



Podiatry for the whole family.

Central CT Foot Care Center

VOLUME 3 ISSUE 1

NOVEMBER / DECEMBER 2010

Diabetes Awareness Month

SPECIAL POINTS OF INTEREST:

- **November is National Diabetes Awareness Month. Commit to taking the best care of your feet.**

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Are you a diabetic? Doctors recommend that you visit a podiatrist every three months for a check-up on your feet. The American Podiatric Medical Association also has the following guidelines for diabetics:

Inspect your feet daily. Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.

Wash your feet in lukewarm (not hot!) water. Keep your feet clean by washing them daily. Use only *lukewarm* water – the temperature you would use on a newborn baby.

Be gentle when bathing your feet. Wash them using a soft washcloth or sponge. Dry by blotting or patting, and carefully dry between the toes.

Moisturize your feet – but not between your toes. Use a moist-

urizer daily to keep dry skin from itching or cracking. But **DON'T** moisturize between the toes – that could encourage a fungal infection.

Cut nails carefully. Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toe nails. If you have concerns about your nails, consult your doctor.

Never treat corns or calluses yourself. No "bathroom surgery" or medicated pads. Visit your doctor for appropriate treatment.

Wear clean, dry socks. Change them daily.

Avoid the wrong type of socks. Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).

Wear socks to bed. If your feet get cold at night, wear

socks. **NEVER** use a heating pad or hot water bottle.

Shake out your shoes and feel the inside before wearing.

Remember, your feet may not be able to feel a pebble or other foreign object, so always inspect your shoes before putting them on.

Keep your feet warm and dry. Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.

Never walk barefoot. Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.

Take care of your diabetes. Keep your blood sugar levels under control.

Don't smoke. Smoking restricts blood flow in your feet.

Get periodic foot exams. Seeing your foot and ankle surgeon on a regular basis can help prevent the foot complications of

This November will be the fourth anniversary of Dr. Tina A. Boucher, DPM's practice Central Connecticut Foot Care Center, LLC. We have seen many changes in those years and are pleased at where our practice is now. Our first office was located at 440 West Main Street, with two treatment rooms and minimal parking, and since March 2010

CCFC Turns 4!

we have been located at 807 Broad Street, which has three treatment rooms, a future procedure room, a shoe store, a digital X-Ray lab, and many parking spaces. Our staff has now grown from one (the doctor!) to five full-time and part-time employees.

Dr. Boucher and the CCFC staff would like to thank all of their patients for their continued sup-

port of our practice. Your referrals and business are the best compliment you can pay us!

Make sure to check us out on Facebook, Twitter, FourSquare, our website, www.centralctfootcare.com, and on the web for all things CCFC!

Shoe of the Month: Fashion Sneakers



Fashion sneakers are a comfortable choice, however, don't wear them when exercising because they don't offer the same support as an athletic shoe.

Other common problems when wearing this style include bromhidrosis, aka foot odor. To avoid sweaty and smelly feet, wear natural/synthetic blended

socks that wick away moisture. If wearing socks is not a preferred option, sprinkle powder into the shoe to absorb sweat or roll anti-perspirant like APMA-approved Certain-Dri directly into shoes. Shoe pictured is Aetrex's Eliza, sold in our shoe store.

Most chronic foot conditions can be cured with conservative treatment. Talk to your podiatrist today!



Holidays Hurting the Feet?

Lots of holiday shopping usually means lots of walking, sometimes running, and it can all add up to painful feet! A survey by the American Podiatric Medical Association shows the number one way women soothe their soles during the holiday madness is by moisturizing their feet. Stretching and massaging the feet are also on the list of favorite foot fixes. APMA offers a few more ways to keep your feet merry this holiday season:

Point Your Toes: Avoid toe cramping by raising, pointing, and curling your toes for five seconds each and repeat 10 times. You won't even break a sweat!

Massage Your Feet: Women like it because it works! Release tension, increase circulation, and rejuvenate the skin after a long day on your feet. Get out the lotion and rub those toes!

Elevate Your Legs: Reduce swelling by lying down and lifting legs above your heart.

Rotate Your Ankles: Relax your feet by rotating your ankles, cupping your heel and turning each ankle slowly five times. This loosens the ankle joints.

Wear Smart Shoes: No high heels! If you know you will be on your feet all day, wear comfortable shoes with arch support and a padded sole.

Meet Your Team!

Jennifer Casey is a recent addition to our office! She was hired in April, 2010 as a podiatric medical assistant. Jennifer graduated from Naugatuck High School in 2003 and received her Certified Nursing Assistant certificate from Naugatuck Valley Community College in 2005, her Medical Billing and Coding certificate in 2006 from Corporate Training Center, a division of Porter and Chester School and has recently received her Medical Assisting associate's degree from Branford Hall in Southington.

Previous to working in our office, Jennifer worked for Middletown Surgical Group for seven months. Her favorite part of being a medical assistant is the patients and even likes the paperwork aspect of the job! Of her new position at CCFC, she believes that she will enjoy learning new things in the field of podiatry.



Jennifer has been with her boyfriend Milton for 2 ½ years and they have a Yorkie/Terrier Mix dog named Jeter. Her hobbies include making candles, arts and crafts, watching movies, cooking, and spending time with her boyfriend's children: Madison, 5, and Andrea, 10.

Jennifer can be reached at: jennifer@centralctfootcare.com

Meet Your Team!

Charleen Guenter has been a part of our team since September, 2010 as one of our patient card coordinators. She was born in West Milford, NJ where she lived until she was 13, and moved to Moscow, PA where she lived for ten years. She is a graduate of North Pocono High School, class of 2002. She then attended Allied Medical and Technical Careers and graduated with a degree in Massage Therapy, which she is licensed to perform in the state of Pennsylvania. For a brief period in her life, Charleen moved back to NJ. Previous to working in our office, Charleen worked as a medical billing specialist at a durable Medical Equipment company.

Charleen relocated from NJ to Branford in April, 2010 to be with the love of her life, Charlie. Charlie and Charleen have been together for 2 years. They are best friends and are so excited to see what the future holds for them. They have 2 cats: a mother/daughter team Bella and Kimora, who were rescued before they ended in the pound and were separated. In her free time Charleen enjoys the great outdoors, ATV riding, hiking, swimming, camping and the beach. She also enjoys crafts, cooking, scary movies, books, and chatting with her mom on the phone in PA.

Charleen is very excited about her new position at CCFC and interacting one-on-one with our patients. Charleen can be reached at: Charleen@centralctfootcare.com.





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 November and December 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 55 people in September and 37 people in October 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
Madeline Torres, Podiatric Medical Assistant
Billie Jo Westfort, Office Manager
Jenn Bartlett, Project Manager



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FourSquare, and our two blogs,
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