



Winter Weather And Toenail Fungus

While it may be natural to assume that toenail fungus, more correctly known as onychomycosis, is a problem during the summer months, conditions in the winter can also promote the spread of this condition.

Toenail fungus is caused by fungi, specifically microscopic fungi and spores, which can infect the area around the toenail, known as the nail bed.



If you have ingrown toes, diabetes, poor circulation or have a history of toenail fungus in the past you may be at higher risk. Walking around barefoot in showers, in the gym locker rooms, at swimming pools and wearing warm socks and footwear that trap moisture into your feet can also create the perfect conditions for toe fungus to grow and thrive.

Common Signs

The most common signs of toenail fungus included a thickening and yellowing of the nail, brittle and easily damaged nails, irregular shape to the nails, a build-up of debris under the nail and eventually pain and even separation of the toenail from the toe. Often there is a foul odor as well as a very dull look to the nails as the fungus spreads.

Control Options

To help control toenail fungus during the winter season, or any time of year:

- Avoid walking barefoot in moist, damp areas that are open to the public. Use shower shoes or flip flops to keep your feet from direct contact with floors in locker rooms, swimming pools and fitness facilities.
- Immediately clean and disinfect showers and bathroom floors if someone in the home has nail fungus problems
- Wash your feet and toes daily with soap and warm water and dry thoroughly on a daily basis.
- Wear socks that are designed to wick moisture away from the skin. These will be better than natural fibers such as wool or cotton that hold the moisture next to the skin.
- Choose shoes that also breath and, if you are wearing winter footwear bring a change of shoes and socks for indoor wear
- Do not use nail polish on toenails that have a fungal infection
- Treat and disinfect all clippers, files and instruments used on toes with fungal infections

While over the counter anti-fungal treatments may be effective in mild cases for advanced cases or when there is significant changes in the nail see a podiatrist for a more comprehensive treatment plan.

JANUARY 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

Trapped!



An elderly golfer showed up at the course one morning without a partner. The pro agreed to play 18 holes with him, and asked him what kind of a player he was.

“Not too bad, I guess,” the old duffer answered. “But I have a little trouble getting out of sand traps.”

They played a close game, and the older gentleman managed to avoid sand traps until they reached the 18th hole. His shot to the green dropped into the trap, and he’d have to sink his ball into the hole with just one shot to win the game.

The pro watched as the elderly golfer carefully stepped into the trap, looked the situation over, and swung his club. To the pro’s amazement, the ball went right into the cup.

“Great shot!” the pro said. “I thought you said you have trouble getting out of sand traps?”

“I do. Could you give me a hand, please?”

STAFF SPOTLIGHT



Peyman Alison, DPM

Dr. Peyman Alison along with his wife, Dr. Viedra Alison opened Fixing Feet Institute at its current location in 2011 to meet the needs of their expanding practice. Prior to that Dr. Alison practiced in Wickenburg beginning in 2000 thru 2011. In 2002 he joined his wife in practice in Surprise. Dr. Alison specializes in Nerve issues of the Lower Leg and Foot, Children's Foot problems and Heel Pain. He is although, proficient in all areas of care for the Lower Leg, Ankle and Foot.

Dr. Alison graduated from Ohio College of Podiatric Medicine in 1997. From there he went on to complete a Primary Podiatric Residency and Podiatric Surgical Residency at Community Hospital of Gardena in California, which he completed in 1999. Dr. Alison is Board Certified by the American Board of Podiatric Medicine.

Dr. Peyman Alison and his wife, Dr. Viedra Alison have four lovely children, Zoe who is 14, Abbie who is 11, Sophie who is 7 and Ari who is 5. He enjoys spending time with his family as well as cooking & grilling, photography and videography, off-roading and basketball.

The Funny Thing About Memory

Memory can be a funny thing, leaving us with tiny details from events in our childhood and yet unable to remember where we put the car key.

There are a number of different kinds of memory, and the mind has different methods of forgetting all of them!



One of the most common yet strange examples of short term memory failure is people who go to a different room only to then forget why they went in there in the first place.

According to researchers, the blame actually lies with the doorway itself as the very act of walking through it tells the brain that it has started a different scene and thus should put away previous memories, thereby resulting in some funny lapses of memory.

Walking through a doorway serves as a kind of event boundary within the brain, which then separates instances of activity and compartmentalizes them, thus making it difficult to recall the decision to enter the room as it was made in a different room, even if only just a minute or so earlier.

