



## Is Your Foot Pain Getting On Your Nerves?

Do you have numbness, burning, tingling, shooting, cramping or tightness in your foot or leg? You may be suffering from a nerve problem. Dr. Peyman Elison specializes in diagnosing and treating nerve problems and is currently the President of the Association of Extremity Nerve Surgeons. Twice a year, he teaches other doctors and surgeons across the country and the world, how to properly evaluate and treat nerve problems in the feet and legs, as well as how they can help their patients.



Common nerve issues we treat in our office include:

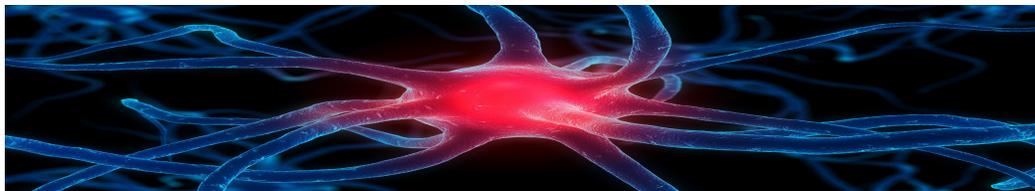
**Nerve Entrapments.** Nerve entrapments are also known as pinched nerves and will frequently cause sharp, shooting, burning and/or stabbing pain, along with sensitivity. They can be caused by injuries, repetitive stress or metabolic diseases such as Diabetes.

**Peripheral Neuropathy.** Peripheral neuropathy is not just nerve pain; it is an actual disease. There are a variety of causes, but diabetes is a very common trigger. Peripheral neuropathy refers to the conditions that result when nerves that connect to the brain and spinal cord are damaged. This damage interrupts communication between the brain and other parts of the body, which leads to the strange or painful feelings in your feet.

**Nerve Injury.** Our feet take a beating and really anything repetitive or traumatic can injure a nerve in your foot. If you are in pain or having odd sensations in your feet, it's best to consult an experienced podiatrist for their professional opinion.

### Diagnosing Nerve Problems at Fixing Feet Institute

If you suspect that you have a nerve problem in your feet or legs, please contact our office for an appointment with Dr. Peyman Elison. At your visit, you will be properly evaluated by Dr. Elison; first he will ask you lots of questions relating to your pain, then he will perform a very thorough hands-on physical examination. In certain situations Dr. Elison may perform Diagnostic Nerve Blocks to confirm the diagnosis of Nerve Entrapment. In other cases, he may order a Nerve Conduction Study to determine if there is a problem higher up in your back. Once he has determined the problem, Dr. Elison will discuss all of the treatment options available to treat your specific problem.



Watch your e-mail for information on our upcoming Education Program on Nerve Pain coming soon.

## NOVEMBER 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



#### Teed Off

Golf courses typically have two sets of tees, one for women and one farther back for men. One day at the first tee a man was stepping up to his ball when a voice came over the clubhouse loudspeaker: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The golfer looked up, surprised, then addressed his ball again. The voice on the loudspeaker repeated, "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

Irritated now, the golfer backed away, took a deep breath, and once again approached his ball. For a third time, the loudspeaker blared: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The man flung his golf club down. "Will the announcer please shut up and let me hit my second shot?"

## Maintaining Kidney Health

The unhealthy lifestyle habits that are practiced by many people in today's world has made kidney disease increasingly common, with nearly 850,000 deaths every year linked to the disease.

The kidneys can be damaged by certain lifestyle habits, causing them to lose their ability to filter out waste from the blood. Diabetes, hypertension and obesity are some of the leading causes of chronic kidney disease.

Although issues such as aging and external injuries are difficult to combat, there are things people can do to prevent some of the other biggest risk factors. People who suffer from high blood pressure should take medication or change their diets in order to ensure it is under control, while people with diabetes need to make sure they follow the correct path of diet and exercise and maintain control of their sugar levels. Even people who are otherwise generally healthy should avoid an excessive intake of salt, which can also be a contributory factor to the development of kidney disease.

