



GENTLE TOUCH FOOT CARE NEWSLETTER



www.drtheall.com

Winter 2018

310 Central Avenue · Suite 301 · East Orange, NJ · 07018 · Phone: (973) 673-FOOT(3668) · Fax: (862) 252-9542

Our Office

310 Central Avenue
Suite 301, East Orange,
NJ 07018
(973) 673-FOOT(3668)

Office hours:

Mon: 8:30am - 4:00pm
Tue: 1:00pm - 7:00pm
Wed: 8:30am - 4:00pm
Thu: 8:30am - 6:00pm
Fri: 8:30am - 4:00pm
Sat: 8:00am - 11:30am
(by appointment)

History FootNote

Throughout history, flat feet were seen as a sign of poor health and low class, while those with high arches were viewed as being of a higher class and more vigorous.

Office News

We wish all of our patients Happy Holidays and a Happy New year

To show our appreciation we are having a holiday giveaway of 3 – 32 Inch TV's

Anyone can enter by providing us with their e-mail, even family members who are not yet patients! Read on to find the information to learn how to enter.

3 Lucky Winners Will Be Chosen

Anyone Can Enter! Invite Friends and Family – One Entry per Person

Winners will be drawn at random. One entry per email address, IP address, and per person. Must be 18 years or over and a New Jersey resident to receive prizes. Contest ends at 12:00 pm on 1/31/18. Be sure to check your email for winners announcement starting on 2/1/2018.

Type this link to enter the giveaway: <http://bit.ly/2IONMew>

Did You Know?

We had our FREE pediatric screening last month! Many problems adults have with their feet usually come from issues they may have had in their youth. We evaluate children several times a year to educate the community about pediatric foot health. See our updated children's page on our website: <https://www.drtheall.com/childrens-feet.html> to learn more! If your child is experiencing leg or foot pain, please make an appointment.

In this newsletter, you will find articles with information about flat feet, how to prevent them from giving you pain and what to do for children with flat feet.continued on page 2

Celebrity Foot Focus

Angelina Jolie suffers from flat feet and probably wears custom-fitted orthotics to keep her comfortable in her very active life.

Trivia

To prevent stinky feet, you should use:

- A) Jasmine
- B) Black Tea
- C) Rosemary
- D) Cake batter

Answer: B.

Tannic acid from tea closes sweaty pores, dries the feet, and reduces odor. Dr. Oz recommends soaking your stinky feet in strong, tepid black tea for 30 minutes a day.

Foot Funnies



What is the foot surgeon's favorite Olympic event?
Arch-ery!

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Did You Know?

Orthotics Special

There is a special on new or refurbished orthotics this month at Gentle Touch Foot Care! It's that time of the year again when we offer our Holiday Special on UCBL depth orthotics to our patients. As you know, with regular usage, the orthotic, or "hard plastic part," is expected to last 4-6 years; however, the topcoat and postings may wear down sooner. Therefore, a refurbishment of your orthotics is necessary. With the refurbishment, your orthoses are restored to nearly new condition. Please note that during the holidays, a refurbishment can take as long as 3 weeks to be completed. We highly recommend that our patients have duplicate pairs of their orthotics to fill the potential "time gap". In order to help with the cost of additional pairs of orthotics and refurbishments, we are offering our Holiday Specials.

All Specials are Valid December 1, 2017 – January 31, 2018

- Choose any one type of duplicate orthotics for \$350 Regularly \$500
 - **1 Pair of Original Sport Orthotics** (a duplicate of the orthotics that were originally dispensed to you.)
 - **1 Pair of Dress Orthotics** – Dress orthotics are skinnier and less bulky. Dress orthotics are not as supportive as your sport orthotics but may be more convenient for you and your lifestyle.
- Choose to have your orthotics refurbished for **\$95 Regularly \$115**

Please Note:

- These specials require full payment by cash/check/credit card at the time of the order
- Your orthotics will be shipped to our office and you will be called promptly to come and pick them up, or for your convenience we can ship your orthotics to you for \$10.00 extra
- Orders may take up to 4 weeks for processing/delivery. Please order early for gift giving
- Due to the significant savings with these specials, no refunds are available
- ***This offer is **VOID** if insurance covers any of the above mentioned products and/or services***

If you would like to know more, visit our orthotic webpage <https://www.drtheall.com/orthotics.html>

Farewell to our Medical Assistant School Trainee

We also want to thank our most medical assistant school trainee, Danielle! Here last day was December 8th, and we will miss her. She has been a great help to us at Gentle Touch Foot Care during her time here

We Have the Solution for the Discomfort of Flat Feet

Do you have flat feet? There is an easy test that you can take. Just wet your feet and then stand on a bathroom tile or concrete sidewalk, or any flat surface that will show your footprint. If you can see the shape of your whole foot rather than just a portion, then you have flat feet.

The foot's arch has several important jobs, including absorbing lots of force during weight-bearing activities like walking and running. When the tendons that help form the arch pull together the right way, the foot will show a moderate arch. However, in those with flat feet, the arch collapses with weight-bearing so the entire sole is in touch with the ground.

