Feet 'N Beyond of New Jersey, P.A.

Podiatric Medicine, Surgery & Wound Care

188 Mountain Avenue, Hackettstown, NJ 07840

FootNEWS December 2017

Call for an appointment (908) 576-0880
www.feetnbeyond.com

Our Office

Feet 'N Beyond of New Jersey, P.A.

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Office Clinical Hours

MON : 10AM - 5PM
TUE : 10AM - 5PM
WED : 10AM - 6PM
THU : 10AM - 5PM
FRI : 10AM - 5PM
SAT : 9AM - 3PM*

* by appointment only

We accept all major insurances include Medicare, HMO, cash, and CareCredit

We Take Foot Health to the Next Level

Socialize With Us…

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Our Free Foot Exam Offer

https://youtu.be/EzvP2RsXuLA

5 Tips To Keep Your Feet Happy This Holiday Season

The holidays are in full swing and our feet must carry us through days of shopping, cooking, decorating, visiting and traveling.

Take good care of your feet so they will take good care of you! Here are our top 5 holiday foot care tips to keep you cruising through holiday fun:

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5 Tips To Keep Your Feet...

- **Keep your feet warm and dry in cold weather.** Wear padded socks made of wool and synthetic fiber blends to wick away moisture and prevent blisters and fungal infections. Take off wet shoes and socks as soon as possible and put on snug, dry footwear and socks.
- **Prevent skin dryness and cracking.** Apply a rich, emollient foot cream or lotion every day. Avoid the area between the toes, especially if you have diabetes.
- **Take a break!** Walking for long periods on hard surfaces like tile, hard wood floors and concrete can really strain your feet. Sit and rest with a hot drink every couple of hours.
- **Limit the time you spend in high heels.** These shoes cause your weight to press on the ball and heel of your foot and can result in inflammation and injury. Your gait and posture are affected, possibly injuring the Achilles tendon, foot arch and muscles in lower legs and feet.
- **Break shoes in before wearing.** If you are traveling, don't pack new shoes - your visit may be spoiled by blisters and sore feet. Wear new shoes for brief periods to break them in before venturing out.

History FootNote

Although a foot neuroma was documented by Queen Victoria's chiropodist in 1845, it was named Morton's neuroma in 1876 after Philadelphia physician and surgeon Thomas G. Morton.

Pamper the Feet with These Holiday Gift Ideas

Are you having trouble finding the perfect gift for that special someone? Why not give the gift of foot health with these suggestions that will pamper those tired tootsies:

- **Foot care travel kit.** Gather some travel-sized foot care items and tuck them into an attractive zippered pouch. Be sure to include a rich foot cream, nail clippers and emery board, blister pads and antibiotic ointment, anti-fungal cream and sunscreen.

- **Warm booties or slippers.** These are perfect for an elderly person or someone in a nursing home. Some have aromatherapy built right in for extra comfort.

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Celebrity Foot Focus

Aerosmith's lead singer Steven Tyler might sing out "Walk this way," but he suffers from chronic pain and gnarled toes caused by Morton's neuroma.

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Pamper the Feet with....

- **Luxury spa foot care package.** Use your imagination to put together unusual and luxurious foot care products. Look for Himalayan salt foot scrub, beeswax foot balm and exotic soaps and oils. Place all in a reusable decorative bag or an attractive basket.
- **Foot massager.** Invite a masseuse right into your home with a portable foot massager. Some models come with heat as well as kneading and rolling motions that target and soothe the toes, arch, heel and sides of the feet.
- **After bath slippers.** Indulge in terry slippers made specifically for stepping out of the bath or shower. Some unique versions have loofah soles that exfoliate while you walk.
- **Diabetic socks.** For those with diabetes, specially designed socks are non-elastic and seamless for extra comfort and to minimize friction to skin and nerves.

Trivia

If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.

A. True
B. False

If you answered A, you're right! Heel pain is the No.1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament on the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.

Joke of the month

1. Where do Santa and his reindeer go to get hot chocolate while flying in the sky?
Star-bucks

2. What do you call the fear of getting stuck in a chimney?
Santaclaustrophobia

Word Search

I W G A I T B U N I O N S A R
C G S N E U R O M A R V X M E
I M E T A T A R S A L G I A U
N O S X K E S Z T H T K P S B
G L A Q N E R V E E Y W A S L
H A M M E R T O E E N M I A I
P R O N A T I O N L V D N G S
I P I I N J E C T I O N O E T
N O D A T H L E T E K E S N E
J S I N F L A M M A T I O N R
U T T D I A B E T E S V Z Z S
R U I A E R O S M I T H R S Y
Y R S Z O R T H O T I C X H D
D E F O R M I T Y M U S C L E
P O D I A T R I S T U B Y K Q

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Word Search

metatarsalgia	sesamoiditis	inflammation	podiatrist
Aerosmith	pronation	deformity	injection
hammertoe	blisters	athlete	bunions
massage	tendon	diabetes	orthotic
posture	neuroma	injury	muscle
icing	nerve	pain	heel
gait			

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See Answer at: www.ami-solutions.net/feetnb/nl/2017/dec/Answer.pdf

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Meet our Doctors

Dr. Helene T. Nguyen & Dr. Yong J. Zhu

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