

Happy Holidays

From Dakota Foot & Ankle

Top 10 Tips for Buying Shoes

1. As we grow older the size of our feet change. It is important to always select shoes by how they fit & feel, not the size marked inside the shoe.
2. Make sure there is enough space (3/8" to 1/2") from your longest toe to the end of shoe when you are **STANDING UP**.
3. Most people have one foot that is bigger than the other. Always fit your shoe to your larger foot. Be sure to try both shoes on and walk in them to make sure they fit and feel right.
4. Don't buy shoes that feel too tight and expect them to stretch to fit. They should be comfortable right away.
5. Try on shoes in the afternoon or later part of the day since feet tend to swell and become larger by the end of the day.
6. Bend the front part of the shoe upwards, it should bend in the toe box area. Hold on to the heel and toe box and try to bend the shoe, if the midsole(arch area) bends easily the shoe is excessively flexible and will not offer enough support. Ideally you should not be able to bend the midsole at all or very little.
7. Your heel should fit comfortably with a minimum amount of slippage.
8. When trying on, wear the socks you will typically be wearing with the shoes and walk around the store to get a real feel for how it fits.
9. Make sure the ball of your foot fits comfortably into the widest part of the shoe. You may need to try different widths.
10. Always tighten the laces of the shoes that you are trying on so that your feet are secure in the shoe. There are many different types of lacing patterns that can be applied to the shoe to adapt for, or minimize foot pain or structural anomalies.



DECEMBER 2013

Hello! We are pleased to send you our new newsletter, *Foot Notes*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

This Month:

Dec 21 *First Day of Winter*

Dec 24 *Christmas Eve*

Dec 25 *Christmas Day*

Dec 31 *New Year's Eve*

Referrals Mean the World to Us!

Our Clients Speak Out:

We dedicate this space to say thank you to all of our patients and friends who so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big **THANK YOU** to the patients who have sent us a referral this month....**Thanks!!!**



Diabetic Recipe of the Month: Green bean Casserole



Ingredients:

- 1 1/2 pounds fresh green beans, trimmed
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon dry ranch salad dressing mix
- 1/4 teaspoon ground white pepper
- 1 1/2 cups fat-free milk
- Nonstick cooking spray
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups sliced fresh mushrooms
- 1 cup soft whole wheat or white bread crumbs (1-1/3 slices bread)

Directions

- *Preheat oven to 375 degrees F.
- *In a covered saucepan, cook green beans in a small amount of boiling water for 10 to 15 minutes or until crisp-tender; drain and set aside.
- *Meanwhile, for white sauce: In a medium saucepan, melt butter.
- *Stir in flour, dry dressing mix, and white pepper until combined.
- *Stir in milk. Cook and stir over medium heat until thickened and bubbly; remove from heat.
- *Coat an unheated medium nonstick skillet with nonstick cooking spray.
- *Preheat over medium heat. Add onion and garlic; cook for 2 to 3 minutes or until tender.
- *Remove half of the onion mixture; set aside.
- *Add mushrooms to skillet and cook about 5 minutes or until tender.
- *In a 1-1/2-quart casserole, combine mushroom mixture, beans, and white sauce.
- *In a small bowl, stir together reserved onion mixture and bread crumbs.
- *Sprinkle bread crumb mixture over bean mixture in casserole.
- *Bake, uncovered, for 25 to 30 minutes or until heated through.
- * Makes 10 (1/2 cup) side-dish servings.
- Servings Per Recipe: 10
- PER SERVING: 107 cal., 3 g total fat (1 g sat. fat), 7 mg chol., 148 mg sodium, 14 g carb. (3 g fiber), 4 g pro.
- Diabetic Exchanges
- Other Carb (d.e): 0.5; Fat (d.e): 0.5; Vegetables (d.e): 1.5

Socks 101

Winter is upon us, and it's time to warm up your feet with a good pair of socks. Socks are a vital part of foot health. They absorb sweat to reduce foot odor, provide padding, and protect your feet from the friction created by your foot rubbing against the inside of your shoe.



Here are some guidelines to help you choose the perfect pair of socks.

- **Fit**—Socks should fit perfectly—like a glove—and feel comfortable. The sock should not be too loose or large because socks that bunch can cause friction and lead to blisters. Socks shouldn't be too small or tight either; small socks can decrease your circulation and comfort.
- **Fabric**—Socks can be made out of synthetic fibers, natural fibers, or a combination of the two. Socks made of synthetic fibers such as acrylic, nylon, and Lycra keep their shape, retain their resilience, and “wick” moisture away from the skin so feet stay dry. Socks made of natural fibers such as cotton, linen, silk, and wool are durable, strong, and soft. They also absorb foot moisture, helping to keep feet dry. Cotton, for example, is breathable but also heat resistant and shock-absorbent. Wool socks offer extra warmth and extreme comfort for the feet.
- **Cushioning**—Consider socks with a full cushion and padded sole support. These types of socks will provide your feet with added protection and cushioning, leaving your feet less tired at the end of the day. Also, look for socks with reinforced heels and toes, as these areas wear out the fastest.

