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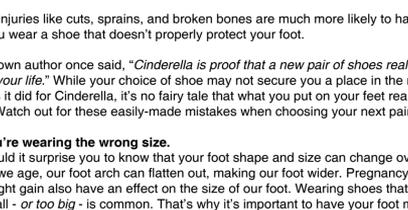
Team News!

We treat all types of foot and ankle injuries, fractures and sprains, with same day appointment.

Dr. Hal Ornstein has expanded his hours to Tuesday afternoons 1-3pm, in addition to Wednesday mornings.

Exciting News...We Are Now Tier 1 OMNIA Plan

Once Upon a Time, There Was a Little Shoe



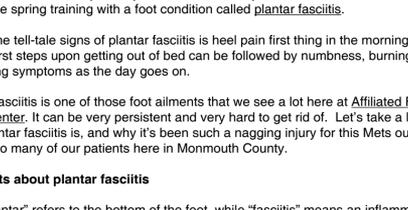
Sudden injuries like cuts, sprains, and broken bones are much more likely to happen when you wear a shoe that doesn't properly protect your foot.

An unknown author once said, "Cinderella is proof that a new pair of shoes really can change your life." While your choice of shoe may not secure you a place in the royal family as it did for Cinderella, it's no fairy tale that what you put on your feet really does matter. Watch out for these easily-made mistakes when choosing your next pair.

1. **You're wearing the wrong size.**
Would it surprise you to know that your foot shape and size can change over time? As we age, our foot arch can flatten out, making our foot wider. Pregnancy and weight gain also have an effect on the size of our foot. Wearing shoes that are too small - or *too big* - is common. That's why it's important to have your foot measured from time to time to ensure that you're not squeezing a size 9 foot into the size 8 shoe that you've always worn.

There's one common mistake ahead that might surprise you, keep reading

Plantar Fasciitis Can Be Debilitating



If you're a NY Mets fan, you may have heard that Jay Bruce has been on and off the field since spring training with a foot condition called **plantar fasciitis**.

One of the tell-tale signs of plantar fasciitis is heel pain first thing in the morning. Those painful first steps upon getting out of bed can be followed by numbness, burning, and worsening symptoms as the day goes on.

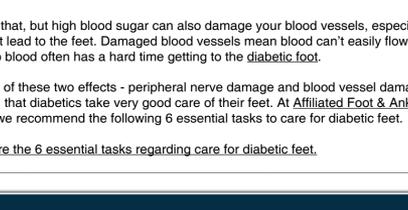
Plantar fasciitis is one of those foot ailments that we see a lot here at Affiliated Foot & Ankle Center. It can be very persistent and very hard to get rid of. Let's take a look at what plantar fasciitis is, and why it's been such a nagging injury for this Mets outfielder, and for so many of our patients here in Monmouth County.

Fast facts about plantar fasciitis

- "Plantar" refers to the bottom of the foot, while "fasciitis" means an inflammation of the plantar fascia. The plantar fascia is the band of tissue that supports your arch and inserts into your heel bone.

Learn more important facts about this very painful condition.

6 Essential Tasks to Treat the Diabetic Foot



Diabetes is directly related to problems with your feet because of how high blood sugar can attack your peripheral nerves (the nerves located outside of your central nervous system - your brain and spinal cord).

Type 2 diabetes is a disease caused by an inability of the pancreas to create enough of the hormone insulin or the inability of the body to use the insulin the pancreas does create. Levels of sugar in the blood can get quite elevated because of the lack of insulin.

So what does all this have to do with your feet? Well, diabetes is directly related to problems with your feet because of how high blood sugar can attack your peripheral nerves (the nerves located outside of your central nervous system - your brain and spinal cord). Peripheral nerves far from your central nervous system, such as those in your feet, can sustain damage that makes many people with diabetes lose feeling in their feet.

Not only that, but high blood sugar can also damage your blood vessels, especially the ones that lead to the feet. Damaged blood vessels mean blood can't easily flow through them. So blood often has a hard time getting to the **diabetic foot**.

Because of these two effects - peripheral nerve damage and blood vessel damage - it's essential that diabetics take very good care of their feet. At **Affiliated Foot & Ankle Center**, we recommend the following 6 essential tasks to care for diabetic feet.

Ahead are the 6 essential tasks regarding care for diabetic feet.

Affiliated Foot & Ankle Center offers Laser treatments for fungal toenail infection.

Current treatment options for fungal toenail infection include prescription topicals and oral drugs, both with limited success rates. The laser offers several advantages over these alternatives.

- Safe, painless treatment
- No side effects or drugs
- No liver enzyme test required
- No recovery time, just walk in and walk out
- Only a few minutes is required to treat nails on both feet

Please call our office to schedule an appointment.

Yoga Peace Kula



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Howell, N.J. 07731
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Recipe of the Month

Grilled Tilapia with Mango Salsa



This sweet and spicy salsa goes beautifully with a white fish like tilapia. Make sure your mango is very ripe. Mangos are a good source of potassium, vitamin A and beta-carotene.

Ingredients:

- 1/3 cup extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon fresh minced parsley
- 1 clove garlic
- 1 teaspoon dried basil
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 (6 ounce) tilapia fillets
- 1 large ripe mango, peeled, pitted and diced
- 1/2 red bell pepper, diced
- 2 tablespoons minced red onion
- 1 jalapeno pepper, seeded and minced
- 1 jalapeno pepper, seeded and minced
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- Salt and pepper to taste

Directions:

Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl and pour into a re-sealable plastic bag. Add the tilapia fillets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.

Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro, and jalapeno pepper in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper and refrigerate until ready to serve.

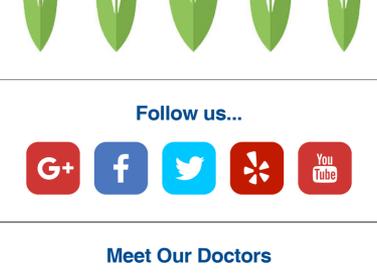
Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

Recipe courtesy of Allrecipes.com

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Meet Our Doctors



Dr. Ornstein



Dr. Boyd



Dr. Saka

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Wednesday : 9:00am to 4:30pm
Thursday : 9:00am to 6:30pm
Friday : 8:30am to 4:30pm
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