



Prairie Path Foot and Ankle Clinic

136 W Vallette St - Suite 2 • Elmhurst, IL 60126 • 630.834.3668 • www.elmhurstfootdoc.com

Preventing Toenail Fungus

Approximately 15% of Americans suffer from onychomycosis – or more commonly known as “toenail fungus.” The symptoms of toenail fungus can vary but are generally characterized by nail discoloration, nail thickening or a serious infection that can cause several toenails to become misshapen or deformed. Sometimes, the pain can become so severe that it will interfere with a sufferer’s ability to walk. Treatments will depend on the severity of each case but can be anything from a topical medication to laser treatments on nails with the fungus.



There are plenty of things you can do to prevent toenail fungus from becoming an issue in the first place. While the two easiest and most common methods are keeping your feet as dry as you can at all times and avoiding trauma to your nail beds, there are a number of other ways to prevent fungus as well:

- Be sure your feet are washed and dry before putting on socks and shoes
- Use antifungal products on a regular basis. Our office carries many products to help prevent fungal infections.
- Make sure your shoes fit properly. Ill-fitting shoes will not allow your feet enough space to “breathe” and cause moisture
- Change socks and hosiery at least once per day
- Avoid being barefoot in damp, public places like locker rooms, pools and public showering areas

Nail fungus is common but it can be prevented easily enough. Practicing good hygiene can be enough in most cases but these tips and preventative measures can be an extra measure in good foot health.

If all else fails, contact our office to schedule an appointment to discuss one of our many treatment options. We have many treatments including KeryFlex, Q-Clear Laser and many more.

Quotables

“You have brains in your head, you have feet in your shoes you can steer yourself in any direction you choose”

- Dr. Seuss

The Doctor’s Corner

Did You Know...?



Dr. Misty McNeill

Dr. McNeill is training to run Disney’s Dopey Challenge in January. It is a 5K, 10K, Half Marathon and Full Marathon (48.6 MILES!) in 4 days. Because running “just” a marathon isn’t enough...? Follow her blog about her training on our website.



Dr. Saera Arain-Saleem

Dr. Arain-Saleem is a total foodie and if there is a restaurant you are thinking of trying out, chances are, she already has and can give you the scoop. We do not make dinner reservations without asking her first.



Dr. Lauren Doyle

Dr. Doyle is a HUGE fan/groupie for JD Power and the Associates. In her spare time she can be found in the front row at all of their shows (she may or may not be married to the lead guitarist).

What's Going on at PPFAC?

Thank You! Thank You!

A BIG thanks to all of you for helping Dr. Saera Arain-Saleem exceed her \$1,000 fundraising goal as a Chicago Marathon charity runner for the American Cancer Society. She raised a total of \$1,414.60!

Quarterly Referral Raffle

We want to see more patients just like YOU! Send us a friend or family member in need and your name will be entered into our quarterly raffle drawing. November 30th we raffled off an iPad Mini.

See Us Around Town

January 18th, 2014 come see all of our doctors at the Saturday Morning Out event at Elmhurst Memorial Hospital from 9-11 am. The doctors will be there providing free foot screenings and will be on hand to ask any foot related questions you may have.

New for YOU

In case you have not heard...we have LASER! We now have the Q-Clear laser to treat fungal nails. Contact Ryann at Ryann@ElmhurstFootDoc.com if you are interested in learning more about it.

We also, as featured in the article to the right, have EPAT. This is a great treatment option for those that experience chronic plantar fasciitis and tendonitis or are looking for a faster treatment option.

Have a Question...?

We may have the answer...Check out our website (www.ElmhurstFootDoc.com). Our doctors add FAQ's, articles and blogs DAILY. Dr. McNeill is currently blogging about her training for Disney's Dopey Challenge in January. That is a 5K, 10K, Half Marathon and Full Marathon ran 4 days in a row. Yikes!

We Now Have EPAT



Extracorporeal Pulse Activation Treatment (EPAT) is now available at our clinic. EPAT is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This technology is based on a unique set of pressure waves that stimulate metabolism, enhance blood circulation and accelerate the healing process. Damaged scar tissue gradually regenerates and eventually heals.

