



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Happy Holidays from Dr. Danciger's Office!

Whether you spend your time with friends, with family, at home, or on vacation, we wish you the best in festive celebration this holiday season!

Thank you for trusting us with your foot and ankle care through the year. Without your support, we couldn't do what we love, which is helping you do the things you love without pain and discomfort.

The year isn't quite over yet, so there may still be time to take advantage of your healthcare plans to get the treatments you need. Don't let foot pain ruin your season, 2019, and beyond!



REQUEST AN APPOINTMENT



OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

VIEW MAP

OUR WEBSITE

CoachellaValleyPodiatrist.com



CALL NOW: (760) 568-0108



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Handle Your Holiday Eating Wisely



We're not here to tell you to be miserable during the holiday season, but what you eat and the amounts you do so can have an impact on the general health and happiness of your feet.

If you have ***gout***, certain foods can contribute to the buildup of uric acid in your body. When it crystallizes in the joint of your big toe (or other toes), it can cause quite a painful flare.

Purines are the compounds in food that break down into uric acid. To help yourself against gout, limit or eliminate purine-rich foods such as red meat, shellfish, white breads, pasta, sugar, and alcohol.

If you live with diabetes, having a good plan for taking on gatherings will not only help you feel great, but benefit your long-term foot health, too.

Plan ahead and accommodate your diet for something special you'd like to eat that night. If you want a small slice of pie, for example, balance it out by forgoing your weekly latte the next day.

It can also pay to scope out the spread beforehand and plan what you'd like from the buffet. A well-portioned plate is usually half vegetables, one-quarter protein, and one-quarter carbs.

As with any condition, your mileage may vary. Always be sure to speak with your primary physician for your condition before making changes to your diet.



Don't Leave Your FSA Money on the Table

If you have a healthcare flexible spending account (FSA) and your period is coming to a close, don't let your savings go to waste! Your savings may very well go toward important treatments such as custom orthotics and laser therapy.

If you need ***custom orthotics*** to correct foot pain and other conditions, now is no better time to get them! If you already own a pair, it may be time to consider refurbishing them, replacing them, or even acquiring a second pair for your work or workout shoes.

Laser therapy sessions might also be a recommended treatment for you to address acute or chronic pain caused by soft tissue injuries. If you suffer from pain due to arthritis, plantar fasciitis, diabetic neuropathy, or more, talk with us about whether laser therapy would be a good choice for you.

We will work with you, your plan provider, and your insurer to help you get the most out of any choice you make.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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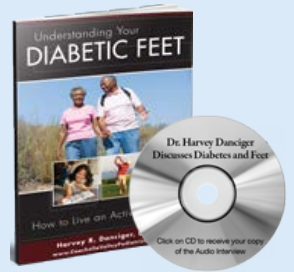


Resolve to Treat Your Feet Better in 2019!

Great foot care begins at home! There are plenty of good habits you can pick up to help your feet and ankles through 2019. Here are just a few to consider:

- 01 MOISTURIZE**
 If dry and cracked feet harangue you at times of the year, get into the habit of keeping them moisturized. Good times to work some lotion or cream into your daily schedule are after getting out of the shower and before bed.
- 02 GET YOUR FEET MEASURED**
 If you haven't measured your shoe size in some time, you might be surprised! Feet do change, even in adulthood, and you may be wearing the wrong size.
- 03 EXERCISE**
 You don't have to join a gym (and especially don't overdo it and develop an overuse injury!). A simple exercise such as walking more often can have a significant impact on your foot health—not to mention your overall health! Just make sure you have the right shoes for whatever activity you'd like to pick up, and engage in the right kinds of warm-ups and cool-downs. We can point you in the right direction for all that.

Looking for more advice on making 2019 kinder to your feet and ankles? Just let us know!



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Sudoku

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If you need more information—or want to request an appointment—call us at (760) 568-0108 or contact us online today.

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