



Podiatry for the whole family.

# Central CT Foot Care Center

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## These Shoes Were Made For Walking (and Running)

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Just like milk in your refrigerator and cans in your pantry, your athletic shoes have a specific shelf life. Unfortunately, shoes have no expiration date noted on the bottom. Nevertheless, there are a number of factors that you should consider before sending your shoes “out to pasture.”

How long your athletic shoes will last depends on several factors, including how often you wear them, whether you run or walk, how your foot functions, and your workout condition and mileage. Contrary to popular opinion, however, you cannot always tell whether a shoe is worn out by visual inspection. With the technologies available today, the outer sole can hold up and not show deterioration even after the shock absorption and stability capacities of the shoe are gone.

Wearing old athletic shoes, specifically for running, or wearing the wrong type of shoes for your foot or for a specific sport can lead to injuries. For example, running in a shoe that no longer provides traction, support, and cushioning can lead to a number of musculoskeletal complaints, among them heel pain, shin splints, and stress fractures. A basic rule of thumb for runners is to replace shoes every 300-500 miles. Other factors to consider are:

**Type of shoe/type of foot:** Ask your podiatrist about specific shoes that are best for your foot type. Some shoes are designed to accommodate pronation or supination, and your doctor can give you good reasons to choose one brand over another.

**Environment:** A humid climate can contribute to a shoe’s rapid breakdown because running in a wet shoe will overstretch the upper part of the shoe while over-compressing the lower part.

**Body type:** Your body weight is a big factor in determining which shoe is best for you. In general, the more you weigh, the more cushioning your feet will need to withstand the impact.

**Usage:** The amount you wear your shoe and how many miles you log can also affect the life of your shoe. Runners and walkers can easily track their mileage. Shoes used outside will break down more rapidly than those in the gym.

About halfway through the life of your shoes, buy a second pair to rotate in during workouts. Having a newer pair as a point of reference will also help you identify the feel of shoes that have run their course.

Your feet can last a lifetime, but your shoes are not designed to do the same. Replace worn athletic shoes as often as needed and work with your podiatrist to keep your feet healthy and injury free.

Check out our blog <http://www.centralctfootcare.blogspot> for the perfect running shoes for your foot type.



## Product of the Month: Dr.'s Remedy Nail Polish

It's almost summertime and the digits on your feet want to show off! What should you do if you have ugly fungal toenails? One product you can use is Dr.'s Remedy Enriched Nail Polish. This polish acts as an antifungal medication for your diseased nails and is a way to cover up those unsightly nails as well. Dr.'s Remedy is made with Vitamins C and E to promote healthier skin and nails, and wheat protein and amino acids. It is a natural polish with tea tree oils and garlic bulb extract, which are naturally occurring antifungal ingredients. What's NOT in this product is Formaldehyde, a chemical that has been proven to cause cancer, DBPs, and Toluene.

Now through June 30th, 2011, get \$2 off the price of Dr.'s Remedy Nail Polish. Must mention newsletter to get discount.



*Happy  
Mother's  
Day and  
Father's  
Day!*



## Watch Out at Your Nail Salon

While having a pedicure at the local nail salon may seem like a luxury that you deserve, it's a good idea to keep your eyes and ears open and to make sure that you keep your feet safe by following a few easy tips.

If you schedule your pedicure first thing in the morning, you may find that the foot bath is the cleanest it will be all day. If you can't be the first customer, however, make sure that the technician cleans both the tub and filter before your pedicure.

If at all possible, bring your own pedicure tools to the salon. Bacteria and fungus can be easily transferred from person to person on these tools, especially if the salon does not use proper sterilization techniques. Never allow technicians to use blades or knives to cut your calluses or to eliminate thick, dead skin. Only use pumice stones, foot files, or exfoliating scrubs. Once you soak your feet for a few minutes, this thickened skin can be easily sloughed off with these types of tools.

The pedicurist will trim your nails straight across. Do not let them dig into the sides of the nails or try to trim out ingrown nails. If you think you may have an ingrown toenail, see a podiatrist immediately.

Only healthy nails should be painted with colored polish. Make sure to change the polish frequently and to check your nails when the polish is off. Signs of fungus and other nail problems can often be hidden under nail polish, so be vigilant in checking your nails.

If your skin bleeds or gets nicked at the salon, make sure to carefully clean and disinfect that area and then watch for signs of infection. Check with your podiatrist immediately if you have any signs of redness or skin irritation after your salon visit.



# Product of the Month: Moszkito Sandals

No matter how hard we try, sometimes here at Central CT Foot Care, we cannot break people of wearing flip-flops. The average flip-flop has no support and you might as well be going barefoot. In September and October, the number of heel pain cases dramatically rises compared to other months because people have been wearing flip-flops all summer.

Even the most intuitive person may have trouble deciding between the countless flip-flop color and style choices. Select a pair that has some support and is unable to bend in half to minimize foot pain often caused



by flip-flops. Blisters are typically caused by poor-fitting straps, so choose a style made of natural materials, such as soft leather, and make sure the foot does not hang off the edge. Heel pain sufferers should avoid flip-flops. However, there are exceptions to this rule. If you're one of those people who is going to wear flip-flops no matter what, you might as well wear a flip-flop that is good for you. We recommend the Moszkito flip-flop, sold exclusively in our office. Not found at FootPrints or Payless! These Fashionable

Sandals for men and women offer a built-in 16-millimeter arch support. Maximum support meets relaxed styling! Also included is a leather full-grain top cover, leather straps lined for comfort, and firm but Flexible rubber EVA middle and outer soles. The Archy Sandal provides a contoured footbed that looks great and feels even better! Wear them all day and into the night. You'll love them.

Now through June 30th, get \$10 off your order of Moszkito sandals. Must mention this newsletter to get the discount.

## Jenn's Recipe Corner

### Apple Maple Turkey Burgers with Maple Dijon Sauce

For Sauce:

1/4 c mayo 1 tbs. Dijon mustard

2 tbs. maple syrup

\*Stir together

For Burger:

1 1/4 lbs. ground turkey 1/4 c bacon bits

1/2 c apple sauce 1 tsp. poultry seasoning

2 tbs. maple syrup 1/2 tsp. salt

1/4 tsp. salt



\*Heat grill over medium heat. Combine all ingredients and form 4 patties. Place on grill and cook 5-6 minutes per side or until done. Top with sauce.



## 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 May and June 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 68 patients in March and 40 patients in April 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  
Kevin Potrepka, Billing Manager  
Jenn Bartlett, Project Manager



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