



## How Gout May Ruin that Celebratory Feast

With Independence Day, summer barbecues, and Labor Day, there are plenty of good reasons to be chowing down on some delicious food in the next few months!

If you suffer from gout and its agonizing flares of pain that often strike in the big toe, there is one item in plenty of picnic spreads you need to watch for: purines.

Gout occurs when crystals of uric acid build up in a joint, causing those painful attacks of inflammation. The acid comes from the breakdown of purines.

Where are purines found? As you might expect from anything that ends up causing you trouble, purines are in foods that tend to be considered pretty enjoyable. Look for items such as:

- Steak (on the barbie)
- Certain seafood (such as lobster or that shrimp cocktail platter)
- Processed foods (such as that bag of chips)
- Sugary drinks (like that lemonade or fruit punch on the table)
- Alcoholic drinks (like that entire cooler Uncle Joe brought)

It's never fun to know you might have favorite foods and beverages that are capable of giving you a terrible time, but there is some silver lining.

You don't have to necessarily avoid these foods 100%. The key is moderation. Limit your intake of purine-rich foods and your body should be able to flush them out.

For alcohol, that means no more than one drink for women and two for men within 24 hours. Everything else? Don't overindulge, and supplement your diet with items that are known to reduce gout risk, such as vegetables, vitamin C, and plenty of water.

Everyone is a little different when it comes to best gout treatments and preventions. We'd love to talk more about steps you can take to keep gout and other arthritic conditions from keeping you down.



# Morning Heel Pain? It May Be Plantar Fasciitis

We get that there are some days you have reasons not to want to get out of bed in the morning (and hopefully not often!).

If heel pain is one of those reasons, however, we need to talk.

A shooting, stabbing pain in the heels when your feet hit the floor in the morning is a common condition. There may be several reasons why this happens, but among the most likely of them is a condition known as plantar fasciitis.

The plantar fascia is a thick band of tissue that runs from the base of the toes to the heel bone. It provides shape and support when you walk.

If the plantar fasciia is exposed to too much stress and tension, such as from running without enough preparation or standing in one spot all day at a job, it can develop small tears and become inflamed.

So why does the pain happen in the morning? When the plantar fasciia is at rest, it can grow more rigid. The pain of the inflammation or irritation grows more intense when starting to use that area of your foot again, but will gradually decrease as the plantar fascia “warms up” and grows more flex-ible.

Do not let plantar fasciitis keep you from enjoying your mornings. Whether you are suffering from this condition or another form of heel pain, we have treatments that can help!

## Mark Your Calendars

- July 1** National Postal Worker Day – Thank the one who keeps your mail moving!
- July 7** National Hop-A-Park Day – Enjoy your local park!
- July 11** All American Pet Photo day – We’d love to see yours.
- July 14** National Tape Measure Day – Bet you have one in your junk drawer.
- July 15** National Give Something Away Day – What are you willing to let go?
- July 19** National Hot Dog Day – So is it a sandwich or not?
- July 22** National Hammock Day – A good day for a nap (hopefully!)
- July 23** National Vanilla Ice Cream Day – America’s most popular flavor!



# Getting Back into Exercise? Do It Right!

There's almost never a reason *not* to start exercising, no matter how long it's been since you've focused on your physical activity. The benefits—both physical and mental—can be highly rewarding.

But like most anything, there are better and worse ways to get back into an exercise routine, and doing things the wrong way can lead to disappointment or, worse, injury.

Here are some tips for picking up your fitness regimen again:

- **Talk to Your Doctor First** – You might have seen this one coming, but it's still important! Let your physician know what you plan to do and what your goals are. They can let you know of any concerns they might have, and even provide some tips on how to increase your effectiveness!
- **Start Simple** – You may have done a lot previously, but your body simply isn't ready to go back to that level yet. Don't feel ashamed to start with light walks or jogs, just to get your body moving again.
- **Build Up Slowly** – As you gain strength and endurance, don't jump the gun on increasing your workout load. A good increase should never be greater than 10% each week. Any more than that increases your risk of overuse injuries such as stress fractures and tendonitis.
- **Take Someone Along** – Having a workout buddy will help you remain accountable to your recommitment, not to mention provide more fun, support, and a watchful eye.

Remember: Fitness is more about the journey than the destination. Enjoy how good it makes you feel in the interim, and don't get impatient to see the results you want!



## Red White and Blue Mocktail

If you're feeling particularly patriotic this month but want to cut down on the alcohol, we have an option for you. This Red, White & Blue Mocktail will match well with your Captain America swimsuit, and the kids may get a kick out of it as well!

### Ingredients

- ¼ cup fresh raspberries or strawberries
- ¾ tsp. grenadine
- 2 tbsp. club soda
- crushed ice
- lemon-lime soda
- fresh blueberries

### Preparation

- Place the raspberries/strawberries in the bottom of a tall glass.
- Add a drizzle of grenadine, followed by the club soda.
- Fill the rest of the glass with crushed ice, to the top.
- Carefully and slowly pour in the lemon-lime soda—this mixes gently with the grenadine for the “white” part of the drink.
- Add a handful of blueberries to the top.



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# Why Is Your Toenail Black?

Unless you fancy atmospheric nail polishes, seeing that a toenail has turned black for the first time may raise some alarm.

Odds are quite likely, however, that your black toenail has a rather simple and preventable cause, and isn't going to cause any major trouble.

In the vast majority of cases, the darkness beneath a toenail is from the collection of blood beneath the nail, like you might expect from bruising. Committed runners are often familiar with this situation, but it can happen to anyone who has their toes consistently hitting against the top or front of their shoe.

Sometimes the nail will fall off, which is not a huge concern. However, you can expect to be waiting quite a long time for the nail to grow back—from 3 months to a year!

Other causes of black toenail can be more serious. Dropping a heavy object on your foot can cause a more immediate buildup of blood and a much more painful situation. The medical name for this is "subungual hematoma," and the blood may need to be drained to find relief.

Other causes of black toenails may be a fungal infection and, in very rare cases, cancer. This is why it's important to have any discolorations in your nail checked out if they have lasted a while, you have no idea why they might be there, and the color extends beyond the cuticle.

If you have questions about your toenails and their hues, you've come to the right place! Let us know about your concerns and we'll be happy to discuss them with you.

