



Foot & Ankle
Associates of Florida

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News and Updates

August 2017



Tricks to Avoid Toenail Troubles

Toenails tend to turn colors when trouble abounds. Yellow nails signify a fungal infection and black ones may mean a blood blister has formed beneath the nail. And red? Well, it's likely an ingrown toenail digging into your skin! Fall color may look great on trees, but that shouldn't include your toes! Follow these tricks to steer clear of toenail issues so you can enjoy the rest of your summer, problem-free!

Fungal Nail Fighters:

- Keep feet clean and dry.
- Never walk barefoot in public places (especially pools, locker rooms, and gym showers!)
- Don't share footwear or towels.
- Change sweaty socks and shoes often.

Black Nail Busters:

- Make sure shoes fit and toes aren't too close to the front of the toe box.
- Avoid repetitive stress like kicking a lot or running down hills.
- Keep nails cut evenly with tips of toes.

Ingrown Nail Nixers:

- Trim toenails straight across, being careful not to curve the corners.
- Make sure the toe box of your shoe is wide enough that toes aren't squished together.

Follow these tips to keep toenails in tip-top shape! For more tricks to keep your toenails strong, just ask our helpful staff.



**KISSIMMEE WELCOMES
DR. SOHAIL SIDDIQUI!**



Dr. Glenn Aufseeser has relocated to New Jersey – we wish him the best as he joins his father's podiatry practice. Though we will certainly miss him, we are pleased to welcome Dr. Sohail Siddiqui to our Kissimmee location. Dr. Siddiqui will be continuing the care of Dr. Aufseeser's patients. He provides comprehensive foot and ankle treatment, performs surgical procedures, and specializes in wound care. Dr. Siddiqui loves technology, soccer, and traveling, but that's not all! Learn more about Dr. Siddiqui's education and training by visiting our website or simply giving us a call at 407-339-7759.



Non-Invasive Procedures Can Provide Relief

Conservative measures are typically tried first when treating foot problems, in hopes you will find relief from symptoms without having to undergo surgery. From rest, ice, and stretches to a simple switch in shoes, even the introduction of orthotics may prove to be quite successful – but this is not always the case.

When you've exhausted conservative methods to no avail, does it mean surgery is the only option left? Not anymore. There are many non-invasive procedures available that may very well provide you with relief without a trip to the surgery center.

Lasers, for instance, use light energy to eliminate fungus beneath toenails. Other types of laser therapy stimulates cell repair and regeneration while easing pain. Medicated injections can be used to ease discomfort and boost your body's ability to heal. And injections utilizing placental connective tissue can supplement and replace damaged tissue. More and more, these procedures are being utilized to bring patient's relief – and who knows? Perhaps they could benefit you!

If you are struggling with foot problems, and conservative methods don't seem to be working, it doesn't necessarily mean surgery is your next step. Ask us about non-invasive options – they just might provide the relief you need!

Mark Your Calendars

August 2 National Ice Cream Sandwich Day – eat fast before it melts!

August 5 National Mustard Day – celebrate by grilling out.

August 6 Sisters Day – give your sis a hug!

August 7 National Lighthouse Day – how many have you visited?

August 26 National Dog Day – try one of our tips for dog-friendly fun.

August 31 National Trail Mix Day – pack a snack and take a hike!





The Dog Days of Summer

In the hot summer months, it's often tempting to leave your dog in the comfort of home, but there are ways you can take Fido along and still enjoy summer activities! Consider these ideas for dog-friendly fun:

Head to a local dog park – these typically offer shaded areas as well as watering stations.

Break out the kiddie pool – if you don't have access to a dog-friendly swimming area, make one in your own backyard. Kick back while your furry pal relaxes in a plastic pool filled with cool, refreshing water.

Take a W-A-L-K – find a shady trail and go for a hike. Just remember to bring enough water along for both of you!

Go camping – many campgrounds allow dogs, so, check out your options, and enjoy the great outdoors together.

Take a scenic ride with the windows down – let's face it, dogs love hanging their heads out the window during car rides.

Eat out at dog-friendly restaurants – check around and you'd be surprised at how many places with outdoor seating allow dogs.

There are also dog-friendly beaches, towns to stroll through, and more. No need to sit and stay – just do a little investigating, grab the leash and go!

Row, Row, Row Your Boat!

Cross-training with low impact activities is a great way to stay fit and injury-free. Often when low impact options are considered, they tend to include swimming, biking, and sometimes yoga. Well, there's another choice often overlooked that just might float your boat – rowing!

Rowing is beneficial in a number of ways including improved joint mobility, as well as cardio, power, and strength building. In fact, when you row, you use all your major muscle groups so you get a great overall workout without high-impact stress placed upon your body. As a result, while your fitness level increases, your risk of injury does not!

Even if you don't have a boat or access to water, you can check out the nearest gym to see if they have a rowing machine that simulates the same movements. Whether by land or by sea, when you incorporate rowing into your fitness routine you'll be doing your body good! So, go ahead, grab your oars and row, row, row your boat!





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Back-To-School Gym Shoes Tips

School's starting soon and that means stocking up on pencils, paper, folders, markers, glue sticks and more! Of course, if your child has a physical education class, you better add gym shoes to that list.

Kids grow fast so don't try squeezing them into last year's pair. Shoes that are too tight can cause a host of problems, like ingrown and black toenails, bunions, and blisters. Even if it's just for one class, it's better to play it safe and take your child new gym shoe shopping for the upcoming school year.

Be sure to have his or her foot measured and choose shoes that offer ample cushion and plenty of support. There should be a thumb's width between the longest toe and end of the shoe (the golden rule!) and no child should ever have to "break them in" -- shoes should always feel comfortable right from the get go!

Keep in mind that most schools require non-skid, light-colored soles, too, in order to avoid damage to gymnasium floors. Check with your child's school for any other regulations, and try not to think about the fact that your kids will need new shoes again next year!

Remember, properly fitting children's footwear is an investment in the protection and health of their feet and necessary for a problem-free, active life – which of course, is priceless!

