



Plantar Fasciitis – Heel Pain

If you are a sufferer of heel pain, it may be plantar fasciitis or heel spur syndrome as it is sometimes called. Heel pain may come from other causes like a stress fracture, tendonitis, arthritis or in rare instances, a cyst. Because heel pain can be from a variety of causes, it's important to see your podiatrist for a proper diagnosis.



What is plantar fasciitis? There are a few symptoms that can be:

- Pain on the bottom of the heel
- Pain that gets worse when you wake up and move around
- Pain that increases over a period of time

Sufferers also complain that pain gets worse in the morning or after they have been sitting from long periods of time. Once they are up and walking around, pain tends to lessen.

Plantar Fasciitis is most often blamed on the faulty structure of our feet and is most often found in people who have problems with arches – either with flat feet or high arches.

It can also be blamed on not wearing supportive shoes when you spend a lot of time on hard, flat surfaces and spend long hours on your feet. Obesity can also contribute to plantar fasciitis.

Before your podiatrist can diagnose you with plantar fasciitis, he or she will first need to take a complete medical history and then, of course, examine your foot. You may need to undergo a series of x-rays, a bone scan or an MRI as well. This process will allow other problems – such as heel spurs – to be ruled out.

If it is determined that you are suffering from plantar fasciitis, treatment will likely be at home. Most sufferers can be treated with non-surgical methods, however if you continue to suffer after all other treatment options have been attempted, you may need to resort to surgical treatment.

Regardless of the type of treatment you ultimately need, plantar fasciitis can continue to be a problem if the underlying causes remain. If you are overweight, you need to reach and maintain an ideal weight.

Wear supportive shoes if you are on your feet for long periods of time or consider using orthotic devices.

Your best bet is to talk your options over with your podiatrist to keep your suffering at a minimum.

OCTOBER 2018

Hello! We are pleased to send you this monthly issue of *Foot Notes*. 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



Second Opinion

A man went to the doctor complaining of a list of symptoms.

After an exam and a series of tests, he sat in the doctor's office awaiting his results.

"I don't have a diagnosis for you," the doctor said, "If I can be completely honest, it might have something to do with the drinking."

"Hmm," the man responded.

"Then maybe I should get the opinion of a doctor who's sober."

1st Annual Foot Health Fair was a Success!!

We would like to take this opportunity to thank all of you that attended our 1st Annual Foot health Fair on September 8th. It was an afternoon filled with information, education, some shopping, and even some great food.

We would also like to thank our Vendors who took the time to share their products and treatments with our patients and friends.



Dr. Peyman Alison Smoked a delicious Brisket, along with sides, rolls and Sara made some well received Oatmeal Chocolate Chip Cookies.

Food to Improve Your Brain

In the last few years a new field of research known as neuro-nutrition has been uncovering the effects that food can have on the brain, with an increased push to define the dietary patterns and nutrients that increase our chances of maintaining our cognitive abilities as we get older.



A Mediterranean diet, rich in fish, wholegrains, herbs and spices, fresh produce, olive oil and nuts, as well as allowing for a moderate intake of red wine and coffee, which are rich in antioxidants, can help to treat major depression, according to a world first trial last year at Deakin University's Food & Mood Centre in Victoria, Australia.

Those who participated in the diet displayed a significant reduction in their symptoms, with as much as 30 percent in remission within three months.

Food-derived supplements are also being studied, with the Journal of Prevention of Alzheimer's Disease recently publishing a study which showed that elderly people who took a multi-nutrient supplement over a period of two months demonstrated a marked improvement in cognitive function.

Good foods to consume for greater brain power include green tea, lettuce, onions, broccoli, guavas, apples, berries, and tomatoes, as well as fish and fish oil tablets, turmeric, avocados, nuts, olive oil, low-fat milk and egg yolks.

Get your Family Motivated and Moving

There are numerous reasons why families should remain active, and everyone, regardless of body type or age, should engage in some form of regular physical activity. However many people do not know how to begin to motivate their family to live a more healthy lifestyle.

One of the most important things parents can do is ensure family fitness, and it is crucial to make this a priority and not let it be pushed aside by work and other obligations.

One way to motivate your family to be get moving is to start small, and then make the activity more strenuous and last longer in small increments, rather than throwing too much at your family all at once.

