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DIGITAL X-RAYS OFFERED IN

In order to keep our promise to continue to serve you better, we have added digital X-rays to our office! No longer will you have to travel elsewhere to have your x-rays taken.

We installed X-cel podiatry X-ray unit, one of the most popular and durable X-ray machines on the market. The low base on the unit makes it easier for patients to step onto the base. There are no X-ray films for the images to be transferred onto, but instead the image travels to the computer, where it is tagged and put in your electronic file. With digital X-rays we can zoom in to images and see more detail. This is particularly helpful with potential fractures when compared to standard X-rays.

X-cel was founded in 1946 by engineers and in 1950 they made their first podiatry X-ray machine. We are excited to be one of the first podiatrists in the area to offer this service on-site.



PRODUCT OF THE MONTH

It is summer and your digits on your feet want to show off. But what do you do if you have ugly fungal toe nails? One product you can use is Dr.'s Remedy Enriched Nail Polish. The polish acts as a anti-fungal medication for your diseased nails and as 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 which contains protein and amino acids. It is a natural polish with tea tree oil and garlic bulb extract, which are naturally occurring anti-fungal ingredients. What's NOT in this product is Formaldehyde, a chemical that has been proven to cause Cancer, DBPs, a potential development and reproductive toxin that may cause birth defects (it is even banned in Europe!), and Toluene, a chemical that the EPA restricts in our drinking water; which can cause nervous system disorders and liver and kidneys damage.

We sell Dr.'s Remedy Enriched Nail Polish in many colors, including their 2010 line: Vigor (Violet), Brilliant (Blue), Lively (Lilac), as well as reds and pinks. Visit www.remedynails.com to check out their complete line of nail polishes. Now through July 31, 2010, get \$2 off the price of each Dr.'s Remedy Nail Polish in our office only.



AERTEX SHOE SYSTEM NOW IN



Congratulations to our graduating patients! Best of luck in all of your future endeavors!

Within the next few weeks our office will have the Aetrex Shoe System, the latest in footwear, orthotics, and shoe accessories. No longer will you have to travel to FootPrints in Newington to get custom shoes just for you! Our office will have samples of the many different types of shoes Aetrex offers.

The first part of the process is our iStep, a foot analysis device with over 3,500 sensors that measures the specific spots pressure is exerted by your foot. This scan of your foot then travels to our computer, where footwear recommendations are made.



We believe, along with Aetrex, that there are three essentials in customizing footwear that works specifically for you. First, your foot size is critical for getting the best fit and comfort. You will not wear the same shoe size your entire life, and Aetrex makes a variety of shoes in many widths. Second, your arch type needs to be identified. Are you a low, medium, or high arch foot? There are different foot wear needs for each arch type and person. Last, Aetrex's orthotics help create a pressure free zone in your shoes so you can walk and do your activities pain-free.



Aetrex's shoes are not shoes that you would typically see in a podiatrist's office: big, bulky, and sometimes quite unflattering. For women, their Essence Collection has wedges, fashion flats, comfort casuals, and sport casuals. The Sandalistas are stylish and current with popular colors. There is also the Berries line, fun and colorful, perfect for fall, as well as Athletic and Running Shoes.



For men, there are Athletic and Running shoes as well as dress shoes in many different styles for the office and casual shoes for when you are not at work.

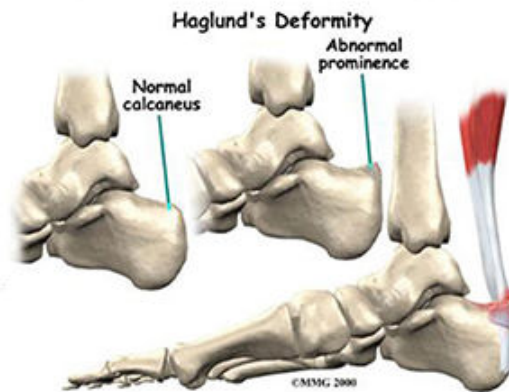
The final step in the Aetrex process is the Lynco orthotics, which will be recommended based on your personalized scan on the iStep. There are three different

PUMP BUMP

Haglund's Deformity (also known as "pump bump" or "retrocalcaneal bursitis") is a painful enlargement of the back of the heel bone that becomes irritated by shoes.

It normally appears as a red, painful, swollen area in the back of the heel bone. Women tend to develop the condition more than men because of the irritation from rigid heel counters of shoes rubbing up and down on the back of the heel bone.

The Haglund's Deformity presents as a red, painful, and swollen area in the back of the heel bone (calcaneus). Patients may also develop pain upon motion of the ankle joint and after activity due to irritation of the Achilles Tendon. The syndrome usually occurs in females in the 2nd to 3rd decade, due to the irritation of the rigid heel counter of the shoe rubbing up and down on the back of the heel bone.



Your doctor will attempt one of a few simple therapies. In the mild cases, padding of the area may be indicated. Your doctor may recommend alternative shoe styles, including open back shoes. Oral anti-inflammatory medications and cortisone injections may also help diminish the acute inflammation of the heel. Orthotics or arch supports may also be fabricated to prevent recurring symptoms. If conservative therapy fails, surgery will be utilized to correct this painful condition. Surgery consists of removal of the excess bone.

Other treatment options:

There are different treatment options for Haglund's Deformity. Below are some of the options we would present you with at our office.

- **Ultrasound:** Using a mild electrical current to deliver relief to the affected area.

Have a safe
and healthy
Fourth of
July!



Welcome



NEW PATIENTS

We know that you have a choice when choosing a podiatrist, and we would like to thank you for choosing Central CT Foot Care Center, for your foot and ankle health. We'd like to thank 90 people in April and 50 people in May who are trusting us with their care!

BIRTHDAYS

We are no longer able to list every patient who has a birthday because of our growing patient list. We still wish you a very Happy Birthday and a wonderful birthday year! Join us in wishing our June and July patients a "Happy Birthday!"

PATIENT REFERRALS

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

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Foot Care for the Entire Family!