Healthy Winter Feet

Most people get concerned about the health and appearance of their feet during the summer months. During the cold and wet winter months, your feet can really take a beating. Your feet will thrive during these cold months if you follow these foot-health tips:

- **Footwear**—Invest in a good pair of waterproof winter boots or shoes. Make sure your shoes fit properly. If they are too tight, they can cause ingrown toenails or blisters. If you do get a blister, apply antiseptic cream and bandages. If the blister doesn't heal in a timely manner, consult Dr. Gale.
- **Foot care**—The winter months can leave people vulnerable to dry, cracked feet. To keep your feet from drying out, moisturize them once or twice a day, especially around the heels and sides of the foot.
- **Foot Fungus**—Fungus may live inside a winter shoe or boot over the summer, just waiting to re-infect a foot or toenail. If you had foot fungus last winter, take precautions by using an anti-fungal spray on boots or shoes that were worn last winter before wearing them this season.



4 Reasons to Use a Back Brace

Back braces are prescribed for a multitude of purposes, including immobilization, postural support, symptom control and injury protection. When indicated, they can help to relieve symptoms associated with spinal disorders and to promote recovery. If you require a back brace, consult with Steve Metzger to determine which type may be appropriate for you.



Steve Metzger, Certified Orthotist

Immobilization

Certain spinal conditions require the back to be immobilized for a period of time. These include traumatic injuries such as fractures and surgical fusions of the spine. Immobilization limits the amount of available motion at the site of injury in a controlled manner and allows for healing to take place. Without immobilization, you may inadvertently exacerbate the condition during daily activities. A wide variety of back braces are specially manufactured to limit certain motions. They are designed to limit a variety of motions including flexion, extension and rotation.

Pain Control

Pain is the most debilitating symptom of a back injury for most people. This pain is usually made worse by certain movements and positions that stress the damaged areas of the back. Back braces help control pain by limiting certain movements and allowing the damaged structures to heal. They also help to alleviate pain symptoms by compressing the abdomen, which helps to unload the intervertebral discs, vertebrae and other structures of the spinal column.

Postural Support

Normal postural alignment is essential in order to maintain a healthy back. Abnormal posture is usually caused by pain, weakness, injury or structural deformities. Individuals with poor posture may be prescribed a back brace to help to maintain normal curvature and alignment of the spine. A back brace can be helpful at promoting a normal posture by providing external support that corrects the abnormal posture.

Non-Invasive

Often, invasive treatments such as surgery and nerve blocks are needed in order to treat back ailments and deformities. However, conservative treatments may be sought prior to undergoing one of these more invasive treatments. A physician may prescribe a back brace if a conservative treatment is warranted. A back brace could help you prevent or delay the need for surgery.

Call **Steve Metzger** at **701-220-3950** for a **FREE** screenings at our clinic to learn how a brace can help you. Steve is also available for in home screenings if that is more convenient for you.

Hear What Others are Saying About Us:

“The consultation provided me with the information I needed to know. The office procedure went very, very well especially in that I was comfortable. I was given detailed information in easy to understand language. Follow up care was excellent. Happy.”

“Thank you so much for your professionalism and care. Your care and concern for people are wonderful.”

If you would like to share your recent experience with us write a review on Google, or your favorite social media site: For Google follow these instructions:

1. Go to <https://plus.google.com/local>



2. Login to your Gmail account
If you don't have one, follow the steps to create a FREE email account on Google.
3. Click on Search Box on top left.
4. Type “Dr. Brian Gale, DPM, Bismarck ND.”
5. Click on the pencil icon next to our name.
6. Give us a star rating & tell us about your recent experience.

Thanks for you kind words!

Sudoku #8

7		9	2	5		6	3	
1				4			7	
	3	4		7	8			1
		8	7	1				
		6				1		
				2	5	3		
6			9	8		5	1	
	1			3				9
	9	7		6	2	8		3



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

DECEMBER 2013

HAPPY SOLES
FOOTWEAR

1802 Allison Dr.
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751-2443

BROOK



- Modern Styles
- Dr. Gale Approved
- Brooks Athletic Shoes
- Naot
- Rocky Boots
- Hi-Tec & More

Check Out Our New Website!!!

We've made it easier for you to get the information you want!

www.footdocnd.com



From the desk of

Dr. Brian Gale, DPM, FACFAS

\$10 OFF a pair of shoes from Happy Soles Footwear when you bring in this newsletter*

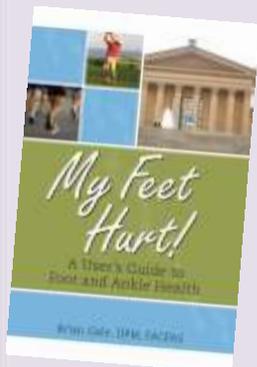
* exclusions apply, no double discounts, one coupon per person coupon expires 12/31/2013

FREE BOOK!!!

Log onto www.footdocnd.com to order your free copy today.

Or Call: **1-888-414-1388**

P.S. we really don't mind if you share this with friends, family, co-workers, etc.... Hope you enjoy!



Don't Forget!

Your FLEX SPENDING will expire December 31, 2013

....that could mean you will lose hundreds or thousands of dollars!! With healthcare being so expensive, you should *at least* get the money that you are entitled to...or put in towards your healthcare before it expires! Once it expires, it's lost, it doesn't roll over into the New Year!

What Can You Use Your Flex Spending Towards?

- Orthotics
- Shoes

Our schedule is filling up fast! To make sure you get in and make the most of your healthcare, call today to make your appointment!! (701) 255- FEET(3338)