Another good piece of advice is to have a family meeting in which everyone can suggest ways for the family to engage in more physical activity and talk about why this is important and the benefits, which include improving bone health and muscular fitness, improving cognitive function and lowering the risks of type 2 diabetes, heart disease and some forms of cancer.

Pick activities that include all the family, such as hiking, biking, soccer games in the backyard, miniature golf and swimming, and try to incorporate everyone's favorites.



Stomach Health Tips

Many people find their stomach feeling uncomfortable and bloated even when they have been keeping fit and eating all the right foods. The good news however is this feeling can still be combated.



It is a good idea to avoid consuming food late at night. The digestive system has been shown to work best during the daylight hours, with digestive functions actually slowing down at night simply due to the way in which humanity has evolved.

Make sure that at least a few hours go by before you go to bed after eating dinner.

Gut health can also be disrupted by eating too much sugar. Although sugar can still be consumed as an occasional treat, too much can cause an imbalance of beneficial and non-beneficial bacteria in the gut, for reasons not yet fully understood.

However it should not be replaced with sugar substitutes, as they can actually be even worse for your health.

One way to redress an imbalance in gut bacteria is to eat more fermented foods such as yogurt.

WWW.MYFALLRISK.COM

Nobody wants to think they are going to fall. But the reality is that up to 1/3 of adults over 65 years old will experience a fall at home, and a majority of those will fall more than once.



Prevention is key to avoiding falls, and www.myfallrisk.com can help. This is a one stop website to identify fall risk, and insight on what to do to avoid a fall in your future. It will lead you to Doctors that can assess your fall risk (of course our doctors are on the list), things you can do at home to reduce your risk, and ways to get help if you are at risk.

There are basically 6 ways you can reduce your fall risk:

1. Make an Appointment to see a Fall Risk Expert (Dr. Elison)
2. Find a Good Balance and Exercise Program
3. Review your Medications
4. Regular Vision and Hearing Exams
5. Keep your Home Safe
6. Tell your Family Members

www.myfallrisk.com can help you accomplish all of these steps. Go online and see what you can do to reduce your risk of falling.



How to Make Use of a Windfall

Anyone who finds themselves in receipt of an inheritance or some other kind of windfall should delay making any big decisions and first come up with a long-term game plan.

While you should certainly have a little fun with the money, there are a number of ways in which you make your newfound wealth work to your benefit longer.

Many heirs receive not lumps sums of actual money but the likes of bonds, stocks or real estate, retirement accounts or some other form of asset. Assets can have tax implications and legal complications so it is important to really understand the nature of what you have been given and hire the services of an attorney, tax specialist or financial advisor who can save you time, frustration and money.

The next step is making use of a windfall is to prioritize the goals you have for it, and understand how your monthly cash flow is going to be affected by the funds so you can create a long-term financial strategy.

Paying off high interest, short-term debt is an excellent move, as this will reduce your fixed monthly expenses and remove the expense of unnecessary interest.

It is also a good idea to create an emergency fund of up to six months of cash living expenses in the event of the unexpected such as unemployment or illness.



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

OCTOBER 2018

With Any "PINK" Purchase, we will donate 10% of sale to Susan G. Komen



October Dates to Remember

- October 4th – National Golf Day
 - October 5th – Do Something Nice Day
 - October 6th – Physician Assistant's Day
 - October 8th – Columbus Day
 - October 9th – Fire Prevention Day
 - October 14th – National Dessert Day
 - October 16th – National Bosses Day
 - October 27th – Make A Difference Day
 - October 28th – Mother-in-Law Day
 - October 31st – Halloween
- October is also: Breast Cancer Awareness Month
<https://ww5.komen.org/>
Leukemia & Lymphoma Awareness
<http://www.lls.org> Month

Help End Breast Cancer

During the month of October, Fixing Feet Institute will be participating in a fundraiser with Susan G. Komen to help raise money and awareness of Breast Cancer that effects 1 in 8 women during their lifetime.

Our office has set a goal to raise \$2000 and is taking a step towards a world without Breast Cancer.

We Can't do it Alone – We Need your Help !

Please take a moment to visit our team fundraising page (listed below) and give a gift today. Your donation will be making a big difference in the fight against breast cancer.

Your gift will help Susan G. Komen provide education, screening and treatment program for women and men I our community and support cutting edge research so that one day we can live in a world without breast cancer.

<http://www.info-komen.org/goto/fixingfeetdonates>

**MORE
THAN
PINK**
PROJECT
Benefitting Susan G. Komen®