



Cracking Heels and Feet

Many people, particularly toward the end of the winter season, start to experience dry, cracked skin on their feet. This is most commonly on the heels, but it can also occur on any part of the foot.

For most people, the heel cracking is mild to moderate and results in slight pain and discomfort. For others, it can result in deep, painful cracks that bleed and cause significant pain, and may also pose a risk for secondary bacterial infections. Diabetics or people with poor circulation in the feet need to be careful if there are any cracks in the heels or the feet as this can be a potentially serious condition.

To help treat dry, cracked heels and feet, try the following home remedies. If there are any signs of bleeding or redness and pain, make an appointment with your podiatrist as quickly as possible.



- **Foot soak** – It is important to soak your feet to remove the dead, dry skin that builds up and cracks. Never soak your feet in hot water as this further dries out the skin. Instead, use lukewarm water and sit back and relax with your feet in a mild, unscented soap and warm water soak for about 20 minutes once a day.
- **Scrub** – After soaking, towel dry the feet and use a loofah, pumice stone, or a similar product to gently remove the surface layers of dead skin. This may take several days to complete; do not take too much skin off the surface as this will cause discomfort.
- **Apply a heel balm** – Heel balm is a specialized product that is not the same as general moisturizers for the skin. It contains various products to both moisturize the skin as well as to promote healthy skin growth and healing. If you don't have heel balm, use the best quality moisturizer possible and avoid scented products that may irritate open areas.
- **Moisturize morning, noon and night** – If you can, try to apply the heel balm three times a day. This will help to keep skin supple and prevent further cracking.
- **Honey and coconut oil** – Honey is a natural antimicrobial option to treat skin injuries. Apply after a soak at night and then put on thick socks and allow it to soak in overnight. Coconut oil can be used in the same way and provides a natural option to commercial heel balms for mild to moderate heel cracks.
- See one of our Podiatrists for an evaluation of your cracked, dry heels and skin.

MARCH 2019

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



Risky Business

A doctor and a lawyer ran into each other at an exotic Mexican resort. Friends since college, they'd fallen out of touch, so they quickly asked what the other had been up to.

The lawyer said, "I got sucked into a lousy real estate deal. Then one day a fire burned down the building and I collected \$100,000 in insurance."

"Really?" the doctor said. "Something similar happened to me. I invested in a small business in Mississippi, but then the river overflowed and a flood destroyed the place. I got half a million from my flood insurance."

"Wow," the lawyer said. "How on earth did you arrange a flood?"

A Treat for your Diabetic Feet

By Shannon and Marie Easy Crock Pot Corned Beef & Cabbage



Ingredients:

- 3 ½ to 4 lbs Boneless Corned Beef
With seasoning packet
- 4-6 cups water (enough to cover beef)
- 1 lb Potatoes cut in 2 ½ x ½ inch pieces
- 1 lb Carrots cut in 2 ½ x ½ inch pieces
- 1 Medium Onion, cut into 4 wedges
- 1 lb Cabbage, cut into 4 wedges

Directions:

Place Potatoes, carrots and onions in a 5-6 ½ qt crock pot. Place corned beef, fat side up, on top of vegetables and sprinkle with seasoning packet; add enough water to cover meat.

Cover and cook on Low for 11 hours

Remove Beef from crock pot and place on serving platter and cover to keep warm.

Add cabbage wedges to vegetables and broth in the crock pot. Increase heat to High, cover and cook for an additional 30 minutes.

Horseradish Sauce – Mix all together and chill
½ cup Sour Cream
¼ cup Mayonaise
2 Tbls Prepared Horseradish
2 tsp Dijon Mustard

Serving:

Calories: 394
Fat: 26 grams
Saturated Fat: 9 grams
Fiber: 5.5 grams
Sodium: 1282 milligrams
Cholesterol: 93 milligrams
Protein: 20 grams
Carbohydrates: 23 grams

Tips for Old Dogs

For dog owners with older pets who would like to know precisely what they are eating, making their meals yourself may be the best option.

Older dogs tend to have different requirements in their diet than is the case with adult dogs and puppies, particularly if they have health issues.



Dogs can often gain weight as they get older, but this can be avoided with balanced nutrition. Try broccoli stems, chicken thighs and sweet potatoes and remember that correct nutrition is also dependent on the proportions of the food you are giving your pet.

A good bowl of food for your pet would be 50 percent vegetables (covered by the broccoli stems), 40 percent protein (supplied by the chicken), and 10 percent carbohydrates (from the sweet potatoes).

