

February 2012

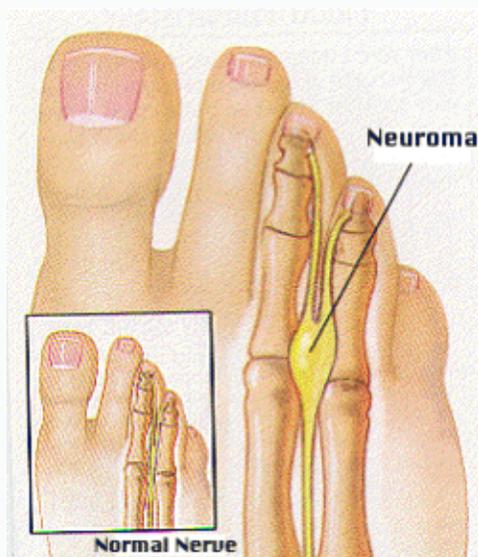
How to Treat a Neuroma....

There are many treatment options available for Neuromas and your podiatrist will help determine which treatment options are best for you. First, Stop/Avoid wearing pointy, tight shoes. Treatments available include:

1. Anti-inflammatory medication
2. Nerve Surgery
3. Medication
4. Orthosis

There are different treatment options available. Based on your lifestyle and want and needs you and your doctor can choose the best treatment method.

What Does a Neuroma Look Like?



Tingling, Burning, Painful Feet....sound familiar? It May Be a Neuroma

Neuromas frequently start as a numbness or tenderness in the ball of the foot. This is the area just behind the base of the toes. As the swelling increases, pain and strange sensations such as numbness, burning and tingling in the area can radiate out into the toes or back into the foot. The area may be hot or very swollen and, just as mysteriously, the symptoms can disappear and reappear. At first, the pain is only present when weight bearing in tight shoes. As it gets worse, spontaneous shooting pains, often like electric shocks, can be felt even when you're off your feet.

To understand why neuromas develop, it is important to know how the nerves connect to the toes. The nerve that carries sensation signals back from the toes starts in the midfoot between the metatarsals. The nerve passes beneath a strong ligament, or soft-tissue band, that holds the metatarsal heads together. Just after it passes this band, it splits in half forming a Y. Each half then connects to the adjacent sides of the two toes.

The neuroma usually develops just under or beyond the tight ligament. Why? Well, imagine that the nerve is the bow of a violin and the tight ligament is the string. The constant pulling of nerve over the ligament irritates the nerve and causes the nerve to thicken and scar. The nerve also can get pinched between the two metatarsal bones that it passes between. A scarred nerve doesn't carry signals well and may send back strange signals to the brain such as burning, pain and tingling. So, instead of beautiful music, we get terrible noise.

Diabetic Recipe! Honey Mustard Chicken Thighs

1 tablespoon butter
 1 (1 lb) package chicken thigh, cut into strips (boneless and skinless)
 4 medium carrots, sliced (abt. ½ lb.)
 1 medium onion, chopped
 2 garlic cloves, minced
 3 tablespoons honey
 1 tablespoon mustard
 1/3 cup chicken broth
 ½ teaspoon dried thyme leaves
 ½ teaspoon salt
 1/8 teaspoon pepper

1. Melt butter in a heavy skillet over medium heat. Add chicken strips, carrots, and onions and cook for 4-5 minutes until chicken is browned on the bottom.
2. Meanwhile, in a small bowl, combine garlic, honey, mustard, chicken broth, thyme, salt and pepper. Turn chicken and add honey mixture.
3. Cover pan and bring to a simmer. Lower heat to low and cook, stirring occasionally, for 7-9 minutes until chicken is thoroughly cooked and vegetables are tender.
4. These chicken thighs are nice served over hot cooked rice or couscous.

Read more: <http://www.food.com/recipe/honey-mustard-chicken-thighs-471477#ixzz1yT5heDF>

Did you know that 85% of diabetes related amputations are preceded by a non-healing ulcer?

The American Diabetes Association's "2010 Standards of Medical Care in Diabetes" statement on diabetic foot care and the newly established Physician Quality Reporting Initiative (PQRI) for the treatment of feet of patients with diabetes "requires" an annual comprehensive diabetic foot examination to assess all lower extremity risk factors. To provide you with the best possible diabetic foot care, I am instituting these recommendations into my practice effective immediately.

I am advising all of my patients with diabetes to schedule a Comprehensive Diabetic Foot Exam (CDFE) appointment so that we can perform the necessary non-invasive testing and exam to meet this requirement. (This examination should only take about 15 minutes)

Call to schedule your appointment today!
 (760) 568-0108

Peripheral Arterial Disease [P.A.D.]

