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FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to brendan@atlanticfeet.com

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Ingrown Nails

Myth: Putting cotton under your ingrown toe nails will relieve the pain.

BUSTED! Placing cotton under your toenails will actually cause more pressure to the nail bed. It is also dangerous because the cotton may be housing bacteria that can lead to infection and more complications.

Myth: The drug store sells topical over the counter medication that cures ingrown nails.

BUSTED! Some over the counter medication may relieve the pain but they do not actually take care of and cure the problem. Because it masks the pain the ingrown nail may get worse over time which can lead to infection.

Real Life Treatments for Ingrown Nails

Preventative Care:

1. Soaking your feet with room temperature water and massaging the side of the nail to bring down swelling can help prevent ingrown nails.
2. When you perform your own nail care at home make sure to cut the nail straight and not too short. A way to check this out is that you should be able to get your fingernail under the sides and end of the nail.
3. Wearing well fitting shoes and socks. Do not wear shoes that are too tight and small or too big and loose. These kinds of shoes can rub and cause excess pressure.

Correctional Care:

1. Regular nail care done by a sterile professional can keep the ingrown nails at bay. The sterile professional will also keep the area clean so no infections will occur.
2. Another option for reoccurring ingrown nails is nail removal where the part of the nail is cut out after the area is numbed up. A solution is then added to the area so that that part of the nail will never grown back.
3. Yet another option for your ingrown nail pain is laser treatment. This method is highly effective when the ingrown nail is caused by a fungal infection. This high tech approach is pain free and proven over and over again to be one of the best options.



Diabetic Recipe of the Month

Cinnamon Pumpkin Torte

Directions

1. Preheat oven to 350F. Coat a 9 x 13-inch cake pan with cooking spray.
2. Set aside 1 cup of yellow cake mix for topping.
3. Mix margarine and one egg and add to remaining cake mix. Press slightly dry mixture into bottom of pan to form a crust.
4. Combine pumpkin pie mix, two eggs, and evaporated skim milk. Pour over prepared bottom crust.
5. Mix the reserved cake mix, sugar and cinnamon and sprinkle over pumpkin filling.
6. Bake 40 to 45 minutes.

24 Servings

Recipe from
DiabeticGourmet.com



Ingredients

- ~ Nonstick cooking spray
- ~ 1 (18.25 oz) pkg low-fat yellow cake mix
- ~ 1/4 cup low-fat margarine, melted
- ~ 1 egg, slightly beaten (or 1/4 cup egg substitute)
- ~ 1 (30-ounce) can pumpkin pie mix (with spices already added)
- ~ 2 eggs, beaten (or 1/2 cup egg substitute)
- ~ 2/3 cup canned evaporated skim milk
- ~ 2 Tbsp sugar
- ~ 1 tsp cinnamon

Nutritional Information (Per Serving)

Calories: 163 **Sodium:** 256 mg **Chol:** 27 mg

Fat: 3 g **Carbs:** 31 g

Exchanges: 1-1/2 Bread/Starch; 1 Vegetable

MY UGLIEST PAIR OF SHOES PHOTO CONTEST

and the Winner is...



This photo entitled "Down and Dirty" was submitted by Brandy Scott Mai, and recieved the most votes!

Brandy wins a pair of custom orthotics (\$475 value) from Atlantic Foot & Ankle Specialists!

If you didn't win this year there's always next year!
Congratulations Brandy!

Our Services

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- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
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- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

free book on Diabetes and Your Feet

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The number one reason diabetics are hospitalized in the United States is foot infections!

Know the risks and complications before it's too late!

NO OBLIGATION!

For a **FREE COPY** of **Diabetes and Your Feet** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**

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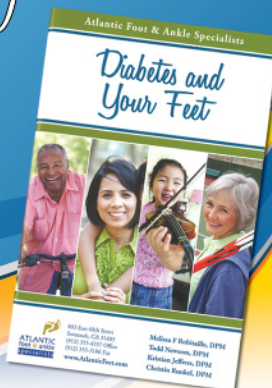
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