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# Affiliated Podiatrists, Inc.

## January

## 2010

“When Your Feet Hurt...You Hurt All Over!”

### *What is Chilblains*

Chilblains is a painful reaction of the blood vessels in the skin when exposed to cold temperatures. The cold exposure damages capillary beds in the skin, which can cause redness, itching, blisters and inflammation. When they are warmed too quickly, your blood vessels expand in the response to the heat. As a result, your blood vessels become inflamed, which causes chilblains.

### **TREATMENT**

Treatment for chilblains entails protection of the part of body exposed, avoid rubbing to try to warm frozen tissues. Refreezing of the body part can be destructive. Rewarming of the frozen body part in a footbath with water at 700-800° Fahrenheit.

## Chilblains

### *What Causes Chilblains?*

Chilblains is usually the result of an abnormal reaction of the body to cold. It tends to develop on skin that is exposed to cold and is then warmed too quickly. It can occur after, for example, warming hands directly in front of a heater or fire. The cooling and rapid heating can cause small blood vessels under the skin to expand more quickly than your blood vessels can handle. It results in a blockage and blood leaking into nearby tissues. It is unclear why this occurs in certain people.

### *Signs and Symptoms of chilblains:*

- Burning sensation on the skin
- Changes in skin color from red to dark blue, accompanied by pain
- Inflammation of the skin
- Possible blistering
- Possible ulceration
- Small, itchy red areas on the skin
- Swelling

### *How to Prevent Chilblains*

- Avoid or limit exposure to cold. Dress Warm!
- Cover all exposed skin when going outside in cold weather
- If skin is exposed to cold, be sure to warm it gradually
- Improve blood flow by using alternating hot and cold footbaths
- Keep active. This helps improve circulation.
- Make sure damp winter shoes are dry before wearing them. Do not put on cold, humid shoes.
- Moisturize feet regularly. This stops them from drying out and the skin from cracking.

## Treatment

Treatment for traumatic fractures depends on the break itself and may include these options:

- **Rest.**
- **Rigid or Stiff-Soled Shoe.** Wearing a stiff-soled shoe protects the toe and helps keep it properly positioned.
- **"Buddy Taping."** "Buddy taping" the fractured toe to another toe.
- **Surgery.** If the break is displaced or if the joint is affected, surgery may be necessary.

Treatment of metatarsal fractures depends on the type and extent of the fracture, and may include:

- **Rest.** Sometimes rest is the only treatment needed to promote healing of a stress or traumatic fracture of a metatarsal bone.
- **Avoid the Offending Activity.** Because stress fractures result from stress, it is important to avoid heavy activity. Crutches or a wheelchair are sometimes required to offload weight from the foot to give it time to heal.
- **Immobilization, Casting, or Rigid Shoe.** A stiff-soled shoe or other form of immobilization may be used to protect the fractured bone while it is healing.
- **Surgery.** Some traumatic fractures of the metatarsal bones require surgery, especially if the break is displaced.
- **Follow-Up Care.** Your podiatrist will provide instructions for surgical or non-surgical treatment. Physical therapy, exercises and rehabilitation may be provided for the healing process.

## Toe and Metatarsal Fractures

The structure of your foot is complex, consisting of bones, muscles, tendons, and other soft tissues. Of the 26 bones in your foot, 19 are toe and metatarsal bones.

### What is a fracture?

A fracture is a break in the bone. Fractures can be divided into two categories: traumatic fractures and stress fractures.

Traumatic fractures are caused by a direct blow or impact to the foot or toes. Traumatic fractures can be displaced or nondisplaced. If the fracture is displaced, the bone is broken in such a way that it has changed in position. Treatment of a traumatic fracture depends on the location and extent of the break.



Signs and symptoms of a traumatic fracture include:

- You may hear a sound at the time of the break
  - "Pinpoint pain"
  - Deviation of the toe
  - Bruising and swelling
  - It is not true that "if you can walk on it, it's not broken"
- Evaluation by your podiatrist is always recommended

Stress fractures are tiny, hairline breaks that are usually caused by reoccurring stress to the foot. Stress fractures often affect athletes who, for example, increase their running mileage. Or they may be caused by an abnormal foot structure, deformities, or arthritis. Incorrect footwear may also lead to stress fractures. Stress fractures should not be ignored, because they will reoccur unless properly treated. Symptoms of stress fractures include:

- Pain with or after normal activity
- Pain that goes away when resting and then returns when standing or during activity
- "Pinpoint pain" (pain at the site of the fracture) when touched
- Swelling, but no bruising

# 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
- \* Michael G. Coppers, DPM
- \* Jennifer A. Zienkowski, DPM
- \* Terry, Shoe Store Manager
- \* Kenny, Patient Coordinator
- \* Debbie, Patient Coordinator
- \* Kellie, Financial Administrator
- \* Jennifer, Podiatric Assistant
- \* Robin, LPN
- \* Nicole, Radiology Tech

## **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:

Ada K.	Katherine C.	Vernon F.	Paul R.	Virginia P.
Louis M.	Kelly D.	Isabella F.	Irene K.	James M.
Daniel E.	Marion C.	Dorothy B.	Kristen S.	Kristaq S.
Gail K.	Henry S.	Charles C.	Marion M.	Jeanne S.
Toshiko K.	Kay F.	Chad E.	Terrill Q.	Jacob G.
Bud C.	Norma C.	Thomas S.	Douglas H.	Randall s.
Barbara D.	Charles M.	Julie P.	Jared H.	Rick M.

**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 physician at  
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 January birthday. We have a large patient population with a birthday in January, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

*Affiliated Podiatrists Inc would like to  
wish all of our patients and their  
families a wonderful New Year!*

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## *Attention Patients!*

We love adding a recipe to our newsletter each month. We thought it would be great to include favorite recipes from our patients.

If you want to submit your recipe, you can drop it off at the front desk.

Each month one recipe will be drawn from all that are submitted and featured in the newsletter. Be sure to include all ingredients, directions and your name.

Please submit those recipes....you may be featured in our next newsletter!!!

## *Barb's Chicken Soup*

### **Ingredients:**

- 8 c. water
- 4 chicken bouillon cubes
- ½ tsp. black pepper
- ½ tsp. salt
- ½ tsp. poultry seasoning
- ½ tsp. garlic powder
- 2 lg. stalks of celery, sliced
- 3 carrots, sliced
- 1 medium white onion, chopped
- 2 c. cooked shredded chicken breast
- 2 c. uncooked egg noodles

**\*Use your taste preference when seasoning\***

Cook raw chicken in water with bouillon cubes until chicken is no longer pink- I bring to a boil once, let sit without heat for 15 minutes, then bring to another boil for about 5 minutes depending on thickness of chicken breast. Remove chicken (debone if necessary), let cool and add onions, carrots, and celery to the water over medium heat. Bring to boiling before adding shredded chicken and uncooked noodles. Stir and reduce heat to medium. Cook 10 minutes or until noodles are tender. Stir often.

Deliver to sick friends A.S.A.P!