If you engage in excessive amounts of exercise, your legs will hurt. That's normal. But if you regularly have foot and leg pain after moderate or small amounts of exercise, or feel it lying down or sitting in a chair, that is not normal. That's when leg and foot pain can be a problem.

The symptoms of leg and foot pain are more common than you think, particularly for people over age 50, and especially for those who smoke or have diabetes. About 30% of adults in this category have some form of peripheral arterial disease, which is often the underlying cause of leg pain.

People with pain, cramping, swelling, numbness, or skin discoloration in their legs may be showing signs of peripheral arterial disease. Many think symptoms like these are part of the aging process and wait until their condition is advanced to consult their doctor about the cause.

Leg pain feels different to different people. Some people feel it as sharp, crampy or "Charlie-horse" type pain they get after walking, climbing stairs or some other kind of leg exercise. This type is called "intermittent claudication." In more severe cases, people will complain of pain in their toes or feet when lying down, and this pain can even disturb sleep. This type of leg, foot pain is called "rest pain."

There is a test which can be done to determine if you have P.A.D. PADnet is a 15-20 minute test, non invasive, of segmental blood pressures in your arms and legs, called the ABI, or ankle brachial index (pronounced as 'an'kel-bra'ke-el in'dex'). It also measures blood volume in the legs using pressure cuffs (Pulse Volume Recordings or PVR's) and blood pressures in the toe (toe brachial index or TBI). Dr. Danciger is the only doctor in the Coachella Valley to offer this state of the art testing to better diagnose vascular disease. Call the office if you have symptoms of P.A.D., to find out more and if you need to be tested.

Community Service Project
Shoes for the homeless

Dr. Danciger is sponsoring a community service program to help the homeless. The goal of this project is to provide a much needed supply of footwear for the homeless and underprivileged in the Coachella Valley by collecting shoes in good condition donated by members of the community. The program is called: KEEPING COACHELLA VALLEY ON ITS FEET. There is a donation box in his office. The concept is for people to donate their gently used athletic shoes that Dr. Danciger will deliver to the Coachella Valley Rescue Mission and Martha's Village & Kitchen, where the shoes will be distributed to those in need. The shelters are very enthusiastic about this program and Dr. Danciger looks forward to it being a big success. If you have shoes to donate, please do not hesitate to stop by our office to deposit your shoes for this worthy cause.

Thank you.

Sudoku Essentials

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

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have 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 mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

- | | | |
|----------|-----------|----------|
| Donald H | Claire P | Nora B |
| Astrid M | Jerome A | Nora B |
| Sally S | Sandi D | Denise A |
| Aurora B | Murray T | Carl R |
| Hebert L | Dan E | Paul S |
| Gary S | William L | Mary H |
| Alan C | | |

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome the following new patients:

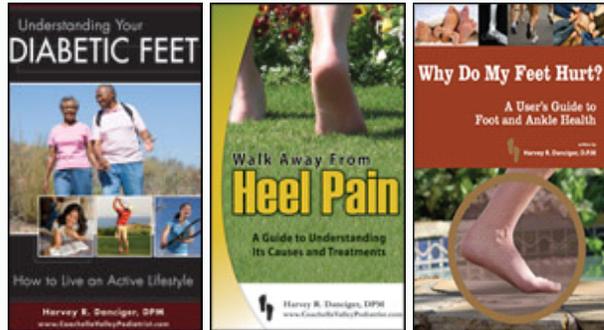
- | | | | |
|------------|------------|-------------|-----------|
| Kathleen L | Reuben M | Sally P | Myna S |
| Angelic E | Michael H | Arthur P | Joseph M |
| Kathie A | Shirlee S | George P | Ronald M |
| David S | Shirley W | Alexis W | Gloria C |
| Claire M | Mary D | Marcia K | Jeffrey L |
| Melvin C | Darcy C | Wallace G | Sharon T |
| Reina M | Cecil W | Ruth N | Bruno J |
| Lael R | Donald W | Patricia H | Suzanne O |
| Judith N | Macaulay D | Christian T | William E |
| Elaina M | Sigmond L | Ronald T | Sidney H |
| Sunny S | Sharon H | Jessica J | Anne M |
| Judith W | Peter S | Aurora B | Michael S |
| Mark S | Billie S | | |

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have a February birthday. We have a large patient population with a birthday in February, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

Enjoy the power of **FREE!!**
Get three books for the price of...
well...**NOTHING!**

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or call 760-568-0108

Meet Your Staff

- Harvey R. Danciger, DPM
- Liria Escobar, Patient Coordinator
- Margarita Acosta, Patient Coordinator
- Rebecca Bravo, Medical Assistant
- Jessica Fausto, Community Relations



L to R - Jessica, Margarita, Rebecca, Lilly

Let's Connect



Sudoku Essentials Solution

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

How Do I Know If I Broke My Toe?

