



Podiatry for the whole family.

Central CT Foot Care Center

VOLUME 3 ISSUE 2

JANUARY/FEBRUARY 2011

Common Winter Foot Problems

SPECIAL POINTS OF INTEREST:

- Be especially careful in the winter months, when there are icy and slick conditions. Ankle sprains and fractures are a common winter problem.

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1. **Dry, Itchy Feet:** Believe it or not, both of these complaints will often root from the same problem! Warm, dark, humid environments create a delightful home for fungus! Dry feet are a sign of sweaty feet and sweaty feet are a precursor to fungal feet.

2. **Wet, Cold Feet:** With all the snow and slush in the winter, it's difficult to NOT get any in your shoes. Children leaving wet boots in the hall and walking around in socks just leads to problems. Keep your feet DRY and safe with Aetrex Copper Socks, sold in our office.

3. **Heel Pain:** Your shopping, sledding, skiing, and all the while your feet are taking a beating. Increased activity, weight changes, and improper shoes can all lead to serious, unmanageable foot pain. Be sure to wear great supportive shoes all through this activity packed season.

4. **Ankle sprains:** It's icy and slippery out and you have so much to do... FAST. Decorating, shopping, skating, sightseeing... all this activity in such a short amount of time can significantly increase your chances for sprained ankles. Again, be sure you're wearing the correct shoes for your activity, and slow it down!



Will You Be Our Friend?

Will you be our friend if we BRIBE you?.. We're offering all our patients the opportunity to be "our friend" AND the chance to win a Dunkin Donuts Gift Card.

1. Friend us on Facebook: Central CT Foot Care
2. Follow us on Twitter: Central CT Foot Care
3. Comment on our blogs, www.centralctfootcare.blogspot.com and www.dancersfeetct.blogspot.com.

Drawings will be every Thursday during the months of January and February for the gift card! Watch to see if you've won on our blog, www.centralctfootcare.blogspot.com.

Shoe of the Month: Betsy



The Betsy from Dr. Comfort is one of our most popular shoes here at CCFC. Betsy is perfect for dress or casual with hand-burnished leather. This shoe comes in sizes from 4 to 12 and in widths of narrow to extra-wide. Betsy has a no-slip sole, which is perfect for the winter months.

Remember if you are diabetic are you able to get one pair of shoes each calendar year. Make an appointment today to order your pair for 2011. Will you order Betsy or one of our other popular shoes?

Whether you
spend it with
family, friends, or
co-workers, have a
glorious
Valentine's Day!



New Year's Foot Fixes

As the ball drops and rings in another exciting New Year, many enthusiastic revelers will sport their favorite pair of sassy slingbacks and other types of fashionable high-heels. However, American women often pay a hefty price for their New Year's footwear- resulting in blisters, arch and heel pain, and much more! Start the New Year off on the right foot with these sole-saving, New Year's footwear solutions, with these products available on our website through OurDoctorStore.

Problem: Burning sensation on the balls and toes of the feet.

Solution: Douse foot flames with **Dr. Jill's Gel Ball of Foot Cushions (Self-Sticking and Reusable) \$12.** The soft gel surrounds the painful area and reduces the pain by transferring pressure from the foot to the cushion. Cushions are designed to be used over and over and can be used in all styles of shoes.

Problem: Shoe soles can be hard on feet, especially near heels.

Solution: **Dr. Jill's Gel Heel Cushions (Self-sticking and Reusable) \$12.** These are designed to cushion and protect the heel with each step we take. The cushions provide long lasting comfort for heel pain.

Problem: Slingbacks can dig deep into heels, leaving blisters and painful abrasions.

Solution: **Engo Blister Protection Patches (Available in oval or rectan-**

Meet Your Team!

Billie Jo Westfort, Office Manager

Billie Jo has worked locally in many different ventures, but you may recognize her and her husband from Westfort Farms, which they run. At Westfort Farms they maintain the greenhouses, as well as selling items from their farms. Billie Jo also works part-time for Hunter's Ambulance as a Medicare Biller, where she met Madeline, a former employee of the company.

Born in Washington State, Billie Jo moved to Connecticut after meeting her future husband, Richard, while on vacation visiting her aunt. She decided to move to Connecticut and she and Richard have been married eighteen years. They have four children: Christina, 18, Erica, 17, Alyssa, 16, and Richard III, 13.

Active in the farming community, Billie Jo and her children have shown sheep at local fairs and have won 4-H awards in the past. Along with farming, Billie Jo enjoys gardening and cooking.

Billie Jo is working on several projects in our office, including getting the Aetrex Foot Care System, as well as Electronic Medical Records (EMR). The benefit of EMR is going paperless and having all of your information located in one central location.

Billie Jo can be reached at: billiejo@centralctfootcare.com



Jenn's Recipe Corner

Macaroni and Cheddar Cheese, from Rachael Ray

This is the dish that my husband requests the most. I leave out the cayenne pepper, add extra nutmeg, and make extra sauce by using 2 cups of whole milk and 3 cups of very sharp, good quality, cheese. I also top it with bread crumbs with melted butter. Enjoy!

1tbl vegetable or olive oil
 2 tbl butter
 3 tbl flour
 1 ½ C whole milk
 3 C shredded white cheddar cheese
 ½ tsp. nutmeg
 ¼ tsp. cayenne pepper
 Salt and Pepper
 1 lb. elbow macaroni, cooked 8 minutes or to al dente

Heat a medium, deep skillet over medium heat. Add oil and butter. When butter melts into the oil, add flour and combine. Gently cook, whisking flour and butter together, until smooth and flour has had a chance to cook, about 3 minutes. Slowly add milk while continuing to whisk. Gently bring milk to a bubble while stirring frequently. Allow the milk to thicken a bit, then stir in 2 cups of shredded cheddar cheese a handful at a time. Season sauce with nutmeg and cayenne. Taste and add a



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 January and February 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 those in November and December 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
Billie Jo Westfort, Office Manager
Jenn Bartlett, Project Manager



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FourSquare, and our two blogs,
www.centralctfootcare.blogspot.com
and www.dancersfeetct.blogspot.com.**