to try and achieve goals one at a time, rather than attempting to achieve several all at once.

Trying to achieve too many goals at the same time can become overwhelming and leave you feeling unmotivated.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

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

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

DECEMBER 2018

## We have a tip on the PERFECT Christmas Gift!

Dr's Remedy Nail Polish is the #1 Doctor recommended Nail Polish brand and is available in our office. Dr's Remedy is enriched with organic ingredients such as Tea Tree Oil, Biotin, Vitamin C, Wheat Protein and Lavender. It is actually good for your nails.!

Until the end of December we are offering a boxed set of Three polishes (your choice of colors), packaged for gift giving. AND when you purchase one of these 3 packs, you will get a 4<sup>th</sup> bottle for yourself – FREE! That is a \$17 value. We are also offering free gift wrapping with purchase. So stop by and let Fixing Feet Institute help with your Holiday gift giving list.



## December Dates to Remember

- December 4<sup>th</sup> – Wear Brown Shoes Day
  - December 7<sup>th</sup> – Pearl Harbor Day
  - December 12<sup>th</sup> – Hanukkah Begins
  - December 14<sup>th</sup> – International Monkey Day
  - December 15<sup>th</sup> – Bill of Rights Day
  - December 21<sup>st</sup> – Look on the Bright Side Day & Humbug Day  
Which one will you be celebrating?
  - December 24<sup>th</sup> – National Chocolate Day
  - December 25<sup>th</sup> – Christmas Day
  - December 30<sup>th</sup> – National Bacon Day
- December is also: Identity Theft Prevention Month  
<https://www.consumer.ftc.gov/topics/identity-theft>  
Nat'l Drunk & Drugged Driving Prevention Month  
[https://www.cdc.gov/motorvehiclesafety/Impaired\\_Driving/index.html](https://www.cdc.gov/motorvehiclesafety/Impaired_Driving/index.html)

## We Need New Toys!!

This year marks the 6<sup>th</sup> year that we have supported the Phoenix Children's Hospital Toy Drive. We are asking the patients and friends of Fixing Feet Institute to help us in our goal of collecting 200 toys this year.



Although we will gladly accept toys for any age group, the hospital has asked us to target toys for babies and teens, as these ages are often forgotten in toy drives. If you need some ideas you can see their "Child Life Wish List" at <http://www.phoenixchildrens.org/patients-visitors/child-life-wish-list/toy-drive-child-life>.

We have placed boxes in our waiting room to collect donations during our regular office hours.

The staff, patients and friends of Fixing Feet Institute have always proven to be generous in the past. Won't you please help us in making the holidays better for someone less fortunate than ourselves. Please drop your donations at our office no later than Friday December 21<sup>st</sup>.