## How to Find Inspiration

Trying to force inspiration is often very difficult, but there are ways to give it a little push from time to time. Inspiration can be cultivated with the creation of an environment that is more conducive to its development.

One good tip that can help you to find inspiration is to try something rather than just sitting and waiting to be inspired. Different things create different results, so trying something new or simply being in a different environment can result in unexpected inspiration.

Fresh experiences can be generated in a number of ways – by reading a book, going to a professional gathering, traveling, taking a class etc.

The important thing is to choose something that is able to work for you and fit into your existing schedule. Likewise, an expansion of your social network by spending time with some new people you may not necessarily have things in common with can create new insights and ideas.

## Staying Hydrated during the Winter

Here in Arizona we are always told to make sure you have water with you during the summer heat – water is just as important during our mild winters, especially for those that are more active outdoors when the temperatures drop.



Symptoms of Dehydration are much more obvious in Summer than in the winter due to the drier air. Perspiration quickly turns to water vapor. Combining the dry air with the extra layers of clothing we wear, dehydration can go unnoticed.

An ice cold glass of water tastes great in the summer, but during the cooler winter, that may be the last thing you want. There are other ways to get your water each day:

Room Temp or Warm Water with a Lemon – Cold liquids do absorb better, but room temp or warm drinks are better at keeping your internal temp Optimal.

Hot Beverages – A nice hot Green Tea or Hot Chocolate will add to your water. But, beware of any beverages with Caffeine or Alcohol as these can increase your dehydration.

Eat Fruits and Vegetables – Choose those with a higher water content like Broccoli, Celery, Strawberries, Pears and Apples.

Use a Humidifier – This will add moisture to the air you are breathing, and can also help with a scratchy throat and dry skin.

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## You asked and here it is...

For those of you that attended our 1<sup>st</sup> Annual Foot Health Fair, you may remember that Sara made some yummy Oatmeal Chocolate Chip Cookies to serve. She has had numerous requests for the recipe, and has agreed to share her recipe here with all of us.



### OATMEAL CHOCOLATE CHIP COOKIES

1 cup Shortening	1 ½ tsp Pure Vanilla Extract
1 cup Sugar	1 ½ cups All-Purpose Flour
1 cup Firmly Packed Brown Sugar	½ tsp Salt
2 Eggs	1 tsp Baking Soda
2 tbsp Milk	4 cups Oats
	1 cup Semi-Sweet Chocolate Chips

### Directions:

Heat oven to 375 degrees. In a large bowl, blend shortening with sugars, adding sugar gradually. Add eggs, milk and vanilla; beat well. Add flour, salt and baking soda; beat well. Stir in oats and chocolate chips. Drop by rounded tablespoons 2 inches apart onto ungreased cookie sheets. Bake for 13-15 minutes or until golden brown. Remove from oven and let stand for 5 minutes. Place cookies on a wire rack to finish cooling.

Yield: 42 cookies

# Keeping Off Excess Weight

The great majority of people who diet will regain as much as fifty percent of that weight within just 12 months after losing it, and many others will do the same over the course of the next three years.



Being active, eating less and eating healthier are the keys to staying a healthy weight but that can be easier said than done.

Reinforcing healthy habits is vital. Ensure that you stick to a meal routine, and eat at around the same time every day, while avoiding nibbling and snacking.

Another good tip is to choose healthy fats to consume such as those found in oily fish, nuts and avocado, while avoiding fast food as trans fats are associated with a higher risk of developing heart disease.

Try and walk at least 10,000 steps per day. Get your heart rate up on a daily basis by walking upstairs instead of using lifts and get off one train stop earlier than usual.

When you go out for the day make sure you take healthy snacks with you such as fresh fruit instead of biscuits.

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# How to Safeguard a Smartphone

In today's world many people ignore even the basic methods of protecting their smartphones because they regard it as being an inconvenience. Of course, the end result of this tends to be a broken smartphone and a very annoyed consumer.



