



# NEXT STEP

## Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



### FALL 2013

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### Connecticut Foot Care Centers has a new type of laser to treat your fungal toe nails.

The Noveon NailLaser is able to kill fungus using light wavelengths that are known to disrupt the metabolism of the fungal cells. Once their metabolism has been thrown off, fungal cells die.

The Noveon NailLaser is an effective treatment option for toenail fungus, with treatment sessions lasting less than 30 minutes. There is no recovery period and no side effects. Hundreds of laboratory experiments and rigorous human clinical trials have shown that Noveon Podiatric Laser works without negative side effects.

This laser does not depend on the skill of the operator to obtain the best treatment results. Instead of a handheld laser wand, the Noveon uses special "patient guards" to ensure correct aiming. A sophisticated pre-programmed algorithm automatically delivers optimal treatment. The Noveon Podiatric Laser is approved by the FDA for treating podiatric and dermatological conditions. Automatic operation reduces laser exposure risk for the patient and physician. The Noveon Podiatric Laser uses dual laser frequencies selected to reduce or eliminate the pain that can accompany other laser treatments.

Developed by laser experts, the Noveon Podiatric Laser is a laser medical device manufactured by an ISO 13485 certified supplier. It was developed in consultation with a panel of 14 dermatologists and podiatrists and designed by a Boston engineering firm with a track record of successful medical devices. Built by FDA-certified USA-based manufacturers, the Noveon Podiatric Laser won the prestigious Frost and Sullivan award in 2009.



Call our offices to find out more about if laser treatment is right for you!

# SHARE YOUR SOLES!

Please donate your gently worn shoes and brand new socks to benefit the Eddy Shelter of Middletown, which houses mostly homeless men and the Hallie House of Middletown, which helps former substance abusing women and their children get back on their feet.

- . *Sneakers and Walking Shoes*
- . *Work Shoes*
- . *Children's Shoes (Up to age 5)*



Drop off your shoes  
and socks at:  
**Any of Our  
6 Locations  
By September 30th**

**Connecticut Foot Care Centers**

*Please contact the office to verify the office hours before dropping off your donations.*



## Show Us Your Shoes!

We at Connecticut Foot Care Centers love your feet, and we'd love to see what shoes you put on them! Send us a picture of your wackiest, work, oldest, dirtiest, or favorite pair of shoes (with your feet in them!) and you'll be entered to win a \$50 gift card to a place of your choice! That's right- where ever you want! All pictures will go on Facebook and the top five will be voted on by our fans (hope you're a fan!). Enter to win by September 30<sup>th</sup>. Voting on Facebook starts October 1<sup>st</sup>! Send your pictures to Jenn at [ctfootcare@gmail.com](mailto:ctfootcare@gmail.com).



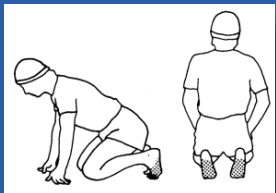
## Back To School Shoe Shopping

Fall is almost here and the kids are heading back to school- in some parts of the country children have already started! And of course, everyone wants new shoes. While the latest styles may be what your children are screaming for, you may want to remember some important tips before letting fashion take a front seat to practicality and safety.

Kids come in all shapes and sizes and so too do their shoes. Shop at stores with experienced sales people that feature a wide selection of footwear styles, sizes, and widths. Do not assume a

**Continued on Pg. 4**

## KNEELING STRETCH



Starting on your hands and knees, put the bottoms of your toes flat on the floor and sit back on your toes as much as you can. Then point your toes backward and sit back again.

## Diabetic Recipe

### Pumpkin Bars

Makes: 16 servings  
Serving Size: 1 square  
Preparation Time: 20 minutes  
Cooking Time: 50 minutes to 1 hour



#### Ingredients

2 eggs  
1 cup Splenda for baking  
1/4 cup canola oil  
1/4 cup plain nonfat yogurt  
1 (15 oz.) pumpkin (not pumpkin pie filling)  
1 1/2 cups all-purpose baking flour  
2 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. ground ginger  
1/4 tsp. nutmeg  
1/4 tsp. salt  
Icing  
1 (8 oz.) package nonfat cream cheese  
2 Tbsp. lite buttery spread (such as Promise Activ)  
1 1/2 cups powdered sugar  
2 tsp. vanilla

#### Preparation

1. Preheat the oven to 350 degrees. Mix together the eggs and Splenda with an electric mixer on medium speed until the mixture is lemon-colored. Add in the oil, yogurt, and pumpkin and beat on medium for 2 minutes.
2. In another bowl, combine the flour, baking powder, cinnamon, ginger, nutmeg, and salt.
3. Add the dry ingredients to the pumpkin mixture and mix well; do not overbeat.
4. Pour the batter into an 8-by-8 inch baking pan. Bake for 50 minutes to 1 hour until a toothpick inserted into the bars comes out clean. Remove from the oven and let cool before cutting into squares.
5. To prepare the icing: Cream together the cream cheese and buttery spread with an electric mixer on medium speed. Slowly add the powdered sugar until mixture forms an icing. Add in the vanilla and mix again. Refrigerate for 1 hour until thickened. Spread on top of the cooled pumpkin bars.



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**Back to School Shoe Shopping: Continued from Pg. 3**

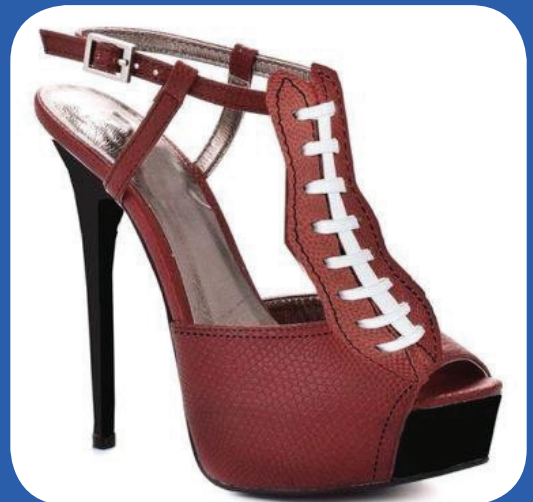
given size will fit the same for different brands of shoes. Avoid man-made materials (like rubber and plastics) because they limit breathability. Hand-me down clothes are great- but not shoes. Once you've purchased those new shoes, remember to check them every several months, since kid's feet grow rapidly.

While flip-flops are all the rage for the beach and pool, they can create problems in crowded school hallways and getting on and off the school bus. While it may not be easy to coax your children out of flip-flops for school, it's safer for them to wear a shoe with more support. Your podiatrist can recommend some great options for teenagers that may fit the bill in the fashion area while still providing support and comfort throughout the day.

If your children participate in sports in the fall, send them onto the field or the court with properly fitted shoes that are designed for that specific sport. Basketball shoes, for example, are designed for quick stops and starts, and ankle support, while football cleats need to serve an entirely different purpose. Let the shoe fit the sport and try to get help when choosing shoes for each sport.

**WACKY SHOE  
OF THE  
QUARTER**

Have a safe, happy, and foot-healthy  
Fall from all of us at CT Foot Care  
Centers. For more "Wacky Shoes",  
check out our Facebook page and  
Pinterest Shoe board.



*Jeffrey Kahn, DPM*



*Richard Ehle, DPM*



*Craig Kaufman, DPM*



*Ayman Latif, DPM*