

# Affiliated Podiatrists, Inc.

## March 2010 Newsletter

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

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### WHAT IS ONYCHOMYCOSIS

Onychomycosis is a fungal infection of the toenails. Onychomycosis causes your toenails to become thick, discolored, and disfigured. The toenails can become so thick that they press against the inside of the shoes, causing pressure, irritation, and pain.

### TREATMENT

Onychomycosis is difficult to treat because nails grow slowly and receive very little blood supply. However, advances have been made in treatment and may include oral medication, a topical medication that is applied to the affected toenails or a combination of both. Topical medication should only be used if less than half of the nail is affected or if you cannot take the oral medicines. Taking an oral medication should be supervised and be damaging to the liver. Treatment can take as long as six months to a year.

## Onychomycosis

### WHAT CAUSES ONYCHOMYCOSIS?

Onychomycosis is caused by three main classes of organisms: dermatophytes which infect hair, skin, and nails and feed on nail tissue, yeasts, and nondermatophyte molds. All three classes cause the same symptoms, so the appearance of the infection does not reveal which class is responsible for the infection. Dermatophytes is the most common cause of onychomycosis worldwide. Yeasts cause 8% of cases, and nondermatophyte molds cause 2% of onychomycosis cases.

### SYMPTOMS OF ONYCHOMYCOSIS

Onychomycosis is divided into subtypes that can be identified based on symptoms.

- In distal lateral subungual onychomycosis, the nail plate is thick with a cloudy appearance, underneath the nail thickens and hardens, and the nail separates from the bed underneath. The nail can range from white to brown in discoloration.
- In endonyx onychomycosis, the nail plate has a milky white discoloration, and does not separate from the bed.
- White superficial onychomycosis usually appears in the toenails. Small white speckled or powdery-looking patches appear on the surface of the nail plate. The nail becomes rough and crumbles easily.
- In proximal subungual onychomycosis, an area of white spotting, streaking develops near the nail fold and may extend to deeper layers of the nail. The nail plate becomes white near the cuticle and remains normal at the end.

## Obesity and Foot Care

Your feet support your entire body and weight. The support structure of the entire body will lead to wear and tear on the feet. Obese individuals are more likely to have foot conditions because of the excess weight he or she is carrying. When you are walking, the pressure on your feet can exceed your body weight. When you're running, the pressure can be as much as four times your weight. Obesity substantially increases pressure and may cause ankle pain, foot pain, and swelling.

## Childhood Obesity & Foot Care

Children who are obese are damaging the nature of their feet and are risking abnormalities and deformities as they grow and develop. Obese children may experience problems such as, heel pain, ankle pain, flattened and wider feet, and unstable balancing while walking. The extra weight can also lead to strain on the bones, muscles and ligaments, resulting in the collapse of the arch and flattening of the foot.

Since obese children are suffering from foot pain, they are less likely to exercise. Any exercise, no matter how simple is a must for all children.

The effects of obesity may lead to long-term effects as they enter into adolescence and adulthood. These long-term problems include chronic foot, leg, and back pain.

## OBESITY on the rise

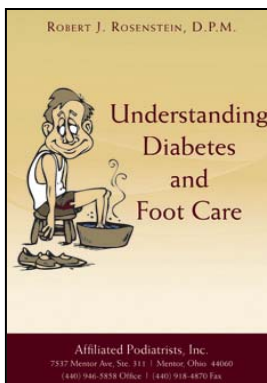
Millions of Americans are overweight or obese. Being overweight or obese puts you at risk for many diseases and conditions. Obesity may lead to development of heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Obesity is defined as having too much body fat. It is different from being overweight, which means weighing too much. The weight may come from muscle, bone, fat and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height.

Obesity occurs over time when you eat more calories than you use. The balance between calories-in and calories-out differs for each person. Factors that may cause obesity include genetic makeup, overeating, eating high-fat foods and not being physically active.

If you are obese, losing even 5 to 10 percent of your weight can delay or prevent some of these diseases.

Childhood obesity is also on the rise. Today, about 1 in 7 children are suffering from obesity. On average, more than one child in every classroom is obese. Obesity is causing a dramatic increase in childhood hypertension and type two diabetes. Healthy lifestyles filled with physical activity are the tools to fight childhood obesity.



If you or someone you know is suffering from Diabetes, Dr. Robert Rosenstein discusses its causes and treatment in his new book. Do not let diabetes slow you down. To order the Diabetic Foot Care booklet visit [www.drrobertrosenstein.com](http://www.drrobertrosenstein.com) or call 1-800-776-2420 Ext. 400

# 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 all of our patient's who have sent us a referral this month!

**THANK YOU FOR THESE REFERRALS!**

## 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:

Sandy T. Claire S.	Michael S.	Daniel P.	Susanne L.	William S.	
Pearl F. H.	Kathleen H.	Hannah S.	MaryAnna P.	Carol Z.	Debra
Opal A. Marilyn S. Celia C.	Carol S. Alexis D.	Meghan C. Louisa K.	Richard B. Gary M.	Molly F. Kristin	Hannah W. R.
Emily S. Vince E.	Cindy S. Patricia G.	Kathryn G. Madison C..	Marlene M. Frank L.	Monica B. Mary F.	Judy M. Michael S.

## 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.

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

## Success Story

A special THANKS for taking such special care of my mother. This was her first visit to your office and you treated her like "A Queen"! You made an 82 year old woman feel very special. She calls you her "angels"! Bless you all.

-Jeanette S.

## Affiliated Podiatrists, Inc.

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# Irish Shepherd's Pie

## Ingredients:

- 1 lb lean ground beef
- 1 medium onion, coarsely chopped (1/2 cup)
- 1 bag (12 oz) frozen mixed vegetables
- 2 cups diced tomatoes with Italian herbs, undrained (28-oz can)
- 1 jar (12 oz) beef gravy
- 1 3/4 cups water
- 2 tablespoons butter or margarine
- 1/4 teaspoon garlic powder
- 1/2 cup milk
- 2 1/4 mashed potatoes (dry)
- 1/4 cup grated Parmesan cheese
- 1 egg, slightly beaten

1. Heat oven to 375°F. Spray 12-inch skillet with cooking spray. Add beef and onion; cook over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain.

2. Set 12 peas (from frozen vegetables) aside for garnish. Add remaining frozen vegetables, tomatoes and gravy to beef mixture. Heat to boiling. Reduce heat to medium-low. Cover and cook 8 to 10 minutes, stirring occasionally, until vegetables are crisp-tender.

3. Meanwhile, in 2-quart saucepan, heat water, butter and garlic powder to boiling. Remove from heat; add milk. Stir in dry potatoes and cheese. Add egg; blend well.

4. Spoon beef mixture into ungreased 8-inch square (2-quart) or oval (2 1/2-quart) glass baking dish. With large spoon, make 6 mounds of potato mixture on top of beef mixture to resemble ghosts. Place 2 reserved peas on each mound to resemble eyes.

5. Bake 20 to 25 minutes or until potatoes are set and mixture is thoroughly heated

## *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!!!

