



Podiatry for the whole family.

Central CT Foot Care Center

VOLUME 3 ISSUE 3

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Stinky, Sweaty Feet!

If you are like a lot of patients we see, you probably have sweaty, smelly feet that can be more than just a nuisance. **Sweaty feet** are a common disorder in which the sweat glands of the feet produce excessive sweat. Persons with this condition usually have a genetic predisposition or are under stress which activates the brain to produce more sweat to keep the body cool. The cause for sweaty feet is increased perspiration from the more than 250,000 sweat glands in the foot due to increased body temperature. This results in sweaty, smelly feet that do not itch or appear to have a rash. A **smelly foot** is a common condition in children and adults who wear shoes on a daily basis. People with smelly feet may also suffer from sweaty feet. Most people with this condition will have sweaty and smelly feet year round, not just in the hot summer months. The odor is produced by bacteria and/or fungus that grows in the shoes and attaches to the skin. Some bacteria actually eat away the top layer of the skin producing a foul odor.

SPECIAL POINTS OF INTEREST:

- Sweaty feet don't just occur in the hot summer months—they happen all year!

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What Can You Do?

Hygiene is very important to help prevent smelly feet. Feet should be washed daily with soap and water and clean dry socks worn. Some synthetic materials used in shoes, when mixed with sweat and bacteria, can produce smelly feet. Your foot and ankle surgeon will recommend one of a variety of treatments for this condition. Available in our office is Formadon, an antiperspirant used to combat both sweaty and smelly feet. Formadon is used twice a week, or as prescribed by the doctor, and reduces the bacteria that causes the problem. Another popular item in our office for smelly, sweaty feet is the Aetrex Copper-Sole Socks, which wick away the moisture from your feet and prevent bacteria, fungi, and odors from breeding. Finally, the SteriShoe uses germicidal ultraviolet rays to kill 99.9% of microorganisms that are growing in your shoes. Be sure to ask for these products during your next appointment!



Product of the Month: Heel Fissure Packs



If you are looking to get your feet in tip-top shape for the spring and summer sandal season, or to get your feet feeling healthy again, try our new heel fissure packs. Designed for patients with deep cracks, calluses, and dry, scaly skin, this pack contains two products: Gormel Crème and Healthy Feet Buffing Pad. Gormel Crème is designed specifically for those with dry, cracked, and rough skin. It adds elasticity to your skin, making it feel soft and smooth. The Healthy Feet Buffing Pad breaks down that dry, cracked skin, thus helping the Gormel Crème work its best. Between the months of March and April, take \$2 off. Must mention this newsletter to obtain discount.

*Even if you
are not Irish,
Happy St.
Patrick's Day!*



Picking a Good Shoe

Many patients come to us looking for shoe recommendations. It's a common question we hear at Central CT Foot Care. Here are some general tips on what you should look for when purchasing new shoes:

- Avoid shoes that have seams over areas of pain, such as a bunion.
- Avoid shoes with heavy rubber soles that curl over the top of the toe area (such as seen on some running shoes), as they can catch on carpets and cause an accidental fall.
- Flat shoes (with a heel height of one inch or less) are the healthiest shoes for your feet. If you must wear a high heel, keep to a heel height of two inches or less, limit them to three hours at a time and take them off coming to and from an activity.
- Laced, rather than slip-on shoes, provide a more secure fit and can accommodate insoles, orthotic devices, and braces.
- Look for soles that are shock absorbing and skid resistant, such as rubber rather than smooth leather.

Available exclusively in our office is the Aetrex Shoe System, which provides customized shoe selections based on your foot type. These are not the types of shoes you would typically see at your podiatrist's office! Stylish, current, and full of variety, these are shoes that you will be proud to wear!

Meet Your Team!

Carol Vazquez, Podiatric Medical Assistant

We are pleased to introduce Carol Vazquez who has been with our office since December 2010 as our bilingual medical assistant.

Carol, the oldest of six children, grew up in Queens, NY and moved to Connecticut when she was 14. A more hectic environment in Queens, she appreciates the laid-back atmosphere in CT. Carol graduated from Weaver High School in Hartford.

Previous to working in our office, Carol worked for three years at Jumoke Academy, a charter school in Hartford as the Chief Financial Officer's assistant. She then decided it was time to follow her heart and did a complete career change, receiving her medical assistant diploma from Fox Institute of Business in Hartford last July.

Carol went into the medical field because she enjoys working with people. She has always been interested in the medical field. Of her new job, Carol is learning a lot of new things in her first medical job, especially with regards to X-rays and procedures. A day that she can help people is a gratifying day for Carol!

Carol has three children: Manny: 9, Jaiden: 4, and Jade:3. In her spare time Carol likes to read and dance, spending time with her family and friends. Carol can be reached at carol@centralctfootcare.com.



Jenn's Recipe Corner

Cherry Dessert Squares

A recipe of my mothers, this is an always popular, easy recipe for anytime of the year. I like to add a hint of almond extract to the Cool Whip and if served for the holidays, garnish with sprinkles.

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| 1 1/4 cup graham cracker crumbs | 8 oz. room temperature cream cheese |
| 1/4 cup sugar | 1 cup confectioner's sugar |
| 1/4 melted butter | 1 can cherry pie filling |
| 1 container Cool Whip | |

Combine graham cracker crumbs, sugar, and melted butter and mix well. Press into 8 inch pan and bake at 350 degrees for 8 minutes. When finished, cool. Whip cream cheese and sugar and spread over cooled crust. Spread 1 can cherry pie filling over



Birthdays

We are no longer able to print all of the names of people who have birthdays because of our growing patient list. We still wish you a very Happy Birthday and a wonderful birthday year! Join us in wishing our March and April patients a "Happy Birthday!"

Patient Referrals

We think it is the greatest compliment when patients refer other patients to our practice. We thank you for trusting us not only with your care, but the care of your loved ones as well! Remember patients who refer other patients to our practice receive rewards— so make sure they put your name under referred by on the new patient form. Patient referrals are a small token of our appreciation and are sent out every three months.

New Patients

We know that you have a choice in choosing a podiatrist and we would like to thank you for selecting Central Connecticut Foot Care Center for your foot and ankle care. We would like to thank 35 patients in January and 61 patients in February who are trusting us with their health!

Welcome

Central Connecticut Foot Care Center, LLC

Dr. Tina A. Boucher, DPM
Charleen Guenter, Patient Care Coordinator
Jennifer Casey, Podiatric Medical Assistant
Carol Vazquez, Podiatric Medical Assistant
Jenn Bartlett, Project Manager



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