



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

October 2011

Starting a Walking Program for the Fall: What Shoes to Choose?



With the dog days of summer drawing to a close, many people are coming out from their air conditioning hibernation and hitting the streets of their neighborhoods to enjoy the fresh air and log some miles on their walking shoes. While it is true that anytime you move from a period of relative inactivity to a more active lifestyle, you run the risk for injury, we've got a few tips to help lessen your risk. Today we'll focus on shoe selection.

Did you know that a 150 lb person who walks just one mile exerts a force of 63.5 TONS on EACH ONE of their feet? This startling statistic, courtesy of the American Podiatric Medical Association, illustrates the beating that our feet take on a daily basis. To help protect the foot, it is important to make sure you have good walking shoes that are well suited to your foot type (low, medium, or high-arch) that fit into one of three functional categories (motion control, stability, neutral).

For those with low-arches, flat and generally straight feet, you want to select a motion control shoe. This would be a shoe that is straight shaped and the most rigid and resistant to twisting and bending.

Those with medium-arched feet, which are typically referred to as 'normal', should wear shoes that fall into the stability category of function, which have a slightly curved shape.

People with high-arched feet should seek a shoe from the neutral category. These would be shoes that are curved and the least rigid and resistant to twisting and bending.



If you have questions on what brand of shoes or type of shoes might be right for you, you may want to ask your podiatrist during your appointment today. He or she may have specific recommendations for you.

Six Locations to
Better Serve You!

BEAVERCREEK

1911 N. Fairfield Rd, Suite 210

CENTERVILLE

420 Miamisburg Centerville Rd.

DAYTON

1 Elizabeth Place, 4th Floor

DAYTON

5925 N. Main St., Suite D

SPRINGFIELD

202 S. Belmont Ave.

VANDALIA

69 N. Dixie Dr, Suite B

Contact Us:

1-937-426-9500

1-937-322-7607 (Springfield)

1-866-304-2735 (fax)

Website:

www.DaytonFeet.com

See inside
for a
BioFreeze
coupon!

An Apple Frittata So Good - It's Scary!

Baked Apple Frittata (*Approximately 4 servings*)



Ingredients

- Cooking Spray
- 1 ½ cups egg substitute
- 1/3 cup low fat (1%) milk
- ¼ cup unbleached all-purpose flour
- 2 large Granny Smith apples, cored, thinly sliced, and sprinkled with fresh lemon juice
- 1 tablespoon packed light brown sugar
- 1 tablespoon fresh thyme leaves

Directions

Preheat oven to 425°F. Lightly coat a 3-quart ovenproof pan with cooking spray. In a bowl, whisk together egg substitute, milk, and flour. Pour into prepared pan. Toss the apple slices with the brown sugar and thyme leaves. Arrange apple slices in the middle of the batter. Bake 8 to 10 minutes until frittata is puffed and golden brown. It should be set in the center when the pan is gently shaken. Cut into wedges and serve immediately.

Nutritional Information (per serving): 155 calories (4% calories from fat), 11 g protein, 1 g total fat (0.2 g saturated fat), 27 g carbohydrates, 3 g dietary fiber, 1 mg cholesterol, 199 mg sodium.

Diabetic exchanges: 1 very lean protein, 2 carbohydrate (1 bread/starch, 1 fruit)

Recipe and photo from DiabeticLifestyle.com

Get Your Pumpkin Fix with these Pumpkin Muffins

Pumpkin Muffins (*5 servings*)

Ingredients

- Cooking spray
- ½ cup canned solid-pack pumpkin
- 1 small ripe banana
- ½ cup 1% milk
- 1 tablespoon granulated brown sugar
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 large egg yolk
- 2 tablespoons raisins



Preparation

Preheat oven to 300°F. Lightly spray 5 cups of a standard muffin tin with cooking spray. Fill the 6th cup halfway with water (the other muffins will burn faster if you leave an empty cup. This is a good baking tip to keep in mind). In a food processor or blender, combine all ingredients except raisins until mixture is smooth. (if you don't have a food processor or blender, you can also use your handmixer.) Stir in the raisins. Spoon the mixture into the 5 prepared muffin cups. Bake for 45 minutes. Unmold and serve when cool enough to eat by hand or refrigerate for up to 1 week and serve cold.