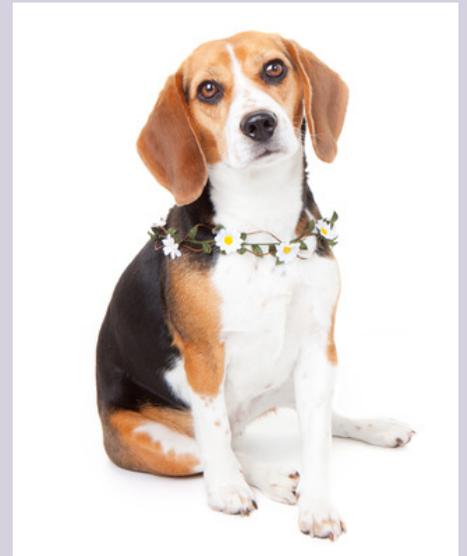
In order to avoid ending up like this, there are a few basic tips to follow that will ensure the safety of your smartphone. One of the simplest is to avoid using cheap chargers and cables. Many smartphones have actually exploded because of faulty chargers and batteries.

While there is little that can be done about batteries, since they are non-removable in the great majority of modern smartphones, you should always seek out original cables and chargers instead of trying to save money by purchasing cheaper composites.

Another simple but effective tip to safeguard your smartphone is to get a screen protector and case. Cracked screens are never something you want to see so your phone should be bolstered with a screen protector and strong case if you want to avoid a visit to the repair shop.

It is also a good idea to avoid letting your battery completely run down before recharging.

Try to always keep it at over thirty percent so that the phone is still capable of calibrating sensors and running other background applications.



## Pets and Finances

There is a great deal of financial responsibility in the raising of a pet, as covering every need of an animal can often be quite expensive even without the possibility of emergency medical treatments.

It is vital to ensure you will be able to afford to care for a pet before bringing one into your home.

A small sampling of the kind of things you need to budget for when considering getting a pet includes the likes of food, flea medication, vaccinations and treats, but all potential costs need to be taken into consideration beforehand.

One good tip is try any animal shelters in your local area, which tend to offer vaccination resources and spaying/neutering services at a much lower cost than may be the case elsewhere.

In some cases even pet food may be offered at reduced rates.

Most people would prefer to avoid paying for pet insurance, but it could end up saving a lot more money in the event of disaster.



# 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

NOVEMBER 2018

## Warm up those cold feet for the Holidays

Did you know that we sell Shoes, Sandals and Comfy, Cozy Slippers?? Who wouldn't love to wake up to a pair of comfy slippers to warm their feet on a cold morning. We can custom order a pair in the style, size and color that you choose, and have them here in time for the holidays. Stop by our office, and one of our friendly staff will help you pick out just the right pair for your loved one – and maybe a pair for yourself too!! These are just a few of the styles we have to offer and most are available in other colors as well.



## November Dates to Remember

- November 3<sup>rd</sup> – Housewife's Day
- November 6<sup>th</sup> – General Election Day
- November 10<sup>th</sup> – US Marine Corp's Day
- November 11<sup>th</sup> – Veteran's Day
- November 13<sup>th</sup> – Caregiver Appreciation Day
- November 14<sup>th</sup> – World Diabetes Day
- November 15<sup>th</sup> – Great American Smokeout
- November 15<sup>th</sup> – America Recycles Day
- November 17<sup>th</sup> – Take a Hike Day
- November 22<sup>nd</sup> – Thanksgiving Day
- November is: American Diabetes Awareness Month  
<http://www.diabetes.org/>
- National Alzheimer's Awareness Month  
<https://www.alz.org/>

## It's time for our Annual Food Drive

Every year, we at Fixing Feet Institute host a food drive to benefit the St. Mary's Westside food bank, located right here in Surprise.

Founded in 1967, St. Mary's is the world's first food bank. The idea came to founder John Van Hengel when he was volunteering at St. Vincent DePaul, serving dinner to those in need.

Today, St. Mary's Food Bank is one of the largest food banks in the United States, and proud of the impact it has had on Arizona and around the world.

Please join us by dropping of your non-perishable food donations in the bins located in our office reception area. The Food Bank will accept any food that is not perishable or packaged in glass containers. However, if you would like a list of their most needed items you can contact our office.

