



Affiliated Podiatrists, Inc.

October 2009 Newsletter

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

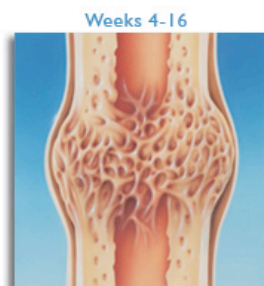
“When your feet hurt, you hurt all over”



Hematoma (or Inflammation)



Soft Callus



Hard Callus



Remodeling

Cigarette Smoking and Bone Healing

Did you know that there is evidence associating impaired bone healing with cigarette smoking? Smokers are at a greater risk for delayed healing after fractures. In fact, doctors are now offering their patients the opportunity to enroll in a program to stop smoking before elective surgery.

Despite the known health risks associated with cigarettes, millions of Americans continue to smoke. Much has been reported on the adverse affects of cigarette smoke in wound healing. Recent experimental work and clinical observation have demonstrated the risk of impaired bone healing associated with cigarette smoking. Smokers have a longer time for the bones to obtain a union of the fracture site. Healing in non smokers is 33% shorter than in smokers. Doctors advise that you should definitely stop smoking during treatment time. This can cut down on the need for further surgical intervention.

Millions of Americans continue to consume cigarettes despite the fact that the literature indicates the public has been aware for at least two decades that smoking poses health risks. Heavy smokers have been found to underestimate significantly direct consequences of their smoking behavior.

Did you know there are more than 4700 chemical compounds, including 43 cancer causing substances, have been found in cigarette smoke. Nicotine, carbon monoxide, and hydrogen cyanide are the elements of cigarette smoke associated with impairment of the healing process.

To promote faster healing, doctors recommend quitting smoking. Did you know that some insurance companies will provide the tools to help you quit smoking?

When should you wash your hands?

Although it's impossible to keep your hands germ-free, there are times when it's critical to wash your hands.

Always wash your hands:

- After using the toilet
- After touching animals or animal waste
- Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- Before eating
- After blowing your nose
- After coughing or sneezing
- Before and after treating wounds or cuts
- Before and after touching a person sick or injured
- After handling garbage
- Before inserting or removing contact lenses



Hand Washing: An easy way to preventing infection

Hand washing is an easy habit that can help you stay healthy. Learning the benefits of good hand hygiene, when to wash your hands and how to clean them properly.

Hand washing is a simple habit, something most people do without thinking. When done properly, washing your hands is one of the best ways to preventing infection. This very easy habit requires only soap and warm water. Do you know the benefits of good hand hygiene and how to wash your hands properly?

Dangers in not washing your hands

Despite the health benefits of hand washing, many people don't wash their hands as often as they should. Daily you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, and pets. By not washing your hands, you can infect yourself, as well as other people, with these germs.

Proper hand-washing techniques

Follow these instructions for washing your hands:

- * Wet your hands with warm water and apply liquid soap. Lather well.
- * Rub your hands vigorously together for at least 15 to 20 seconds.
- * Scrub all surfaces, including the backs of your hands, wrists, in between your fingers and under your fingernails.
- * Rinse well.
- * Dry your hands with a clean or disposable towel.
- * Use a towel to turn off the faucet.

Important News About You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big **THANK YOU** to the following patients who have sent us a referral this month:

Wanda G. Kelly R.
Dolores W. William C.
Laura F. Allison K.
Michael T. Robert V.
Susan H. Maria R.
Gabriella C. Amy T.
Lois K. Pat S.

THANK YOU FOR THESE

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:

Margaret C.	Mindy P.	Karen R.	Dawn W.
Jacquelyn L.	Tammy E.	Linda M.	Patricia P.
Jessica F.	Eric S.	Allan B.	Earl T.
Ariva B.	Amelia D.	Eileen S.	Robert B.
Edmund N.	William L.	Taylor T.	Theodore K.
Bonnie Z.	Donna A.	Evan R.	Tina S.
Carolyn S.	Selma P.	Lana P.	Douglas N.
Andrew B.	Roberta B.	James L.	Sharon N.

Thanks for allowing us the chance to serve you!!

Community News



Event Information:

October 16, 17, 23, 24, 30
Ride times: 6:30, 7:00, 7:30, 8:00,
8:30 pm

Lake Metroparks Farmpark
8800 Chardon Rd.
Kirtland, OH 44094
(440) 256-2122

Price: \$4-5
Children, 2 and under FREE

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 an October birthday. We have a large patient population with a birthday in October, so unfortunately we can not list all of you. We hope each one of you enjoys

Meet Our Staff:

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

the Shoe Store

While supplies last get a **FREE Tote Bag** with your favorite Cleveland Football team logo with a purchase of any Clark shoes.

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

1			8		6	5	
			9	1		2	
	8			5	7		9
						9	
	5	3		4		1	7
	4						
5		2		9			3
	9			7	5		
	7	6			2		5

Trick or Treat

Safety Tips

Here are some helpful tips to make your quest for candy a safe one!

1. Children should go out only during daylight unless accompanied by a responsible adult.
2. Plan a safe route so parents know where their kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves.
3. Stop only at familiar houses in your own neighborhood.
4. Instruct your children not to eat any treats until they are examined by you.
5. Instruct your child to never go into the home of a stranger or get into their car.
6. Make sure your child carries a flashlight, glow stick or reflective tape on their costume to make them more visible to cars.



Recipe of the Month

CREAM CHEESE FILLED PUMPKIN ROLL

- | | |
|-------------------------|-----------------------|
| 6 whole eggs | 1 tbsp. cinnamon |
| 2 c. white sugar | ½ tsp. ginger |
| 1 1/3 c. canned pumpkin | ½ tsp. nutmeg |
| 2 tsp. lemon juice | ½ tsp. salt |
| 1 ½ c. flour | 2 c. walnuts, chopped |
| 2 tsp. baking powder | |

Beat eggs on high speed for 5 minutes. Gradually beat in sugar. Stir in pumpkin and lemon juice. In a separate bowl, mix together cake flour, baking powder, cinnamon, ginger, nutmeg and salt. Fold into pumpkin mixture. Spread into metal jelly roll pan that is lined with baking paper. Top each roll with 2 cups chopped nuts. Bake at 350 degrees for 15 minutes. Turn on very well powdered sugar towel. Roll and refrigerate.

FILLING:

- 2 c. powdered sugar
- 12 oz. cream cheese
- 1/2 c. butter
- 2 tsp. vanilla

Beat all ingredients together until mixture is smooth. Unroll chilled cake and spread with filling. Re-roll cake. Chill overnight.