Nutritional Analysis: 75 calories (17% calories from fat), 2 g protein, 2 g total fat (0.5 g saturated fat), 15 g carbohydrate, 1 g dietary fiber, 44 g cholesterol, 133 g sodium. Dietary exchanges: 1 carbohydrate (1 fruit)

Recipe and photo from DiabeticLifestyle.com

Fun Ways to Celebrate Fall With Your Family



Before winter's icy grip grabs hold of us, take some time out to enjoy some activities with your family or friends that take particular advantage of the mild temperatures and nice days associated with the fall.

Get pickin'. In the Dayton & Springfield areas, there are many farms where locally grown produce is available at very reasonable prices. In fact, at some farms you may even be able to pick your own straight off the tree, vine, or bush (depending on your produce of choice, of course). Apples and pumpkins are particularly plentiful this time of year. Visit www.pickyourown.org for a comprehensive listing of farms throughout Ohio and many other states.



Trick or treat. Get into the spirit of Halloween and wear a costume this year. You'll surely surprise some kids - and some parents - that come out for Beggars Night when you answer the door dressed in costume. Get creative when thinking about what you can wear for your costume - you may find what you need for the costume right there in your home! Or host a Halloween party where you ask everyone to come in costume and give out prizes for most creative, scariest, etc. You can serve 'scary' refreshments like 'monster eyeballs' (grapes), 'goblin guts' (spaghetti), and 'witches brew' (fruit punch).



Park it. The Dayton and Springfield areas are full of parks and recreational areas for hiking, camping, boating, etc. And with the leaves beginning to change, the trees will be especially beautiful. Bring a camera to take photos of the natural beauty around you. If you make it a family outing, you could also get some nice family photos!

Rake it or leaf it. Challenge the kids (and/or your spouse) to a raking race - have each participant start in a section of the yard and rake all the leaves they can into a pile for 10 minutes. At the end of 10 minutes, walk around and take a look at each pile to determine whose is the biggest or the neatest. Repeat this a few times until the raking is done. Then before you bag the leaves, combine them into a pile and let the kids jump in! Note: Make sure there are no big or sharp branches mixed in. You don't want any injuries!



Enjoy a hayride or a cornmaze. Do something that is decidedly fall and visit a corn-maze or take a hayride. There are many local places to visit that offer either or both of these fall favorites, so ask around or search online for a place convenient to you. Or if you are feeling particularly brave, check out a haunted house and see how spooked you get!

Take \$3.00 OFF
Biofreeze

At the time of payment, mention this coupon and receive \$3.00 off your purchase of Biofreeze.

Biofreeze provides penetrating, long lasting pain relief from arthritis, sore muscles & joints, back pain, and foot and ankle pain.

Jokes and Brainteasers

See all answers below.

Q1. A water Hyacinth is infesting the surface of a lake and every day it doubles in size. If it takes 10 days to totally infest the lake, at what day was the lake surface only half infested?

Q2. Forward I am heavy, but backwards I am not. What am I?

Q3. Is it illegal for a man living in Australia to be buried in New Zeland?

Q4. I am a seven letter word, but if you remove four of my letters I will have one left. What word am I?

A1. The 9th day! Half doubled equals a whole. A2. A ton. Ton backwards is not. A3. Yes, especially if he is still living! A4. Someone.



Community
Foot Specialists

Community Foot Specialists is always accepting new patients. If you have a friend or family member with foot or ankle pain - please tell them about us. If they schedule an appointment and tell us who referred them, we'll send you a lottery ticket after their appointment as a thank you for sending us another great patient.

FUN FOOT FACT!

Fingernails and toenails grow faster during hot weather, pregnancy and teenage years.

Electronic Medical Records

There was an article in our September 2011 newsletter about our transition to Electronic Medical Records.

We can provide our patients with a pin number so that you can log on and view your medical records from your visits with us. All we need is your email address in order to get you this pin number and give you access.

If you are interested and have not yet been asked by the front desk to participate, please ask them how you can access your medical records. They would be more than happy to get you set up. Thank you for trusting your health care to Community Foot Specialists.



Community
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Community Corner

We have Community in our name because that's what we value. If you have an event coming up in your area that you'd like to spread the word about, email Amy at cfcfeetmarketing@gmail.com by the 25th of the month prior to your event and ask to put details in the Community Corner of the newsletter, and we'll list your event here.