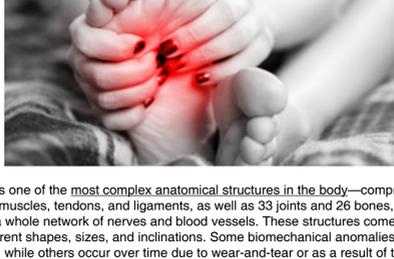


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4 Common Causes of Foot Pain

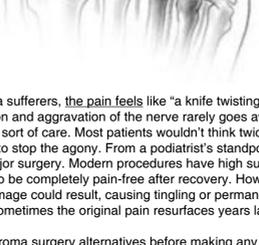


The foot is one of the most complex anatomical structures in the body—comprised of over 100 muscles, tendons, and ligaments, as well as 33 joints and 26 bones, not to mention a whole network of nerves and blood vessels. These structures come together in all different shapes, sizes, and inclinations. Some biomechanical anomalies you're born with, while others occur over time due to wear-and-tear or as a result of trauma. These anomalies lead to common causes of foot pain.

Our focus on correcting biomechanics is one of the features that sets The Center for Podiatric Care and Sports Medicine apart from the masses. We're not looking to simply medicate you and send you on your way. We want to fix what's hurting you or slowing you down, so you never have to worry about it again.

Read ahead for the four most common mechanical faults we treat:

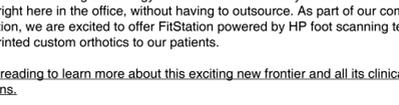
**Morton's Neuroma Surgery Alternatives;
 NYC Podiatrist Discuss Options**



For Morton's Neuroma sufferers, the pain feels like "a knife twisting in the ball of the foot." This compression and aggravation of the nerve rarely goes away on its own without seeking some sort of care. Most patients wouldn't think twice about having surgery if it promised to stop the agony. From a podiatrist's standpoint, though, there are risks involved with major surgery. Modern procedures have high success rates and the potential for patients to be completely pain-free after recovery. However, there is still a chance that nerve damage could result, causing tingling or permanent numbness in portions of the foot. Sometimes the original pain resurfaces years later.

Explore Morton's Neuroma surgery alternatives before making any surgery decisions. Read further!

**Custom Foot Orthotics: The Latest Technology
 Is Now Available at Our Office**



The doctors at The Center for Podiatric Care and Sports Medicine are at the cutting edge of new technology and products that will give you the best results possible so that you can live an active and healthy lifestyle. We all know the future is in 3D printers. Now we can use this amazing technology to scan the contours of your feet and design custom orthotics right here in the office, without having to outsource. As part of our commitment to innovation, we are excited to offer FitStation powered by HP foot scanning technology and 3D printed custom orthotics to our patients.

Continue reading to learn more about this exciting new frontier and all its clinical applications.

**Recipe of the Month
 Roasted Sweet Potato Salad
 with Warm Chutney Dressing**



A blend of traditional and fanciful holiday flavors, this side dish is really delicious and will surprise and delight your Thanksgiving guests!

Ingredients

Salad:

- 4 medium-sized sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 cup raw green pumpkin seeds (also known as pepitas)
- 1 cup dried cranberries
- 1 cup chopped scallions (green and white)
- 1 cup julienned roasted red pepper

Dressing:

- 6 tablespoons balsamic vinegar
- 1/3 cup mango chutney
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 garlic cloves, minced
- 1/4 cup olive oil

Directions

Make the Salad: Preheat oven to 425 degrees F.

In a roasting pan, combine the potatoes, 3 tablespoons of the olive oil, rosemary, salt, pepper, cumin and ginger. Stir to combine and bake until the potatoes are fork-tender and golden brown, about 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat. Add the pumpkin seeds and cook, stirring, until toasted. Transfer the seeds to a plate and season with salt and pepper. In a small bowl, combine the cranberries, scallions, and red pepper and set aside.

Make the Dressing: Prepare the dressing by combining all the ingredients (except for the olive oil) in a small saucepan and heat. Remove from heat and whisk in the olive oil.

Assemble salad by gently tossing the roasted potatoes with the red pepper mixture. Add enough of the dressing to coat and garnish with toasted pumpkin seeds. Serve with extra dressing on the side.

Recipe courtesy of Devon Delaney



The holiday is a perfect reminder to stop and say
Thank You to all of our patients.
Thank You for your support and trust in our practice.



History FootNote

In 1675, the word "mellitus" or honey was added to the name "diabetes" because of the excess sugar present in the urine.

Celebrity Foot Focus

Rock and roll legend Eric Clapton suffers from peripheral neuropathy, with symptoms ranging from pain to numbness and loss of coordination.

Foot Funnies

☺ What type of shoes do lazy people wear? Loafers

Trivia

You're most likely to break bones located here:

- A. Your big toe
- B. Your pinky toe
- C. The center of your foot

Answer: C. The center of your foot

Bearing the brunt of your body's weight takes a toll. It's common to get stress fractures -- tiny breaks -- in the long, thin bones in the middle of your feet, called the metatarsals.

Follow us...



Mission Statement

We at the Center for Podiatric Care and Sports Medicine take pride in treating all of our valued patients like members of our family, with kindness, compassion, empathy and integrity. We strive to continuously solidify, enrich, and renew our already extensive knowledge base. The doctors offer comprehensive treatment programs utilizing the newest and most advanced modalities in the field of podiatry. We specialize in all aspects of foot and ankle care including preventative medicine, regenerative medicine, and advanced surgical techniques. We appreciate the opportunity to participate in your health care, and keep you moving forward.

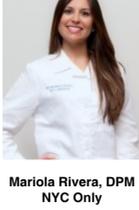
Meet Our Doctors



Josef J. Geldwert, DPM, FACFAS



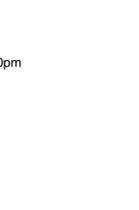
Katherine M. Lai, DPM, FACFAS



Ryan Minara, DPM



**Mariola Rivera, DPM
 NYC Only**



Vera Malezhik, DPM

Our Offices

Manhattan Office
 111 East 88th Street
 New York, NY 10128
 Tel: 212.996.1900

Office Hours
 Monday-Thursday 7:30am - 4:30pm
 Friday 9:00am - 4:00pm

Westchester Office
 10 Mitchell Place
 Suite 105
 White Plains, NY 10601
 Tel: 212.996.1900

Office Hours
 Monday 9:00am - 1:00pm
 Tuesday- Wednesday 9:00am - 5:00pm
 Thursday 10:00am - 6:00pm
 Friday 9:00am - 1:00pm

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