



September is Peripheral Artery Disease (PAD) Awareness Month

What is Peripheral Artery Disease (PAD)?

Peripheral Artery Disease (PAD) is a chronic circulatory condition, which if left untreated can result in unnecessary limb amputations. PAD affects nearly 20 million Americans, and an estimated 200,000 of them suffer avoidable amputations every year.



Peripheral Artery Disease (PAD) is a chronic life-threatening circulatory condition. PAD causes narrowing or blockage of the vessels that carry blood from the heart to the legs. The primary cause of PAD is a buildup of plaque in the arteries. This occurs when arterial inflammation, cholesterol, calcium and scar tissue build up forming plaque that clogs the arteries and slows the blood flow to the legs. The more the plaque builds up on the inside walls of blood vessels carrying blood from the heart to the arms and legs, the more the arteries lose flexibility and narrow, putting the patients at greater risk.

Risk factors for PAD, as identified by the Center for Disease Control (CDC), include smoking, high blood pressure, diabetes, high cholesterol, and age over 60. PAD patients are at high risk of developing critical limb ischemia (CLI), a chronic condition that results in severe pain in the feet or toes, even while resting. Complications of poor circulation can include sores and wounds that won't heal in the legs and feet. Left untreated, the complications of CLI could result in amputation of the affected limb.

PAD patients are also at greater risk for heart attack and stroke.

Symptoms

Blockages can restrict blood flow to the muscles, causing muscle cramps, tightness or weakness, especially during activity. In the early stages of PAD, patients may not experience any symptoms. If PAD is not treated, though, blockages may continue to grow and restrict, or even completely block blood flow. Common symptoms include:

- Leg pain when walking
- Muscle pain or cramping in legs and calf triggered by activity
- Leg numbness or weakness
- Coldness on lower leg or foot
- Sores on toes, legs or feet that won't heal
- Change in the color of legs.

We offer PAD testing in our office. If you have symptoms or feel you might have PAD, please don't wait. Talk to our podiatrists about getting tested for PAD. It can be treated, but the sooner it is diagnosed, treatment will be more successful.

September 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 Inspirational Quote



The question isn't who is going to let me; It's who is going to stop me?? Ayn Rand

A small but profound change in your perspective can do all the difference. Should we be asking ourselves the question who is allowing us to strive for excellence? Or should we become proactive and start taking what want. If you choose the first option, you will always depend on others and their approval. But with the mental attitude of "who's going to stop me," you free yourself from the dependency of others.

Help us Help Homeless Children



The Children First Leadership Academy inspires students to be critical thinkers, problem solvers and active citizens. The school serves the whole child by providing transportation, Food, Clothing and Medical Care.

100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, school supplies.

We will have collection bins located conveniently in our reception area. To obtain a list of their current needs, please contact our office or go to their website at

<http://cfaphoenix.org/donate/current-needs-list/>

Please consider making a donation – It will make a difference to child in need.



Just a sample of the generosity of our patients in past years that helped this organization.

Fall Risk Awareness Day is September 23rd

Did you know that 1 out of every 4 persons age 65 or older falls each year in this country? 1 out of 5 falls result in a broken bone or head injury and can be fatal. Could you be at risk? Risk factors can include Neuropathy, Muscle Weakness, Poor Balance, Poor Vision, foot or ankle deformities, and even the medications you take can put you at risk for a fall.



If you feel you may be at risk of a fall, reviews are not affecting your risk. Find a good Balance and Exercise program, and get regular hearing and vision exams. Clear your home of any obstacles that might make you fall, and talk to your family. They want to help.

If you feel you might be at risk, the most important step to take is to make an appointment with one of our podiatrists who are trained in assessing fall risk, and recommending methods to reduce that risk. If you would like more information go to www.myfallrisk.com, or just simply talk with one of our doctors. Don't live with a fear of falling, do something to prevent it before it happens to you.

Make Fitness a Family Affair

What better way to teach your children healthy habits than by being active as a family? One of the goals of the U.S. Surgeon General's Report on Physical Activity and Health is to get the whole family involved in exercise. That is why the last Saturday of September has been designated "National Family Health and Fitness Day!"



There are so many things to do as a family that are health, promote fitness, and just plain fun to do as a family. Whether you want to stay close to home or begin an adventure, there are plenty of things to do. Here are just a few suggestions:

1. Wash the car together.
2. Host your own family Olympics. Pick activities your whole family enjoys, such as kickball, hopscotch or hot potato with a Frisbee.
3. Rake leaves together – feel free to jump in the pile when you're done!
4. Plant a garden. You can make it kid-friendly by using planters rather than planting directly into the ground.
5. Go hiking, biking or walking at a nearby park.
6. Take advantage of your local community center's pool and playground, even if it's just for 30 minutes.

