

March 2012

## Not Treating An Acute Ankle Sprain Can Lead To Problems

When one sprains their ankle, the ligaments stretch. In fact, there are micro-tears of the ligament fibers. If not treated immediately, scar tissue can form between these torn fibers.

This will lead to a very tight and painful ankle and makes it more difficult to treat.

## New Treatment for Ankle Pain

The pain from an ankle sprain can be very painful and tender. The area can become very tender and swollen. Thankfully, we have the latest technology for our patients to drastically reduce the symptoms of an ankle sprain or fracture.

## Ankle Sprains & Fractures

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue-like rubber bands-that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement. However, not all ankle injuries are sprains; they can be fractures of bone, fractures of cartilage or even torn tendons or ligaments.

In children, ankle injuries can be growth plate injuries.

Ankle injuries often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, or walking or running on an uneven surface. The signs and symptoms of ankle sprains may include: pain or soreness, swelling, bruising, difficulty walking, and stiffness in the joint. All ankle injuries need professional attention, neglecting them can lead to more serious problems. These problems can be avoided by prompt diagnosis and treatment.



More than 25,000 people sprain their ankles every day, according to the American Orthopaedic Foot and Ankle Society.

## 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.

## Testimonial

You are most impressive to an individual who has experienced solely fiscally oriented people, completely devoid of professional expertise, including people in your field who are totally incompetent.

We are contacting a friend at AMA to describe your attitude and capability since a person like you should and must be recognized for your attributes.

Thank you for your prognosis of my condition which will be conveyed to my Internist who is quite highly recognized in St. Louis, at a major medical center.

Will be in touch,  
Thanks again

S.L.

## 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:

Elizabeth K	Aurora B	Sigmond L
Peter L	Paul S	Thomas
Barbara M	Steven G	Richard G
Judith W	Linda L	Skylar L
Mary R	Luann W	William L
Paul L	Laura M	Chris C
Richard W	Melinda W	Paul B
Iris P	Elaine O	Murray T
Jeanette P	Carol B	Barbara L
Sandra D	Sherri W	Barbara S
Andrew L	Charles M	

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		

## 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:

Alan R	Jean S	Esther L	Gabrielle L
Esther M	Francesca E	Rose M	Ashley V
Daniel C	Charles W	Karen C	Barbara S
Robert M	Larry P	Kenneth M	Shirley R
Roberta D	Stacy C	Anthony W	Elaine O
Kari K	Albert C	Ocie R	Carlos R
Diana H	Jan L	Joyce R	Raymond R
Arlene E	Fred W	Frank S	Deborah W
George S	Donna G	Ilon B	Phillip P
Robert W	Jeanette P	Jon T	Janis C
Eileen R	Frederick Y	Robert D	William B
Norbeto R	John G	Bettina S	William D
Liduvina G	Paul C	Carlos B	Evelyn W
Ronald P	Bruce M	Fred B	Mary P
Deborah H	Kenneth E	John H	Kenneth S
Maria L	Jessica Y	Valerie B	William S
Katherine H	Cesar D	Carole L	Anne S
Carol M			

## 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 March birthday. We have a large patient population with a birthday in March, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

**Every 30 seconds, a lower limb is lost due to diabetes-related complications. That comes to 2,880 legs and feet every day.**

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

[Click here ...](#)



or call 760-568-0108

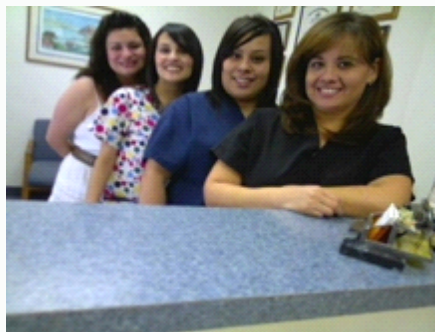
## Meet Your Staff

- 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

## Foot Anatomy 101



## Happy St. Patrick's Day!

