

MARCH 2020



FOOTNOTES

"Keeping you on your toes!"

FREELAND

Foot & Ankle

CLINIC

Find Us On:



About Us: Carolyn Z.

Carolyn is the FFAC Registered Nurse and we are incredibly lucky to have her on our team. When Carolyn is not at the office she is out cruising the streets in her Tesla. She is an avid gardener, enjoys cooking up new recipes and loves spending time with her two grandchildren. Carolyn has traveled to several dream destinations with her favorite being Hawaii. Next time you are in, be sure to say Hello!

Tip-py Toes:

Diabetic Foot Care Tips!

~ Check your feet daily.

~ When washing your feet, never use hot water.

~ Moisturize your feet daily, both tops and bottoms but never between your toes.

~ Shake out your shoes before putting them on. Sometimes diabetics lose sensitivity and will not feel a pebble.

~ See your podiatrist at least once a year.

Laser Therapy

Laser therapy is an effective tool to help eliminate stubborn fungal infections and improve the cosmetic appearance of your toenails.

(Continued on back)



7305 Midland Road, Suite #2 - Freeland, MI 48623
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Laser Therapy Cont.

Unlike topical medications, which require thinning the nail and take a long time to work, the laser is able to pass through the nail to target the fungi directly below. And unlike anti-fungal medications, there is no risk of damaging side effects.



Foot Health Word Search

- | | |
|------------------|----------------|
| ATHLETE FEET | PEDICURE |
| BUNIONS | PINCHED NERVES |
| CALLUSES | PODIATRIST |
| CORNS | SHOES |
| CRAMPS | SOCKS |
| FOOT | SOLES |
| HAMMERTOE | SPURS |
| HEEL | SWOLLEN |
| INGROWN TOENAILS | TOENAILS |
| MASSAGE | WALKING |

Y B H S W O L L E N V T B P B V R F F
N S A G Y G D Y F W F B I S S H O E S
O P M H I M H A A D J N G D P Q W J D
S U M L U T S G G T C R A M P S P E Y
J R E E R A L W I H H L G N I K L A W
X S R S T P I Y E L L L T W A R P C F
E W T F M P A D M M S P E V A F C X Y
W F O L L V N T B A P O C T T U I G M
F K E O Q E E O X S H D A M E X G T H
S M J M R E O O V S S I L I Q F K F L
F V Y V B B T F C A N A L E B X E O P
A B E V D O N T P G R T U M S J M E V
H S Z W V I W O C E O R S N L E B O T
D R T C L F O R Y H C I E E P E L A I
Q Y Q K D B R C C C W S S X F X E O J
N K S J L H G O U W M T G L A W Y H S
C S Y T O E N A I L S Q S O C K S X U
N B Q R U M I J T B U N I O N S Y C X
Z E R U C I D E P U B I N K G I C W A



Deal of the Month:
15% Off Urea Care (ends 3/31)
Urea Care is an intensive skin therapy cream that provides immediate relief from dry, rough, and calloused skin.

Thank you to everyone who donated socks to the Warm Feet, Warm Heart sock collection. Over 85 pairs of socks Were donated to the Underground Railroad of Saginaw.