



**Our Offices**

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**History FootNote**

In 1925 the German Dassler brothers developed a football cleat with replaceable metal studs for American football. After World War II they had a falling out and went on to create two major footwear manufacturers: Puma and Adidas.

**October is “Talk about Your Medicines” Month**

If you or a loved one has a chronic condition like heart disease, diabetes or arthritis, you know that taking medicines on time is crucial in managing the disease. But juggling dosing schedules for multiple medicines **and** trying to remember to order that refill on time can really be a challenge.



The National Council on Patient Information and Education, or NCPIE, is working with pharmacies to bring you some relief. They’ve created “Talk about Your Medicines” Month to raise awareness of the importance of keeping on top of your medications, and also to work on improving communication between consumers and their healthcare providers.

This year’s theme is “**Let’s Get in Sync**” and encourages patients with chronic conditions, along with their caregivers, to connect with pharmacists for medication counseling and “sync” services. A “sync” service can be as simple as coordinating medication refills so that they are available at the same time each month.

**Are You Medicine Smart?**

The average patient with more than one chronic condition will see 14 different doctors each year *....continued on page 2*

## Celebrity Foot Focus

Football players' cleats differ by position. Offensive linemen need superior ankle support and traction, while quarterbacks demand speed and agility to get out of the pocket. Check out [sneakerreport.com](http://sneakerreport.com) for a peek into your favorite NFL player's footwear.

## Joke of the month



### Keep Taking the Medicine

Patient: It's been one month since my last visit and I still feel miserable.  
Doctor: Did you follow the instructions on the medicine I gave you?  
Patient: I sure did - the bottle said 'keep tightly closed.'

## ....continued from page 1 October is "Talk...."

in 37 doctor visits! That's a lot of information to share with the doctors and to remember after each visit.

Here are some ideas on how to be a smart consumer of prescriptive medications:

- Make a list of your medicines and share it at every doctor visit.
- Make sure your doctors are aware of any allergies you have to prescription and over-the-counter medications.
- When a new medicine is prescribed for you, ask questions of both your doctor and your pharmacist, especially about interactions with medication that you are already taking. You can find a good question list to begin with here.
- All medicines have risks as well as benefits. Talk to your doctor or pharmacist about this.
- Follow dosing instructions carefully to get the full value from your medicines, and report any problems that may occur. Don't decide for yourself to change the dosage amount or frequency.
- If you have trouble swallowing tablets, ask your doctor or pharmacist if a liquid form is available. Do not break, crush or chew medication without asking your doctor first.
- Read all the printed information that comes with your prescriptions carefully.
- For over-the-counter medicines, carefully read and follow the information on the Drug Facts Label.
- Store your medicine safely and away from children. Refrigerate if necessary according to the instructions.
- Properly dispose of any unused medicine. Read FDA recommendations here.

## We're Here to Help!

If you have any questions on any medication that we've prescribed for you, or any over-the-counter treatment that we've recommended, call our office right away. Our professional staff is ready to answer all your questions.

If you or a loved one has chronic foot or ankle pain, please call our office right away to make an appointment for a consultation and examination.

## Trivia

**Q:** *Shoes with heels should be no more than...*

- A. One inch high
- B. Two inches high
- C. Three inches high
- D. Four inches high

Answer: B Two Inches high

### Explanation:

Switching to lower heels will help you avoid problems with the metatarsal bones. The lower you go, the more natural your foot position will be. Dr. Hillary Brenner, a spokeswoman for the American Podiatric Medical Association recommends choosing heels that are no more than **two inches high**. -- "Even those should be worn in moderation," she says.

## Cinderella Foot Procedures

Halloween is right around the corner and our neighborhoods will soon be filled with little ghosts, goblins, and princesses happily trick-or-treating in their costumes and gowns.



One of the most well-known princesses is Cinderella, who suffered at the hands of her stepmother and stepsisters.

Remember those stepsisters trying to squeeze their feet into Cinderella's delicate glass slipper?

Today, the Cinderella story lives on in podiatry. "Cinderella procedures" are cosmetic foot procedures where feet are surgically altered to fit in or look better in high-fashion shoes.

Some of these surgeries include toe-shortening and toe-lengthening, shaving off excess bone to remove lumps and bumps, a fat-pad augmentation that can help with high heel comfort and even big toe "lipo" to trim off fat. Desire for these treatments was fueled by women wanting to wear the glamorous high heels seen in TV's "Sex and the City" series.

### Cinderella Procedures are Controversial

Many surgeons caution against considering these surgeries as they are highly invasive, including cutting tissue and bone. Serious complications can result, such as permanent foot pain or numbness and restricted joint movement. Patients must spend at least six to eight weeks recovering.

All surgeries are serious and you must consider function as well as appearance. Talk to us about any issues or concerns you have about your feet so we can recommend the best solution for you.

Find Us On...



## Meet our Doctor



Alec Hochstein

## Recipe of the Month Cumin Pumpkin Soup

Here's a great soup for a cool autumn night. Garnish the soup with popcorn and pumpkin seeds for added crunch.



### Ingredients

- 1 (15-ounce) can pumpkin
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup lowfat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish

### Directions

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat, remove bay leaves and season to taste with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.

*Recipe courtesy of FoodNetwork.com*

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