



GREAT NECK FAMILY FOOT CARE



E-Newsletter

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Our Offices

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www.greatneckfamilyfootcare.com

History FootNote

The first foot orthotic was a heavy, rigid metal arch support introduced in 1905. Compared to today's flexible, custom-made orthotics, early versions distorted the shoes and were a nightmare to wear.

Gentle High-Tech Treatments for Toenail Fungus This Summer

If you have a problem with fungal toenails, the arrival of swimming weather and sunny days at the beach may bring you nothing but anxiety: You make excuses for not jumping into that beautiful blue water and shopping for summer shoes becomes a chore as you search for a style that hides your toes. Don't go through another season sitting on the sidelines because you feel self-conscious; Great Neck Family Foot Care in Long Island offers full-service treatments to restore your toenails to health and permit you to immediately step into barefoot weather without a second thought.

[KeryFlex](#) for Great-Looking Toenails Immediately

Even the most sophisticated laser treatments take time to heal damaged tissues, and toenails grow slowly. Meanwhile, summer is here and you need your feet to look attractive right now. The KeryFlex Nail Restoration System is an in-office cosmetic technology that restores the natural appearance of your nails in just a short time.

Dr. Alec Hochstein and the care team at **Great Neck Family Foot Care** will gently remove the damaged portions of your old nail, and will use a special medical polymer resin to create a breathable, permanent new nail that is indistinguishable from your own healthy, natural nails. This polymer is "set" by two minutes of ultraviolet light, and it will flex in the same way as your natural nails. With your KeryFlex nails in place, you can swim, bathe, walk barefoot -- even use nail polish! Meanwhile, your own natural nail is regrowing in a healthy way behind the KeryFlex nail surface.

Full-service Podiatry Care in Long Island, New York

While your nails are healing, **we provide sterile pedicures** so that your feet will always look their best. Great Neck Family Foot Care is a full-service practice, and we provide consultation, treatment and maintenance in a full-arc of patient support.

Call us today for an appointment at (516) 482-5999. **Packages are available for Laser Nail Treatment and KeryFlex.**

Celebrity Foot Focus

International film star Sophia Loren, who turns 80 later this year, is still active in both film and TV. This tall 5'9" actor waltzes through all her acclaimed movies on petite size 5 feet.

Joke of the month



Bubble Wrap

"Where do you want this big roll of bubble wrap?" I asked my boss.

"Just pop it in the corner," he said.

It took me three hours.

Trivia

Why is it better to be barefoot than to wear shoes?

- A. It toughens out your feet
- B. It just feels better!
- C. It balances out the muscles

Answer: C.

Foot Health for Seniors

Today's active seniors aren't going to be stopped by foot problems. Incredibly, your feet must carry you about 115,000 miles in your lifetime – enough to reach around the world four times! But it's undeniable that as we age, our feet change in certain ways.



Effects of Aging on Feet

Arthritis – years of wear and tear and stress on joints inevitably lead to osteoarthritis, or joint inflammation. Joints in the ankle, mid-foot and big toe are most often involved. The progression of arthritis in toe joints can worsen bunion and hammer toe symptoms, and can also lead to gout.

Balance Issues – many conditions can lead to problems with balance. Peripheral neuropathy can cause muscle weakness, lack of coordination and loss of feeling in the feet. Many diseases and conditions cause neuropathy, including diabetes, and the risk of diabetes increases with age.

Feet and Ankle Swelling – this is a common problem of aging. Leg vein issues may cause swelling, as can cardiovascular disease, hormonal changes and some medications.

Skin Problems – gradual skin changes can cause foot problems. A decrease in the fatty layer beneath the skin reduces cushioning on the sole, which can cause pain. Dry skin can result in corns, calluses and cracked heels, requiring extra moisturizing to prevent cracking and rashes, especially on the sole of the foot.

Skin lesions often appear on feet and ankles as we age. Some are benign, such as seborrheic and stucco keratoses, but deadly melanoma cancers can also appear. It's important to have any skin lesions evaluated by your doctor.

Tendon and Ligament Changes – age-related changes to tendons and ligaments cause them to lose strength and flexibility. This can result in fallen arches or injuries such as muscle strains and tendonitis. Tendon and ligament changes, along with the effects of gravity, can cause feet to flatten and become longer and wider.

Toenail Changes – toenails usually thicken with age and become more brittle. Thicker nails are more difficult to cut properly.

Take Action to Tackle Aging Feet Issues

The best action to take is to call our office for a complete foot and ankle evaluation. Our professionals will assess your foot health, from skin to structure to toenails. We will review the results with you and discuss any recommendations and lifestyle changes that can relieve your foot pain and problems.

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Find Us On...



