

May 2012

Diabetic Recipe!!!

½ cup pineapple juice
2 garlic cloves,
minced
1 teaspoon low-
sodium soy sauce
¼ teaspoon ground
ginger
2 salmon fillets, each
4 ounces
¼ teaspoon sesame
oil
Freshly ground black
pepper, to taste
1 cup diced fresh
fruit, such as
pineapple, mango and
papaya

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour. Turn the salmon periodically as needed.

Preheat the oven to 375 F. Lightly coat 2 squares of aluminum foil with cooking spray. Place the marinated salmon fillets on the aluminum foil. Drizzle each with 1/8 teaspoon sesame oil. Sprinkle with pepper and top each with ½ cup diced fruit.

Wrap the foil around the salmon, folding the edges down to seal. Bake until the fish is opaque throughout when tested with the tip of a knife.

Is Your Toenail Growing Into Your Toe?

An ingrown toenail is a painful and irritating condition. This problem occurs when a portion of a toenail on either side of the toe turns downward and presses into the skin. This condition can be slightly painful to excruciating painful. "At home remedies" will not fix the problem and in many cases will make the problem worse. If you believe you have an ingrown or you feel pain in your toes, see a podiatrist immediately.

Causes:

- Shoes that are too tight or narrow
- Routinely cutting the nail wrong
- Abnormal nail growth

Treatment Includes:

- Proper cutting of the nail by a podiatrist
- Removal of the area of the nail irritating the skin
- Ingrown procedure which removes the nail and adds solution to prevent it from happening again

Prevention:

- Wear proper fitting shoes (get measured!!)
- Cut nails straight across!
- Don't "dig" into the sides of your nails!



Proper fitting shoes will help to prevent this painful condition!
Always get measured by a professional!

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

Just Like the Month of May

Just like the month of May, moms always give us bright and warm days. Mother's Day celebrates the glorious ideal of love and sacrifice called motherhood. It is also a great opportunity for us to thank and show how much a mother's love and patience is appreciated.

The origins of a specific Mother's Day go all the way back to the 16th century. Moms have been celebrated throughout time and in recorded events in Egyptian, Greek and Roman times.

In the United States, a mother and social activist, Julia Ward Howe worked to create a Mother's Day for Peace Day during the Civil War in an attempt to organize "Mothers Against War." It was not until 1914 that President Woodrow Wilson declared the first national Mother's Day to honor mothers whose sons had died in war.

Since then, May is the biggest month for florists. Mother's Day has gone on to become the most popular day of the year to dine out in a restaurant and also to make long distance phone calls.

Mother's Day is celebrated all around the world, though the actual date changes depending on the country. There can be a lot of pressure to put together the perfect gift for an amazing woman, this year do something personal, unexpected and from the heart, she's sure to love it!

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:

Diane S	William L	Murray T
Paul L	Margie R	Harriet B
Marc B	Ruth F	Rose S
Don R	Brenda D	Sandra D
Elsworth E	Peter L	

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:

Robert S	Maria D	William C	Donald W
Edward C	Beulah B	Lorraine R	Glen G
Kenneth R	Edward B	June B	Steve C
Robert L	Edith A	Howard S	Samuel K
Ruth K	Alexander L	Bernice G	Ann K
Brian D	Sally J	Malcolm M	Harry D
Carole S	William H	Conrad G	Beryl S
Kathy P	Elida N	Lynn S	

Testimonial

I want to thank you for correctly diagnosing my toe problem after a chiropractor and two M.D.'s had guessed wrong. One called it an infection and the other an injury. You urged me to get immediate attention because necrosis was setting in because circulation was blocked to the painful toe. My primary Doctor confirmed your diagnosis and I was at Eisenhower Medical Center for two days of testing. I was called an enigma because the source of blockage was not found, but with Plavix and being careful it continues to heal without surgery.

Thanks,

Ken Savage

Diabetic? We Got You Covered...

1. Comprehensive Foot Exams
2. Medicare Approved Shoes
3. FREE BOOKS!

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

The American Diabetes Association's "requires" an annual comprehensive diabetic foot examination to assess all lower extremity risk factors of diabetic patients...

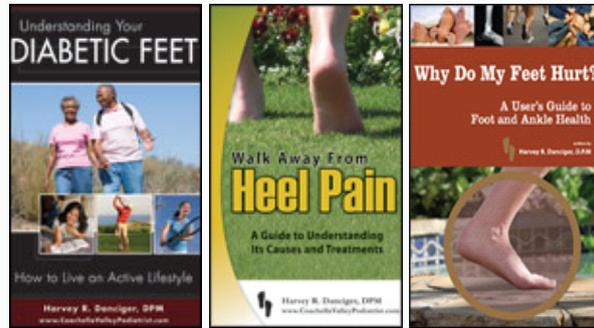
Schedule your appointment today!! (760) 568-0108

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 May birthday. We have a large patient population with a birthday in May, 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!**

[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

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

Preparing Your Feet for Summer