Digestion issues are also common in older dogs. Support their digestive tract with soft cooked rice, two teaspoons of yoghurt (plain and non-fat) and cooked ground beef.

A lot of dairy is not recommended for dogs, but an occasional spoonful is quite safe and will also offer nutritional benefits.

Inspiring a Positive Life

Life can be a rollercoaster with any number of ups and downs, which can sometimes create a negative outlook on the world.

However it is in your own best interests to gain a brighter worldview and inspire a more positive attitude to your life, and there are a number of ways in which this can be achieved.

One good tip is to remember that no one is perfect, and that making mistakes and enduring failures is a natural part of life.

It will be hard to maintain a positive outlook if you expect perfection from yourself in all things. Make the choice to accept your mistakes and learn from them rather than focusing on the fact that you failed.

Another way to inspire positivity is to always look on the funny side, even in unfortunate situations.

Dwelling in unhappiness will not solve anything and while laughter is not a magical cure it can make any experience or circumstances more bearable and stops you being weighed down by your problems.



Preventing Pests

Pest prevention can be easy to overlook in these busy times, especially during winter, but families need to make sure to do what needs to be done to keep them out in order to avoid unpleasant infestations.

Squirrels and rats can gnaw through almost anything and contaminate your food supplies with their droppings, so in order to avoid this scenario you should make sure that all possible points of entry to your home have been sealed and be sure to conduct regular inspections of all crevices and cracks.



Bed bugs are blood sucking insects that also dwell in upholstered furniture and behind pictures, and can even be found in public places and hitch a ride back to your home on clothes and purses.

If you are on the road or staying in an unfamiliar place, make sure to look for signs of their presence such as shed skins.

Food scraps and crumbs can attract cockroaches, which can cause allergic reactions and carry dangerous bacteria such as E. coli. Make sure cockroaches stay out of your home by cleaning up used pots and pans immediately after use.

Avoiding Pain When Standing All Day

A job that involves spending many hours standing up can result in a number of problems such as blisters, swollen feet and shin splints.

However, the good news is that there are some things you can do to make yourself comfortable both after work and on the job.

One of the simplest but most important pieces of advice for workers in jobs that entail long hours on their feet is to make sure you are wearing appropriate footwear.

Many workers choose aesthetics rather than function in their footwear, which is a big mistake.

Work shoes should be enclosed and well-fastened, not slip-ons, with a wide heel and a firm back to support the ankle. The inner lining should be cushioned for comfort.

Taking regular breaks is another good idea, as is varying your work whenever possible.

There are also some exercise you can do that can help your body to adapt to a new and more physically demanding job, such as leg and calf stretches, as well as heel raises and squats, which can help to strengthen lower limbs.



Freelancers and Finances

Becoming a freelancer can be exciting and scary, but for those who do decide to give it a go, it is vital to pay strict attention to all financial matters.

Budgeting is never fun but it is crucial to freelancers.

The monthly income of freelancers can often fluctuate, while costs generally remain the same, making it crucial to ensure you will be able to pay the bills.

It can be tempting to overspend on luxury items during months where you have a lot of extra work, but it is better to use that extra money as savings for those months where work may be thin on the ground.

Work out your monthly expenses and then set everything else you earn aside as a financial buffer in the event of leaner times.

Being self-employed, you will also need to be aware of your tax obligations, and have enough put aside in order to meet tax obligations while accurately recording your income and expenses.



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS MARCH 2019

We have socks, socks and more socks!!

The benefits of wearing socks go beyond making your feet comfortable. In fact, socks are important no matter who you are or what you're doing. Socks cushion your feet protecting them from blisters, sores, callouses, and even fungal infections.

Did you know that we have a wide selection of socks available in our office? High quality brands like Jobst and Dr. Comfort. Styles range from Diabetic socks to Low and High Compression socks. If we don't have what you need, we can order it for you.

March Dates to Remember

March 3rd - Caregiver Appreciation Day

March 4th - Hug a GI day

March 6th - National Dentist's Day

March 12th - Plant a Flower Day

March 17th - St. Patrick's Day

March 22nd - National Goof Off Day

March 23rd - National Puppy Day

March 25th - Waffle Day

March 30th - National Doctor's Day

March is also: National Kidney Month
https://www.kidney.org/
Multiple Sclerosis Awareness Month
http://www.nationalmssociety.org/
American Red Cross Month
http://www.redcross.org/

Help us fill their bowls and feed some hungry Pets!

For the 3rd 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 job or home loss, 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.