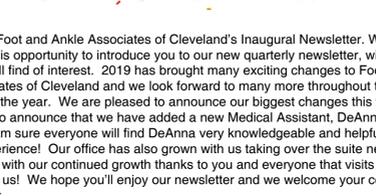




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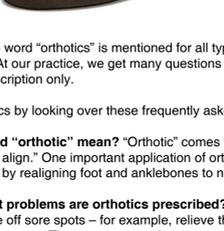
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Out with the OLD In with the NEW



Welcome to Foot and Ankle Associates of Cleveland's Inaugural Newsletter. We would like to take this opportunity to introduce you to our new quarterly newsletter, with articles we think you'll find of interest. 2019 has brought many exciting changes to Foot and Ankle Associates of Cleveland and we look forward to many more throughout the remainder of the year. We are pleased to announce our biggest changes this year. We are pleased to announce that we have added a new Medical Assistant, DeAnna Reed to our team! I am sure everyone will find DeAnna very knowledgeable and helpful with her podiatry experience! Our office has also grown with us taking over the suite next to us. This will help with our continued growth thanks to you and everyone that visits and recommends us! We hope you'll enjoy our newsletter and we welcome your comments and feedback.

What Are Orthotics? Frequently Asked Questions

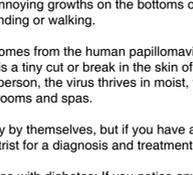


Puzzled by how often the word "orthotics" is mentioned for all types of foot problems? Well, you are not alone! At our practice, we get many questions on these special devices that are available by prescription only.

Learn more about orthotics by looking over these frequently asked questions:

- **What does the word "orthotic" mean?** "Orthotic" comes from Greek and means "to straighten" or "to align." One important application of orthotics is restoring natural foot function by realigning foot and anklebones to neutral positions.
- **For what other foot problems are orthotics prescribed?** Orthotics can help redistribute pressure off sore spots – for example, relieve the ball of the foot in cases of Morton's neuroma. These custom-made inserts can also help Achilles tendonitis, metatarsalgia, ankle sprains, flat feet, arch pain, heel pain and plantar fasciitis, bunions and over-pronation.
- **Can you wear orthotics all day? During sports?** Yes! We encourage you to wear your orthotics as much as possible, especially during sports and workouts.
- **Are there different types of orthotics?** Yes. Rigid or functional orthotics help biomechanical problems and ease foot aches as well as pain in the legs and lower back. A soft or accommodative orthotic is made from materials that compress to provide cushioning for painful conditions like plantar fasciitis.
- **Are orthotics expensive?** Orthotics cost more than generic shoe inserts that you can find in retail establishments, but they are custom-fitted specifically for your feet. They are also made of more durable materials. Many insurance plans cover orthotics.
- **How do I know if orthotics will help me?** Just give us a call! We will evaluate your foot health and assess how custom-fitted orthotics can help your foot problem. You can be measured right here in our office.

Plantar Warts: Annoying Growths That Need Professional Treatment



Plantar warts are not just annoying growths on the bottoms of your feet – they can be extremely painful when standing or walking.

A plantar wart most often comes from the human papillomavirus, or HPV. This virus can enter the body when there is a tiny cut or break in the skin of the feet. Although not very contagious from person to person, the virus thrives in moist, warm environments like public pools, gyms, locker rooms and spas.

Many plantar warts go away by themselves, but if you have a persistent one that is really painful, please see a podiatrist for a diagnosis and treatment.

One word of caution for those with diabetes: If you notice anything unusual during your daily foot exam, for example, a cut, scrape, puncture wound or wart, please make an appointment with us right away to prevent worsening of the problem.

Symptoms and Risks for Plantar Warts

To spot a plantar wart, look for a small, rough, grainy growth on the sole of the foot. A callus may have developed over the spot where a wart has grown inward.

When the wart gets larger, it will cause tenderness or pain with weight-bearing.

Anyone can pick up a plantar wart, but they are most likely to affect teenagers, children and those with weakened immune systems.

Treating Plantar Warts

It's best to seek treatment for a plantar wart. Left untreated, the pain when weight-bearing may cause you to alter your normal gait or posture unconsciously. This change may lead to muscle or joint discomfort.

We have several treatments for plantar warts:

- Medication with salicylic acid to peel the wart away. This prescription-strength topical medicine will remove the wart layers slowly.
- Cryotherapy or freezing. We will numb the area first, and then apply liquid nitrogen to the wart, which will freeze it away.
- Minor surgery to cut away the wart. After numbing the area, we will destroy the wart or cut it out.

You Can Help Prevent Plantar Warts

Reduce your risk of these painful warts by:

- Wash your hands thoroughly after touching a wart, even your own.
- Wear flip-flops or shower shoes whenever you are in a locker room or swimming pool.
- Wash feet daily. Keep dry with clean socks every day and alternate your shoes.
- Don't scratch or pick at warts to avoid spreading them.

Put Safety First this Halloween



Has your child been begging you for the latest trendy Halloween costume? Whether it's *Toy Story*, *Avengers Endgame* or *The Lion King*, or more traditional ghosts and witches, make sure that costumes and accessories are safe for little trick-or-treaters.

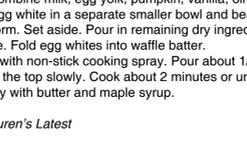
Here are our top 8 Halloween safety tips to reduce the risk of accidents:

1. **Choose costumes carefully and emphasize safety.** Always have your child wear comfortable lace-up or Velcro shoes rather than high heels or monster feet. These can help avoid tripping injuries and sprained ankles. Check that costume length isn't too long.
2. **Save masks for home play.** A mask that obscures vision can lead to accidents like falling down stairs and tripping. Try non-toxic makeup with an appropriate hat.
3. **Increase visibility.** Give each child a small flashlight to carry. Add reflective tape to costumes and treat bags.
4. **Never trick-or-treat alone.** If you allow your tween or teen to go with friends, make sure she stays with the group and only visits those homes with lights displayed inside and out.
5. **Discuss plans in advance.** Sit your child down for a serious conversation about safety. Know the route in advance. Make sure their cellphones are fully charged and be firm about your curfew.
6. **Avoid distracted walking.** Children and teens walking while staring at cellphones invite injuries. Pay attention when crossing the street.
7. **Never go into a stranger's car or home.** Instruct your child on safe behavior on Halloween and every day.
8. **Ask your child to save treats for home.** When they arrive home, examine their hoard and discard anything unwrapped or that looks suspicious.

Learn more about Halloween safety from SafeKids.org.

Happy Halloween!

Recipe of the Month Whole Wheat Pumpkin Waffles



Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

Ingredients

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

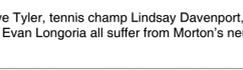
Directions

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest

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History FootNote

Thomas George Morton, for whom Morton's Neuroma is named, was one of the first physicians to remove an appendix after a correct diagnosis – with the patient surviving.

Celebrity Foot Focus

Aerosmith rocker Steve Tyler, tennis champ Lindsay Davenport, actor Patrick Duffy and San Francisco Giants Evan Longoria all suffer from Morton's neuroma.

Foot Funnies

☺ What did the zombie say to the shoe salesperson? Get me feet that will fit these shoes.

Trivia

What's the best water temp for soaking tired feet?

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

Follow us...



Meet Our Doctors



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Tuesday : 9:30am - 5:00pm
Wednesday : 8:30am - 3:00pm
Thursday : 9:00am - 3:30pm
Friday : By Appointment Only
Saturday : By Appointment Only
Sunday : ---Closed---

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