



Affiliated Podiatrists, Inc.

December 2009 Newsletter

“When your feet hurt... You hurt all over”

Robert J. Rosenstein, DPM
Jennifer A. Zienkowski, DPM
Michael G. Coppers, DPM



Symptoms

- Sudden, severe pain to the joint
- Redness
- Swelling
- Inflammation
- Warmth to the area
- Tenderness

Risk factors

- Excessive weight gain
- Eating purine rich foods
- Excessive alcohol intake
- High blood pressure
- Family history, sex, and age
- Abnormal kidney function

What is Gout?

Have you ever been woken up in the middle of the night and your joint feels as if it were on fire? The joint is hot, swollen and so tender that even the weight of the bed sheets is extremely uncomfortable. These problems could indicate an attack of gout.

Gout is a disorder that results from the build-up of uric acid in the tissue or a joint. A gouty attack starts with sudden, severe pain, tenderness, redness, warmth, and swelling in the joint. The pain is caused by inflammation when urate crystals are deposited in tissue or in the fluid that cushions a joint. These crystals are made up of uric acid, a substance produced when the body breaks down purines found in human tissue and foods we eat. Uric acid is carried through the bloodstream to the kidneys, which eliminates it from the body in urine. If the body produces too much uric acid or if the kidneys don't eliminate enough of it, uric acid can build up in the blood. This condition is called hyperuricemia and can lead to gouty attacks.

No one can predict when an attack might occur for someone with hyperuricemia. Risk factors for developing gout include excessive weight gain, heavy alcohol intake, high blood pressure, and abnormal kidney function. Many times, however, it is difficult to say what triggers an attack.

In diagnosing gout, a foot care specialist will take your personal history and examine the affected joint. Laboratory tests and x-rays may be ordered to determine if the inflammation is caused by something other than gout.

Initial treatment of an attack of gout typically includes the following:

- Medications.
- Dietary restrictions. Foods and beverages that are high in purines should be avoided.
- Fluids. Drink plenty of water and other fluids each day. Avoid alcoholic beverages, this will cause dehydration.
- Immobilize and elevate the foot. Avoid standing and walking to give your foot a rest. Also, elevate your foot to help reduce the swelling.

The symptoms of gout usually resolve in three to ten days with treatment. If gout symptoms continue despite the treatment, see your primary care physician for treatment that may involve taking daily medication. In cases of repeated episodes, the problem must be addressed, as the build-up of uric acid over time can cause arthritic damage to the joint.

Hallux Rigidus

What is hallux rigidus?

Hallux rigidus is a disorder of the joint located at the base of the big toe. It causes pain and stiffness in the big toe, and with time it gets increasingly harder to bend the toe. "Hallux" refers to the big toe, while "rigidus" indicates that the toe is rigid and cannot move.

Because hallux rigidus is a progressive condition, the toe's motion decreases as time goes on. In its earlier stage, motion of the big toe is only limited, this condition is called hallux *limitus*. But as the problem advances, the toe's range of motion decreases until it reaches the end stage of rigidus, where the big toe becomes stiff, or a frozen joint. Other problems are also likely to occur as the disorder progresses.

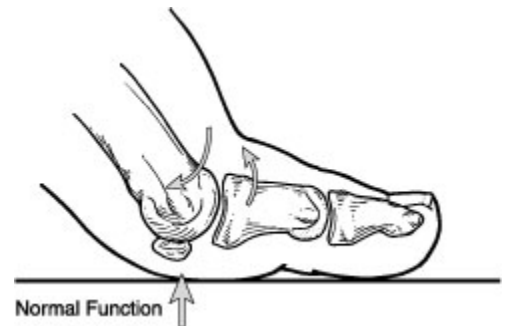
Early signs and symptoms include:

- Difficulty with certain activities (running, squatting)
- Swelling and inflammation around the joint
- Pain and stiffness in the big toe
- Pain aggravated by cold temperatures
- Pain, even during rest
- Difficulty wearing shoes
- Dull pain in the hip, knee, or lower back due to changes in the way you walk
- Limping, in severe cases

If you find it difficult to bend your toe up and down or find that you are walking on the outside of your foot because of pain in the toe, see your doctor right away. Hallux rigidus is easier to treat when the condition is caught early.

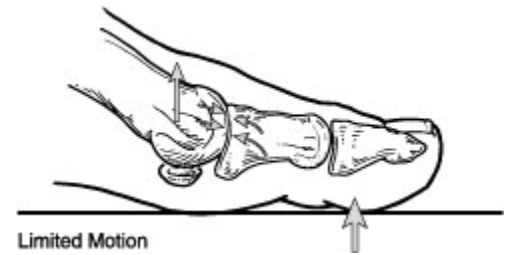
In diagnosing hallux rigidus, a foot specialist will examine your feet and bend the toe to determine its range of motion. X-rays are usually required to determine how much arthritis is present and any other abnormalities that may have formed.

If your condition is caught early enough, it is likely to respond to a less aggressive treatment. In many cases, early treatment may prevent or postpone the need for surgery in the future. That's why it is important to see a podiatrist when you first begin to notice symptoms.