Benefits of EPAT

- Over 80% success rate
- Non-invasive so biomechanics are not affected and there is no incision
- Return to work/normal activities within 24-48 hours
- Patients are immediately full weight bearing
- Fast, safe and effective
- Treatment sessions take 5-10 minutes depending on the disorder and are done in our office.
- Generally, only 3 treatment sessions done at a weekly interval are needed.
- Fast, safe and effective
- Virtually no risks or side effects

The beneficial effects of EPAT are often experienced after only 3 treatments. Some patients report immediate pain relief after the treatment, although it can take up to four weeks for pain relief to begin. The procedure eliminated pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free and/or have significant pain reduction.

EPAT Treats

- Plantar Fasciitis
- Tendonitis
- Acute or Chronic Muscle Pain

Interested in having EPAT? Contact our office for more information or to schedule your consultation today at 630-834-3668.

Tech Advice for Parents

Developments in technology have altered more than just the way children learn and play, it has also altered the way we need to parent.

Raising children in our ever more technological society can seem overwhelming at times, but navigating the digital world can be made easier via a few simple tips.



One good tip is that if you have an iPad or a computer that your child has regular access to, you should turn on parental controls.

The parental controls on the iPad limits the websites that can be accessed and also puts an age restriction onto the apps that can be downloaded or even turn them off completely.

When your children are online, ask them to demonstrate what they are doing.

However, you also need to be careful not to go overboard when it comes to safety.

The internet is a normal part of life in the 21st century and you should encourage your children to make use of it in a productive and safe manner.

Dental Health Tips for Kids

The development of good dental hygiene is important to everyone, but particularly so for kids.

Brushing twice a day is very important and it is also a good idea to make use of cetylpyridinium or chlorhexidine before bedtime.

No toothpaste is more effective than another; as long as they are fluoridated and come with the ADA seal, they are fine.

You should brush your teeth for about four minutes, and the idea that enamel will be worn down by such treatment is a myth.

The direction of your brushing can also be significant, and the best advice is to angle your toothbrush at forty five degrees to your gum and use small circular strokes. You should spend a little more time brushing your back teeth.

If you suffer from gingivitis, you should have your teeth professionally cleaned on a regular basis, consume less sugar; and pay attention to regular oral hygiene with the use of disclosing dye.



Monthly Featured Product Specials

December



Buy 3 Get one FREE
(reg \$10 ea.)

These make great stocking stuffers for the athletes (or sock connoisseurs) on your list

January



Buy 1 Get 1 ½ Off
(reg \$15 ea.)

This is a deep penetrating, therapeutic cream is designed for cracked or dry skin. It is great to use for dry skin caused by the harsh winter air.

February



Buy 2 Bands for \$15
(reg \$15 ea.)

The one and only adjustable non slip headband. They. Don't. Move.



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Vol 1.

The Neck Rule

Getting a nasty bug is never a lot of fun and as well as causing cough, sneezes and snorts also messes with your ability to put in good day's work, get a good night's sleep, and have a decent workout. So how long after you start to feel better can you go back to pounding the pavement, swinging the clubs and hitting the weights? The general rule tends to depend on how your body was affected by the bug. Anything above the neck tends not to be too much of a worry, such as a scratchy throat or a runny nose (with the obvious exception of swollen glands or a really horrible sore throat). Anything below the neck however, such as stomach symptoms, fever, and body aches, should take a bit more time to get over. In any event, when you are feeling a little better you should still do not much more than warm up exercises; a bit of stretching or walking, perhaps. Anything more strenuous too soon and you risk making yourself ill again.

What's Going on Around Town?

January

1st – Happy New Year! Office closed

13th – Dr. Doyle and Dr. Arain at The Runner's Soul – La Grange

16th – Dr. McNeill at The Runner's Soul - Elmhurst

18th - Saturday Morning Out at Elmhurst Memorial Hospital 9 – 11 am. All 3 doctors will be available to answer any foot related questions you may have

Bring this newsletter to our office for \$5 OFF any product over \$10