

Foot Notes

by Dakota Foot & Ankle Clinic

Top Running Injuries

We all know that running is a great and fun way to get in and stay in shape. The problem is, if you are a runner and don't take the proper precautions you will suffer foot and ankle injuries on a regular basis.



Here are some of the most common foot and ankle-related problems associated with running along with some treatment and prevention information:

Plantar Fasciitis: Technically speaking, this is the inflammation of the tissue in the bottom of the foot extending from the heel bone to your toes.

While there are many reasons the tissue can become inflamed, the most common cause is excess stress – like from running and jumping – on the bottom of the foot.

You can help avoid this inflammation by getting a good stretch in before and after your run. If you find that the tissue has become inflamed, start with adding ice to the area, several times during the day, rest the foot and use over-the-counter anti-inflammatory medications.

Achilles Tendonitis: This inflammation or irritation of the tendon that runs from the back of the calf to the back of the heel. Problems to this area are usually caused by poor flexibility.

This can be prevented with stretching, shoe inserts and arch supports. Rest, ice, and changing shoes are good starting points to alleviate it, but if they do not help treatment by Dr. Gale will resolve this potentially very painful problem.

Stress fractures: These are common in the lower limbs of athletes and are caused by repetitive force to the area. These can typically occur over days, weeks and even months.

You can help prevent stress fractures by modifying your running equipment and regimens. If you suffer a stress fracture, you are looking at eight to ten weeks for the fracture to heal so treatment involves icing and wearing a cast or brace.

Shin Splints: This is characterized shooting pains up the front and sides of your shins and can also be called tibial stress syndrome.

You can prevent and treat shin splints by changing shoes, gentle stretching, not walking too much barefoot, using over the counter insoles and if you don't improve you may need custom orthotics and treatment by Dr. Gale

If you find yourself suffering from this pain, ice and anti-inflammatories along with a physical therapy program recommended by your Dr. Gale can help alleviate the pain.

NOVEMBER 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:

Nov 3 *Daylight Savings Ends*

Nov 5 *Election Day*

Nov 11 *Veteran's Day*

Nov 17 *National Adoption Day*

Nov 28 *Thanksgiving Day!*

Nov 29 *Office is Closed*



Diabetic Recipe of the Month:

Cinnamon Pumpkin Torte

Ingredients

- Nonstick cooking spray
- 1 (18.25 oz) pkg low-fat yellow cake mix
- 1/4 cup low-fat margarine, melted
- 1 egg, slightly beaten (or 1/4 cup egg substitute)
- 1 (30-ounce) can pumpkin pie mix (with spices already added)
- 2 eggs, beaten (or 1/2 cup egg substitute)
- 2/3 cup canned evaporated skim milk
- 2 Tbsp sugar
- 1 tsp cinnamon

Directions

1. Preheat oven to 350F. Coat a 9 x 13-inch cake pan with cooking spray.
2. Set aside 1 cup of yellow cake mix for topping.
3. Mix margarine and one egg and add to remaining cake mix. Press slightly dry mixture into bottom of pan to form a crust.
4. Combine pumpkin pie mix, two eggs, and evaporated skim milk. Pour over prepared bottom crust.
5. Mix the reserved cake mix, sugar and cinnamon and sprinkle over pumpkin filling.
6. Bake 40 to 45 minutes.

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!!!**

How To Form Healthy Habits

When you want to start eating better or exercising more, it can be tough sometimes to get started and difficult to keep going at other times. Fortunately there are some helpful tips that can assist you with forming and keeping healthy habits.



Focusing on pleasure is a very helpful tip.

We often try to form healthier habits with a somewhat grudging and reluctant attitude but this is never a good idea. Rather than subjecting yourself to foods you may not like such as cottage cheese or rice cakes, try to find foods that you actually enjoy eating that also happen to be healthy.

Having a moderate amount of the food that you normally enjoy is also a better way to try to lose weight than cutting it out altogether, which tends to be doomed to failure.

You also need to associate the small decisions you make with the long-term view. When we try to form healthy habits we often ignore the small choices that have to be made to achieve our goals, such as refusing to sacrifice a small bag of chips or a morning cup of coffee.

Ignoring small choices allows us to give into temptation.

Do Your Shoes Really Make a Difference?

How sore are your feet after working all day, going for a walk or when you're supposed to be having fun with your kids but can't keep up because your feet, ankles or legs are too painful, aching or tired? Do you have knee, hip or back pain?

How many times have you purchased shoes that you thought were comfortable when you tried them on in the store but when you wore them for a few days or weeks they didn't help make your feet better?

Did you know that there's about a 97% chance that your feet will feel better if you try shoes from Happy Soles Footwear?

Happy Soles Footwear has shoes and boots that have been carefully chosen by a physician who specializes in the diagnosis and treatment of foot and ankle problems. Fitting shoes is not complicated. We can explain to you in about five minutes why your feet will feel better when you wear shoes from Happy Soles Footwear compared to other places.