Temporary memory loss can also be caused by different activities including sex.

Exam Study Tips

For students studying for exams, there can be a lot of pressure but the good news is there are some helpful tips that can help to ease some of that anxiety.



One important thing to keep in mind is that research has shown that cramming is not the best method to use when getting ready for an exam.

Spacing out your study time is actually a lot more effective but when that is not possible and cramming is a necessity then it is best to do this actually closer to the time when the material was first learned rather than closer to the exam.

Some other advice that goes against what many people think about studying is that the common practice of highlighting material is actually ineffective, while studying to music can be a distraction that might even hurt your performance in the exam.

Studying in the same location is another common mistake that students make.

Studying in different places has actually been shown to increase the chances of doing well on tests, while retention can be boosted by studying similar but different materials within the same study session, rather than just constantly reviewing the same text.

Healthy Eating On The Go

It can be a real challenge to eat on the go and stay healthy.

It can be tough to travel and meet nutritional needs at the same time but there are some simple ways to make smart choices and eat healthy even when on the go.



Healthy snacks are of vital importance.

When we are tired and hungry it is easy to give into temptation and have that burger or that chocolate bar on the counter.

Instead of falling into this trap, make sure that you have stocked up on healthy foods in order to make sure you do not reach this point.

Dried fruit and unsalted mixed nuts make a satisfying and healthy snack, as do raw vegetable sticks.

Staying hydrated is also crucial. This can be tough to accomplish while travelling and dehydration results in feelings of fatigue.

No matter what happens, always carry a water bottle and have a drink whenever you feel thirsty.

We have Shoes!!

Are you looking for a gift for someone who has everything? Or maybe just something nice for yourself. How about a new pair of comfy slippers for those cold winter mornings around the house. Or maybe a pair of fashionable sandals, since we can wear sandals all year around in Arizona



Did you know that we also sell top quality shoes, sandals and slippers, right here at Fixing Feet Institute? We have some styles and sizes in stock, and can order your specific style and size and have it for you in just a couple of weeks.

As a patient of Fixing Feet Institute, you are aware that good quality footwear is a must for foot health. All of the shoes, slippers and sandals sold in our office have been approved by Dr. Peyman Elison and Dr. Viedra Elison.

If you would like to see our selection of footwear for yourself or for a gift, just stop by our office or give us a call. Ask for Jessica, our Certified Shoe Fitter. She will help you in finding the right footwear for you or your loved one.

**Happy New Year from all of us at
Fixing Feet Institute**

RECIPE CORNER

Homemade Applesauce



1/2 Cup Water

7-1/2 Cups Apples - cored, peeled and quartered

1/2 Cup Sugar

1 Teaspoon Lemon Juice

1/4 Teaspoon Cinnamon

1/8 Teaspoon Nutmeg

1 Teaspoon Vanilla Extract

Bring water to a boil in a heavy saucepan: add apples and return to a boil. Reduce heat; cover and simmer for 20-25 minutes, stirring occasionally. Add remaining ingredients; stir well.

Serve Warm or Cold.

Makes 4-6 servings.

Quote of the Month

The Healthiest competition occurs when average people win by putting forth above average effort -

Colin Powell



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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Why Rebooting Works

“Have you tried rebooting?” seems to be the first question asked by experts to people who are having trouble with their technology and the truth is there is actually a very good reason. Rebooting works with everything from computers, home entertainment systems and smartphones to wireless routers and tablets. If technology suffers a minor glitch it can usually fix itself fairly quickly, but a really serious glitch or an array of seemingly minor ones can cause everything to freeze, at which point the absolute best thing you can do is just start over. Rebooting allows the gadget to be able to start over from the beginning again, and usually those glitches do not reoccur. Rebooting is a simple, no-hassle solution to a wide variety of minor problems without the need to spend lots of money or have advanced technology skills to be able to fix, which is the reason why it is the first thing suggested by tech experts all over the world.

January Dates to Remember

January 1st - New Year's Day

January 6th - Cuddle Up Day

January 12th - National Pharmacist Day

January 15th - National Hat Day

January 19th - Martin Luther King Day
And Civil Rights Day

January 23rd - Measure your Feet Day

January 27th - World Holocaust Victims
Remembrance Day

January 29th - National Puzzle Day

January 31st - Backward Day

January is also
National Volunteer Blood Donor 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.