



WE ARE OPEN.....

WE ARE OPEN to keep our patients out of the urgent care, emergency rooms and hospitals.

Nothing is more important to us than the health and safety of our patients and staff



As a provider of essential health services, our office will remain open during the COVID-19 pandemic.

We can still see patients in the office, but we are also able to provide Telemedicine when possible and depending on the circumstances.

If you are unable to make an in person visit to our office, a telemedicine consult can be an excellent choice for many types of appointments, including:

- Dermatologic condition such as an infection, rash or wounds.
- Reviewing results of previous labs or studies
- Follow-up visits for treatments already in progress.

During your visit, you and your doctor can have a detailed conversation about the situation – just like an in person visit. Often at-home treatments options can be recommended. We can also call in prescriptions as necessary. If you are thinking that telemedicine is a viable option for you at this time, please call our office and we will give instructions on scheduling a telemedicine appointment.

Not all treatments are conducive to telemedicine, and this is why our office remains open during this time. We are still providing in office treatments for foreign bodies, fractures, infection, open wounds and ulcers, as well as infected ingrown toenails. We are able to take in office x-rays and provide injections and some procedures.

To accommodate our patients during these challenging times, Dr. Peyman Elison will now be able to see patients on Fridays for a limited time.

If you have any questions or concerns regarding any follow-up care or a possible new problem, please feel free to call our office as we are here to help.

From the staff at Fixing Feet Institute, be safe and healthy and let us know if we can be of any help.

APRIL 2020

When this is over,
We may never again
Take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
A routine checkup
The morning school rush
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
May we find
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
That way – better
For each other
Because of the worst.



Health Advice for Older People

Health should always be taken seriously, but it becomes even more important to do so as people get older.

Those getting on in years should make it a priority to look after their mental and physical health to ensure they can live an active, healthy and active lifestyle and to deal with health issues before they become serious problems.



One good tip to help older people to stay healthy is to schedule regular health check-ups. This allows health professionals to monitor general health while quickly spotting any possible problems and can also provide older people with great peace of mind.

Older people should also undergo regular hearing and eyesight tests.

Older people can often struggle with these two senses, and there are a number of hearing and vision issues that are very common but can be managed more easily if spotted early. It is crucial to ensure that vision and hearing tests are carried out by qualified experts.

Tips for Healthy Social Media Use

Most college students in the US spend several hours every day using social media platforms and in an age of constant usage, social media can have a big impact on the identities and experiences of young people, and even on their mental health.

The good news is there are more positive and healthy ways to make use of social media.

One good tip is to ensure that you are supporting a healthy community online. Before joining a community take a look around and see if the people already there have a healthy and positive attitude or if becoming a part of such a community would likely be a source of stress.

If it is the latter, the best idea would be to find another online community more suited to your personality.

It is important for people to live in the moment. While videos and photos are important, it is crucial to experiences and connections to be aware of the present moment.

Studies show that media usage can change or even reduce the actual memories of events in our lives, so people should avoid too much reliance on such media.



Finance Stretching

Saving money is an important step when it comes to reaching a financial goal, and one way to save is to come up with methods to help you make the money you have go further.

One good tip is simply to begin saving as soon as you can.

Even if you cannot save a lot of money every month, even saving a bit here and there can slowly add up to more than you might think.

The most difficult aspect of saving is simply getting into the habit of doing so.

The modern world offers a number of methods to help people save money, including apps such as Digit and Clarity Money that can ensure money is saved without the need for you to have to think about it all the time.

It is also a good idea to make sure that any money that you are saving is being kept in an account that will generate some interest for you.



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

APRIL 2020

What's Growing in Your Shoes??

We don't wear the same clothes day after day without washing them. Yet, we wear our shoes day after day without cleaning the inside of them. Hidden fungus spores can remain dormant for months just waiting for a little heat and moisture to germinate and start attacking your feet. If you suffer from toenail fungus, athlete's foot, foot odor or are diabetic and need to take the best possible care of your feet, the last thing you want to do is put your feet back in fungus-filled shoes.

SteriShoe is clinically-proven to kill up to 99.9% of germs in your shoes through the power of ultraviolet (UV) light. UV light is used to sterilize hospital operating rooms. Stop putting your feet in fungus-filled shoes. Start disinfecting and deodorizing your shoes today with the SteriShoe UV shoe sanitizer – Available at Fixing Feet Institute.



April Dates to Remember

- April 10th – Golfer's Day
 - April 11th – National Pet Day
 - April 12th – Easter
 - April 18th – Husband Appreciation Day
 - April 22nd – Administrative Professional's Day
 - April 23rd – National Picnic Day
 - April 25th – Hug a plumber Day
 - April 26th – National Pet Parent Day
 - April 30th – Hairstylist Appreciation Day
- April is also: National Foot Health Month
<https://www.apma.org/>
 National Autism Awareness Month
<http://www.autism-society.org/>
 Cancer Control Month
<http://www.nationalmssociety.org/>

Help us fill their bowls and feed some hungry Pets!

For the 4th year during the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.



The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.