Have you ever walked into a shoe store, looked at a pair of shoes and liked the way they "looked" (colors, style) and then compromised on the fit because you liked the way they "looked"? A few weeks or months you put those shoes on and wonder why they don't look that good anymore and they feel terrible?

We have great looking shoes that are great for your feet...



1802 Allison Dr. Bismarck, ND 58501 (p)701.751.2443

Suffering from Back, Knee or Foot & Ankle Pain?

Bracing may be an option for you. A common misconception about bracing is that it makes you weaker. This is not true, bracing is used for many different reasons but the most common reasons are to decrease pain and stabilize joints.



Steve Metzger, CO is a Certified Orthotist who is an expert specializing in making and fitting back braces, knee braces and foot & ankle braces! He is a healthcare professional specifically trained & educated to manage comprehensive orthotic patient care. We are fortunate to have him available for anyone who is suffering from any of these problems, not just foot & ankle problems.

Are you trying to delay or avoid surgery? Surgery is not an option but you are experiencing pain or difficulty walking? Bracing may be a great option for you. Bracing after some types of surgery is also very necessary and beneficial.

Steve does FREE screenings at our clinic and makes house calls including evenings! Most braces are covered by insurance and with his many years of experience working with patients in the Bismarck/Mandan area he can give you the best bracing options available. Call Steve today at 701-220-3950

Inspiration to Quit Smoking

While the health risks that are so closely associated with smoking are very well known today, that may not make it any easier to actually give up the habit. Even those who are serious about quitting often find that they are in need of some instruction and a little bit of inspiration in order to achieve their goal of removing smoking from their lives.



While you are trying to quit, you should eat plenty of fruits, nuts, seeds and vegetables. Foods that are low in calories, healthy and natural can be very helpful when giving up smoking, both because they provide your hands and mouth with an alternative task to perform and because they can prevent the weight gain that would ensue if you consumed other unhealthy foods instead. Plus, these foods contain vitamins and minerals that can provide some relief from the symptoms of nicotine withdrawal.

Lots of rest is also helpful when trying to give up smoking. A lot of ex-smokers stay up late, which only increases their tendency toward cravings. A restful night with eight hours of sleep will make you more mentally acute and give you that extra willpower you need to beat your cravings.

For more information on quitting contact NDQuits by visiting <http://www.ndhealth.gov/ndquits> for many free resources.

Motivation Tips



Personal goals are very important.

The focus we put into achieving a goal enables us to get much more from life in general as the determination, drive and resolution needed to achieve a goal will also foster success in other aspects of life.

When you are able to overcome obstacles and reach your goal you will also be rewarded by a feeling of empowerment, satisfaction and endorphins that enhance your confidence and self-belief.

It can be hard to get started and to keep going but there are ways to stay motivated and inspired.

One important tip is to keep living in the now while remaining positive and focusing on enjoying the journey.

To this end you need to give yourself rewards while you are working toward your goal.

Denying yourself things that you enjoy are only going to de-motivate you in the long run.





Dakota Foot & Ankle Clinic
1733 East Capitol Avenue, Ste 101
Bismarck, ND 58501
701-255-3338
www.dakotafootankle.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

NOVEMBER 2013



Quality natural products to help support & promote optimal health

We care about your foot health but...

We also care about the REST of your BODY too!!

Did you know we carry **NOW FOODS** vitamins & supplements to support your health.

NOW Supplements promote overall health, not just a quick fix:

- Bone & Joint Health
- Cardiovascular Health
- Lower you cholesterol
- Immune support
- Much more



From the desk of

Dr. Brian Gale, DPM, FACFAS

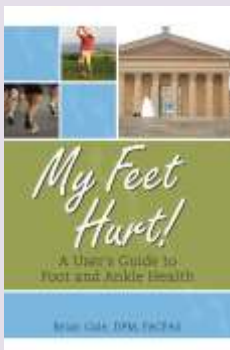
“Take care of your body. It's the only place you have to live.” Jim Rohn

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!



Preschoolers' extra pounds linked to sugar drinks

Preschool children who have sugary drinks on a regular basis tend to put on more weight than their peers, a US study suggests. Researchers discovered that in the group of two to five year old children that they followed, those who routinely had sugary drinks were 43 percent more likely to become obese.

While the study could not definitely prove the connection between obesity and the beverages concerned, experts recommend that parents choose water and milk for their children to drink instead, noting that there are no additional nutritional benefits with sugar sweetened drinks. Since water is free of sugar and milk provides calcium, protein and Vitamin D, these drinks help children feel fuller than they do when consuming sugary drinks.

Although childhood obesity is also influenced by factors such as genes, physical activity and overall diet, sugary drinks nonetheless stand out as one of the primary causes.

Obesity can lead to foot problems as well as many other health problems.