Regardless of which activity you choose, being active as a family is good for the body and mind. It is a fun time for adults to show kids how to do something healthy and positive. So get out there on the 28th of September and have some healthy fun with your family, and be sure to carve out a little time to stop by our Foot Health Fair that day!

Yoga and Chronic Pain

Pain itself is defined as an unpleasant sensory and emotional experience. It is also the way the brain interprets this information that contributes to the experience as well. Chronic pain is an ongoing condition persisting longer than six months.

With Chronic pain the body can become more sensitive to the threat of possible pain symptoms leading to feelings of fear and anxiety. The brain can become more likely to interpret situations as threatening, and sensations as painful.

One of the reasons chronic pain is so difficult to control is that you are not only dealing with the physiological symptoms, but the emotions and stress that go along with it, often resulting in new issues to contend with, such as the fear of worsening or triggering pain, and the anxiety around the persistence or re-emergence of pain.

Chronic pain can also result in the following physiological and psychological symptoms and changes.

- Muscle tension changes because the body is in a constant state of “alert.”
- Breathing changes. The breath is more shallow and shaky.
- How we move changes dramatically as we try to protect the area of pain. Sometimes people will stop all movement that they deem extraneous while others will continue to push it, stopping only when the pain is so intense that they can't continue.
- Body image (how we view ourselves) changes.
- Thinking patterns change: we are less optimistic and our emotions may be more changeable.

How can Yoga Help?

Despite the seemingly unchanging nature of chronic pain for those who suffer with it, yoga is actually quite beneficial in both decreasing the pain and in changing our relationship and response to pain.

1. Mild to moderate exercise actually decreases physical pain.
2. The increased flow of oxygen to the brain and muscle tissues in yoga improves your energy levels and sense of well-being.
3. Combining breath awareness with the physical movements of a yoga practice helps release muscle tension held in your body.
4. For people with certain conditions, such as arthritis, moving your joints through their range of motion and stretching your muscles can decrease the intensity of your pain or relieve your pain completely.
5. Practicing yoga on a regular basis may affect your response to pain, decreasing your level of perceived suffering.
6. Although chronic pain can worsen our ability to handle other stresses in our lives, regular yoga practice can improve stress management and can have a feedback effect on improving chronic pain.

So if you suffer from Chronic pain and other related issues, give Yoga a try. It is a simple way to relieve some of your pain.



A Treat for your Diabetic Feet

By Shannon and Marie

Mixed Berry Kebabs With Lemon-Ginger Yogurt Dip



Dip Ingredients:

- ½ cup nonfat vanilla Greek yogurt
- 2 packets Splenda No Calorie Sweetener
- ¼ teaspoon ground ginger
- 1 teaspoon lemon juice

Kebabs Ingredients:

- 1/3 cup fresh blackberries
- 1/3 cup fresh raspberries
- 1/3 cup fresh blueberries
- 2 skewers

Directions:

1. Mix dip ingredients together until smooth.
2. Skewer berries to make two kebabs. Serve each kebab with ¼ cup yogurt dip.

Recipe Yield: 2 Servings

Serving Size: 1 kebab and ¼ cup yogurt dip

Nutritional Info: (per serving)

- Calories: 80
- Fiber: 3 grams
- Protein: 6 grams
- Carbohydrates: 14 grams
- Sugars: 10 grams

Note: To lessen the sugar amount, do not use any Splenda sweetener (tastes just as good!!)



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

SEPTEMBER 2019

Stop by and see the new styles from Telic Sandals Now Available at Fixing Feet Institute

Telic uses a material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support. Available in our office in several different styles and colors.



September Dates to Remember

- September 2nd – Labor Day
 - September 7th – National Grateful Patient Day
 - September 8th – National Grandparents Day
 - September 12th – National Day of Encouragement
 - September 15th – Wife Appreciation Day
 - September 18th – Aging Awareness Day
 - September 23rd – Fall Prevention Day
 - September 25th – Nat'l Women's Health and Fitness Day
 - September 28th – Family Health & Fitness Day
 - September 28th – 2nd Annual Foot Health Fair →
- September is also: Self-Care Awareness Month
<http://www.evolvetolive.org>
P.A.D. Awareness Month
<https://cardiovascularcoalition.com>

Mark your Calendar for our 2nd Annual Foot Health Fair

Saturday, September 28
11:00 am – 3:00 pm

14823 W. Bell Rd – Suite 100
Surprise, AZ

Free Circulation Screening
Fall Prevention Demonstrations
Free Product Samples
Free Give-Aways
Raffle Drawings
Free Food/Drinks