Many of those with flat feet are born with this condition and it tends to run in families. Other causes include damaged tendons, rheumatoid arthritis, nerve problems and trauma such as a fracture. Weakened tendons, for example caused by pregnancy or the wear and tear of aging, can also cause flat feet.



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We Appreciate Your Loyalty

thank you!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or a family member. We truly appreciate when you refer friends or family to us. As our way of saying thanks, you will receive a \$10 gift card.

Find Us...



....continued from page 2 **We Have the Solution for the..**

Symptoms and Treatment for Flat Feet

Many individuals with flat feet have no symptoms, but others experience:

- Pain and aches in the heels and arches
- Feet that tire easily
- Difficulty standing on the toes
- Leg, hip and back pain
- Swollen soles

If you have no pain, you can continue your normal activities but avoid participating in high-impact sports like basketball and running on hard surfaces.

However, if you are experiencing pain and you must limit your activities, we can give you relief. Non-invasive therapies that will reduce pain and other symptoms from flat feet include:

- Resting
- Icing the area
- Stretching exercises
- Physical therapy
- Anti-inflammatory medication, with your doctor's permission
- Custom orthotics to support the arch

If your pain is severe or the foot is damaged, we will discuss surgical solutions with you.

A Word About Children and Flat Feet

It's very common for a baby's feet to be flat. You'll see the arches begin to develop by age 2 or 3.

You should, however, keep an eye on your child's feet and watch for any gait changes such as limping or walking clumsily. Excessive fatigue or pain during long walks may be a warning sign that something is wrong.

If you have any concern about your child's feet, walking habits or arch development, we'd be happy to help!

Make a New Year's Resolution to Take Good Care of Your Feet!

If you are like most of us, you have made a resolution or two for the New Year. We have one to add to your list: Take better care of your feet!

Those two hard-working feet will take you a long way through your lifetime and need attention to keep them in tip-top shape. Here's how:



- Check your feet every day. Look for any damage such as cuts, punctures, cracked skin or fungal infections. Don't forget between the toes and your soles!
- Wash your feet daily with warm, soapy water and a soft sponge or washcloth. Be sure to dry carefully, especially between the toes.
- After washing, moisturize your feet with a rich, emollient lotion or cream. This will keep your skin smooth and prevent cracking that can let in damaging bacteria.
- Empty out your shoe closet and donate shoes and boots that are too tight, too narrow or worn out. Use a few of those holiday gift cards to upgrade your shoe wardrobe. Shop late in the day when feet are largest and select shoes with a flatter heel and plenty of toe wiggle room.
- Keep your feet well-protected. Avoid going barefoot and limit wearing flimsy flip-flops to pools and the beach. Opt instead for sturdy sandals, and don't forget to apply sunscreen. Wear moisture-wicking socks in cooler or wet weather.
- Treat yourself to a professional pedicure, but vet the nail salon thoroughly in advance. Look for the proper license postings. Check the foot baths and equipment for cleanliness and make sure that all implements have been sterilized and are taken from new packaging.
- Add some simple feet, toe and ankle stretching exercises to your daily routine to maintain flexibility.

We wish you - and your feet - a happy and healthy 2018!

Recipe of the Month

Vegetarian Black Bean Chili with Ancho and Orange

The holidays are over and it's time to think healthy comfort food. This one fits the bill!

Ingredients

- 2 tablespoons canola oil
- 1 medium onion, cut into 1/4-inch dice
- 1 medium red bell pepper, cut into 1/4-inch dice
- 4 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne
- Kosher salt
- Pepper
- One 15-ounce can crushed tomatoes
- Three 15-ounce cans black beans, rinsed and drained
- 1 tablespoon honey
- 1 teaspoon finely grated orange zest plus 2 tablespoons fresh orange juice
- Cilantro leaves, for garnish
- Greek yogurt, for serving



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Bruce Theall
D.P.M.*



M. Adam Saleh
D.P.M

Directions

In a large saucepan, heat the oil. Add the onion and bell pepper and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Stir in the garlic, tomato paste, chile powder, cumin, oregano and cayenne and season with salt and pepper. Cook, stirring, for 1 minute. Add the crushed tomatoes, black beans, honey, 1/2 teaspoon of the orange zest and 2 cups of water and bring to a simmer. Cover and cook over low heat, stirring occasionally, until all the flavors meld and the liquid is slightly reduced, about 20 minutes. Stir in the orange juice and season with salt and pepper. Divide the chili into bowls and garnish with cilantro leaves and the remaining 1/2 teaspoon of orange zest. Serve with yogurt.

Recipe courtesy of foodandwine.com

What our patients are saying about us...

I came to see Dr. Theall due to pain in my feet, he was very personable. He educated me and took a personal interest in my health. I enjoyed seeing him. - Jean L

The entire staff which I call the dream team was wonderful, Vera, Anna, and Nikita all worked together to ensure my visit with my daughter was the best. Dr. Saleh was so patient, gentle and pleasant, you don't find that too often in one doctor. I highly recommend. - Sheena C

I had pain in my left heel and Dr. Theall really helped me understand my problem. - Jimmie H