Meet our Doctor



Alec Hochstein

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Avoid over-the-counter products for conditions like corns, calluses and athlete's foot. These problems are best handled by a professional.

For those with diabetes, foot care is especially important. Neuropathy may prevent you from feeling foot injuries or skin problems, which may become infected and lead to ulcers.

Here are other steps you can take to address foot and ankle problems associated with aging:

- Purchase shoes wisely. Have your foot measured each time you shop as shoe size changes with age. And look for sturdy shoes with extra padding in the heel and sole.
- Exercise. Choose activities that exercise the feet and improve circulation. Don't sit for long periods without elevating the feet.
- Pay attention to foot hygiene. Wash feet regularly, dry carefully especially between the toes and apply moisturizer. Trim toenails straight across.

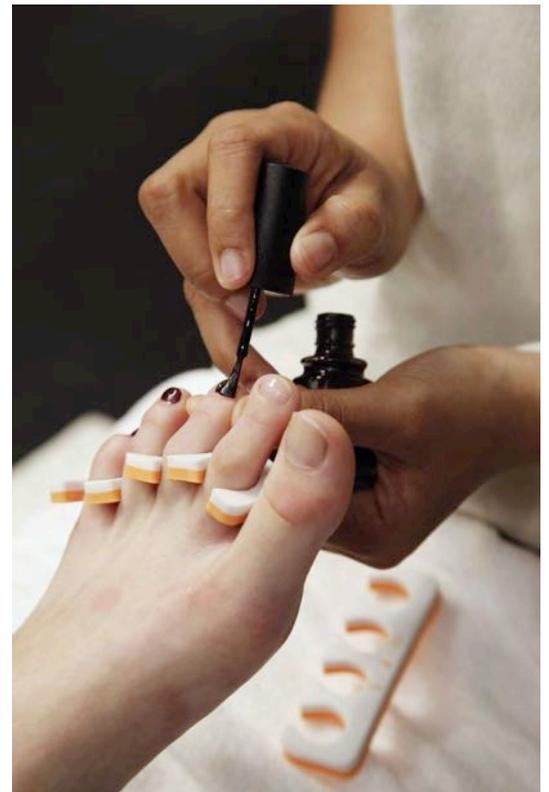
Pedicure Pointers

Regular pedicures are an important part of good foot health, whether you visit a salon or do-it-yourself at home.

If you have diabetes or poor circulation, we urge you to visit us for information and tips customized to your specific condition. It is possible for a patient with diabetes to visit a professional salon, but don't be shy to make your needs known.

When using the services of a professional nail salon:

- Most states require licensing, and the license and inspection certificates should be prominently displayed.
- Visually inspect the salon and foot baths for cleanliness.
- Make sure the tools come from a sterilized packet so they are used on you only, or bring your own.
- Don't shave your legs for two days before the pedicure to avoid bacteria entering your system.
- Don't allow the technician to use a foot razor to remove dead skin – a pumice stone or foot file works best.



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...continued from page 2 **Pedicure Pointers**

You can easily groom your nails at home with these tips:

- Use a toenail clipper with a straight edge. This will prevent rounded nails which may become ingrown.
- Soak feet for five minutes, then smooth away rough and dead skin with a pumice stone or foot file.
- Don't cut cuticles – they are there to protect your nails. Push them back gently with a wooden stick.
- Dry feet thoroughly and apply moisturizer, but not between the toes.

Thick or discolored toenails may indicate a fungal infection. Visit us for an evaluation before applying polish to problematic nails.

Choose Balance-Boosting Shoes for Seniors

Choosing the right shoes can improve a senior's shaky balance. The American Podiatric Medical Association (APMA) has published guidelines for purchasing the right shoes. Here a few highlights:

- Have your feet measured professionally **each time** you shop for shoes.
- If you have custom orthotics, bring them with you when purchasing shoes.
- Test shoes with the 1-2-3 method:
 - 1 – press sides of heel for stiffness
 - 2 – bend the shoe for toe flexibility: it should bend but not too much
 - 3 – twist the shoe: it shouldn't twist in the middle

You can find the complete guidelines at the [APMA website](#).

Recipe of the Month

Purple Beet, Carrot, and Onion Medley

Here's a great diabetic-friendly side dish for your next family get-together.

Ingredients

- 3 beets, sliced
- 3 large purple carrots, sliced
- 1 cup sliced red onion
- 3 tablespoons apple cider vinegar
- coarse salt to taste
- ground black pepper to taste

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Combine beets, carrots, and onion in a casserole dish. Pour vinegar over vegetable mixture; season with salt and pepper. Cover dish with aluminum foil.
3. Bake in the preheated oven until vegetables are tender, about 40 minutes.

