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Marriage Announcement



Dr. and Mrs. Pinsker are happy to announce the marriage of their son Brandon to Bianca Kaller on January 22, 2017. After a honeymoon in Puerto Rico the new Mr & Mrs Brandon Pinsker will reside in Boston, Massachusetts where Brandon currently works as an advocate for a Boston based nonprofit and Bianca works as an architect.

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Office hours:

Monday:
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Wednesday:
Closed
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Friday:
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5 Common Skin Problems Found on the Feet

Your feet are a unique part of your body for many reasons:

- They are the furthest part of your body from your heart which can be a problem for circulation.
- They are always in contact with surfaces that can cause injury and harbor contagious fungi.
- They are enclosed in shoes which create a dark and moist environment that fungi love.
- We force them into shoes that don't always fit properly which can create friction and result in painful blisters, calluses and corns.



Common Skin Problems Found on the Feet

Here are some common foot skin problems and their solutions:

Ulcers. Individuals with diabetes are prone to ulcers because of poor blood circulation and neuropathy, or nerve damage. A small cut or puncture wound can quickly worsen into a dangerous ulcer. Please contact us right away if you notice a cut or sore on your foot that is not healing.

Fungal infections. Fungus and bacteria love warm, dark, humid places like the inside of your shoes. Fungal infections like Athlete's foot are easily picked up in public areas like pools and showers. Symptoms include redness, dry skin, blisters, itching and peeling. Fungal infections need professional help for complete healing. Keep fungi away by keeping your feet, socks and shoes clean and dry.

Blisters. Blisters are formed when skin is repeatedly subjected to friction from shoes. Protect the blister with a clean bandage. If it pops, wash it and re-bandage. Avoid blisters by wearing well-fitting shoes with socks.

Calluses and corns. These skin problems are also caused by friction when bony areas rub against footwear. Please see us for relief from these troublesome conditions. Custom-fitted orthotics can relieve and prevent calluses. Avoid over-the-counter products as these may damage healthy skin.

Heel fissures. This condition, also known as cracked heels, results when the skin is too dry and dead skin cells build up on the heels. Pressure from everyday activities causes the skin to crack, sometimes very deeply and painfully. Get in the habit of moisturizing your feet regularly with a rich foot cream, then gently exfoliate with a pumice stone.

Don't live with skin problems on your feet - we can help!

History FootNote

The Brannock device, the tool that measures your foot in shoe stores, hasn't changed much since its invention in 1908. Some original samples are housed in the Smithsonian Museum.

Celebrity Foot Focus

Do you wear a toe ring? If yes, you're in company with Jennifer Anniston, Star Jones, Tori Spelling and Britney Spears.

Joke of the Month



Travel Centre -Call Center help calls

Customer: I've been calling your

local office for two days and can't get through -- can you help?

Operator: What number are you calling?

Customer: 0700 0600

Operator: Where did you get that number, sir?'

Customer: It was on the door to the office.

Operator: Sir, those are the office hours.

Good Foot Care for Children Can Prevent Adult Foot Problems

Your children's feet are their foundation, and good foot care in early life can prevent foot problems later in life.

- Keep feet clean and dry
- Outfit your children in well-fitting, sturdy and protective footwear
- Equip your children in quality sports footwear appropriate for each activity



One more important duty for parents: Because children can't monitor their own foot health, **you** must be vigilant and observe their feet and how they move. Early detection and prompt treatment of any abnormalities is key to lifelong foot health:

- ✓ Be aware of your child's feet from birth. Watch for any abnormalities.
- ✓ Encourage your child to walk more to strengthen feet.
- ✓ Watch for any developmental problems like toes pointing inward or outward or an unusual gait.
- ✓ Be wary of ankles turning in more than usual, flattening of the arches (after age 5), pain, limping and cramping.

Contact us for an evaluation before your child actually complains of pain, as treatment for most problems must begin as soon as possible.

A Word about Children's Shoes

As tempting as it might be to buy baby's first pair of shoes, it's healthy and natural for infants and toddlers to remain barefoot. Until baby begins to walk, a warm pair of socks is all the protection they need. When walking regularly, let them wear flexible, soft-soled shoes.

For children of all ages: Be sure to check that their shoes have ample width and toe room. Children grow quickly and shoes have to be replaced just as fast! Wearing shoes that are too small can lead to toe and foot problems. And never pass down shoes to a younger child from an older sibling. Shoes tend to mold to fit the owner's foot and will cause a problem if given to another child to wear.

Recipe of the Month Citrus Baked Fish

Here's a delicious variation to your next fish dish.

Ingredients

- 2 tablespoons butter
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- 1 lb fish (cod, haddock, walleye)

....continued on page 4



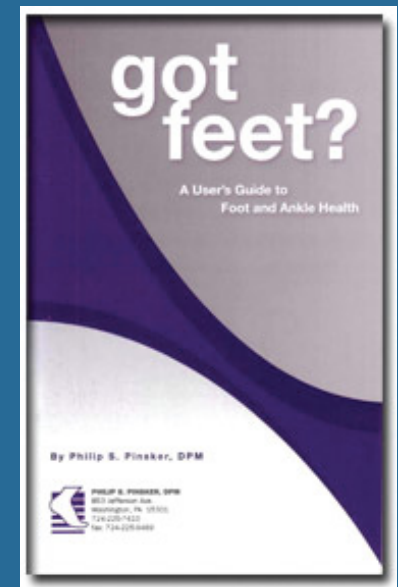
Trivia

The Ides of March is a famous day. What day is it?

- A. 3rd
- B. 5th
- C. 15th
- D. 31st

Answer: C

Receive your FREE copy of Dr. Pinsker's book today!



I wrote this book because too many people suffer from foot and ankle pain unnecessarily.

~ Dr. Phil Pinsker

....continued from page 3 **Recipe of the Month**

- salt
- pepper

Directions

1. In small pan, melt butter, add juices.
2. Spray 13x9 pan with cooking spray.
3. Place fish in pan. Salt & pepper to taste.
4. Pour butter-juice mixture over fish.
5. Bake 400 degrees for 15-20 minutes or until easily flakes with fork.

Recipe courtesy of food.com

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Dr. Philip Pinsker, DPM

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