

September 2012

Diabetic Recipe!!! Diabetic Butter Rum Patties

5 cups puffed rice cereal,
unsweetened
3 tablespoons sugar
substitute
2 egg whites
2 teaspoons butter rum
flavoring
1 teaspoon vanilla

- Pour rice into blender and work into a powder.
- Pour into large bowl or food processor and add remaining ingredients.
- Work with wooden spoon, or in processor, until mixture is completely blended. (Mixture will be sticky).
- Form into 20 patties.
- Place on an ungreased cookie sheet, and bake 300F 15-20 mins until surface feels dry.

Back to School, Back to Sports Could Mean Injuries:

Fall is quickly approaching and with the back to school season, comes back to sports for many children. During this time, podiatrists see a lot of injuries from overuse, improper shoes/show sizes, and other easily overlooked issues.

Blisters are caused by friction when shoes and socks rub repeatedly on the skin. Also, if your child is not wearing socks blister can form. Another big cause of blisters is shoes that are too tight or don't fit properly.

Turf toe is more common among athletes who compete or train on artificial turf, which is where it gets its name. The pain develops in the base of the toe at the ball of the foot. The cause of turf toe is usually due to cramming the toe into the foot from jumping too hard or constant pressure from running on the hard surface. Shoes or athletic footwear may also be to blame.

Shin splints Shin splints is named for pain to either side of the leg bone, caused by muscle or tendon inflammation. It is commonly related to a collapsing arch, but may be related to a muscle imbalance between opposing muscle groups in the leg. They are usually caused by high impact exercise, improper stretching, or an existing issue like flat feet.

Heel Pain an increased activity level often start an episode. A change of shoes from well supporting walking or athletic shoes to floppy sandals can do it.



Nathaniel, Teagen, Jacob with me.

What are Orthotics...And What Can They Do For You?

Orthotics are prepared foot supports that are used to treat many different foot disorders. Orthotics are designed to be worn under the heel and arch of the foot to help relieve pain, absorb shock, and correct abnormalities.



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

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

- | | | |
|------------|-----------|------------|
| Beverly T | Sirus R | Peter L |
| Sandy H | Ghaleb S | Gloria K |
| Karen H | Robert S | Brennen S |
| William L | Nancy D | Marilyn O |
| Kathleen B | Robert L | Patricia D |
| Richard B | Carlos R | Daniel A |
| Sidney O | Roger B | William L |
| Denise A | Richard S | Suzanne H |
| James S | Maynard V | Steven G |

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:

- | | | | |
|------------|--------------|------------|-------------|
| Ronald M | Robert A | Jessica J | Lee S |
| Emily J | Rebecca V | Chris P | Richard S |
| James S | Billie M | Evan S | Steven P |
| Donald B | Cynthia P | Mary B | Margaret U |
| Mildred W | Caroline N | Ruth V | Michelle J |
| Carolyn H | Merrill C | Margaret L | Irma H |
| Virginia P | Paul D | Jeanie R | Mary V |
| Janice C | Mariethere J | Martha M | Madeleine R |
| Irene O | Melissa P | Craig P | Debra Z |
| LeeAnn 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 September birthday. We have a large patient population with a birthday in September, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

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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

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

Big toe red and swollen? It may be a Bunion.