Normal Function

Hallux rigidus implies limitation of the 1st MPJ motion to less than 65-75° of dorsiflexion and 20-30° plantarflexion.



Limited Motion

Signs

- Swelling around the joint
- Inflammation and redness
- Pain
- Stiffness in the joint
- Loss of range of motion

Important News About You!

the SHOE STORE

While there are many brands of diabetic shoes on the market, our focus is offering shoes that are therapeutic along with having a sense of style. We have selected the best shoes on the market for therapeutic use. Visit our store open Monday through Friday and review quality shoes from Aetrex and Dr. Comfort.

We offer a full line of Medicare approved diabetic shoes and keep a wide range of sizes in stock. Often times this allows us to dispense shoes the day you come in for a fitting.

If you or someone you know is diabetic, we suggest making an appointment with Terry for a personal shoe fitting. Please feel free to stop buy and browse our selection.

Meet Our Staff:

- * Robert J. Rosenstein, DPM
- * Jennifer A. Zienkowski, DPM
- * Michael G. Coppers, DPM
- * Louise, Office Manager
- * Terry, Shoe Store Manager
- * Nancy, Patient Coordinator
- * Kellie, Financial Administrator
- * Jennifer, Podiatric Assistant
- * Kenny, Podiatric Assistant
- * Robin, LPN
- * Nicole, Radiology Technician

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! **We would like to proudly welcome the following new patients:**

<i>Daryl M.</i>	<i>Daniel P.</i>	<i>Alicia B.</i>	<i>Mark C.</i>
<i>David S.</i>	<i>Josie C.</i>	<i>Cheryl H.</i>	<i>Margaret M.</i>
<i>Bridget N.</i>	<i>John K.</i>	<i>Regina K.</i>	<i>Mary Ellen B.</i>
<i>Mary O.</i>	<i>Robert R.</i>	<i>Constance G.</i>	<i>Donald R.</i>
<i>Cameron B.</i>	<i>Cheryl K.</i>	<i>Sydney I.</i>	<i>Shyla H.</i>

Thanks for allowing us the chance to serve you!

FREE FOOT SCREENING

**Friday, January 29, 2010
From 10-2pm**

**Meet Dr. Jennifer Zienkowski,
the newest member of
Affiliated Podiatrists Inc.**

FREE Refreshments
FREE Literature
FREE Foot Care Samples

We want to help you discover your proper shoe size and provide appropriate foot care!

**COME ALONG AND BRING A
FRIEND**

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a December birthday. We have a large patient population with a birthday in December, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

Outdoor Ice Skating Returns to University Circle

Skate arm-in-arm with your date, slap the hockey puck around with your buddies, cut figure eights, or glide merrily along to the tune of your favorite Christmas carol.

**Rink will reopen on December
7th - February 16th**

FREE to all!!!

Affiliated Podiatrists, Inc.
Dr. Robert J. Rosenstein, DPM
Dr. Michael G. Coppers, DPM
Dr. Jennifer A. Zienkowski, DPM
7537 Mentor Ave, Ste 311
Mentor, Ohio 44060
Phone: (440) 946-5858
Fax: (440) 918-4870

The staff and physicians of Affiliated Podiatrists, Inc. would like to wish all of our patients and their families a very merry holiday season and a Happy New Year!

A Christmas Story House

The memorable Christmas Story house, newly restored, is open all year round to the public for tours.

Directly across the street from the house is the official A Christmas Story House Museum, *which* features original props, costumes and memorabilia from the film. Among the props and costumes are the toys from the Higbee's window, Randy's snowsuit, the chalkboard from Miss Shields' classroom and the award winning leg lamp.

Come join the many devoted fans

Tickets and Admission

Adults: \$7.50
Children 7 to 12: \$5.50
(Children 6 & under: FREE)

Contact Information:

3159 W. 11th St.
Cleveland, Ohio 44109
(216) 298-4919

Peppermint Bark

Ingredients:

8 ounces (about 1-1/3 cup) dark chocolate, chopped
8 ounces (about 1-1/3 cup) white chocolate, chopped
6 peppermint candy canes

Preparation:

1. Unwrap candy canes. Place the candy canes in a large Ziploc bag and seal tightly. Use a rolling pin to smash the candy canes into a size you desire.
2. Prepare a cookie sheet by covering it with aluminum foil.
3. Melt and temper dark chocolate. Pour the chocolate onto the prepared cookie sheet use an offset spatula to spread it to a uniform 1/8" thickness. The chocolate does not have to reach all sides of the sheet, as it will be broken up later anyhow. Place the tray in the refrigerator to firm up for 15 minutes.
4. While the dark chocolate hardens, temper the white chocolate.
5. Remove the tray from the refrigerator and spread the white chocolate in an even layer over the dark chocolate.
6. While the white chocolate is still wet, sprinkle the chopped candy cane pieces over the entire surface evenly. Press down very slightly to ensure they stick. Place the tray back in the refrigerator to firm up for 30 minutes.
7. Once bark is completely set, break into small, uneven pieces by hand.