



MARCH

FOOT NOTES

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FREELAND

Foot & Ankle

CLINIC

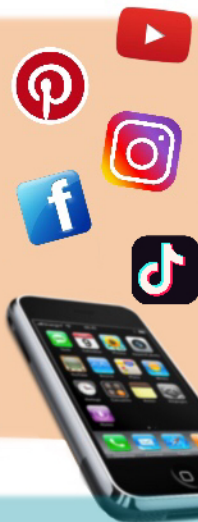


About Us:

Did you know we are very social?

Join us on Facebook for all the fun! Giveaways, deals, and community updates. For example, Wednesdays are "What to eat Wednesday" when we post healthy, easy, and diabetic friendly recipes. On Fridays, we post fun foot facts for you to share!

We also have Instagram full of fun photos and Pinterest for all the creative foot crafts and helpful exercises. We can also be found on YouTube and NOW Tictok, where Dr. Dailey has a collection of informational videos for you.



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
(989) 695-6788 - freelandfoot.com



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"Keeping you on your toes!"

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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
BUNIONS
CALLUSES
CORN
CRAMPS
FOOT
HAMMERTOE
HEEL
INGROWN TOENAILS
MASSAGE

PEDICURE
PINCHED NERVES
PODIATRIST
SHOES
SOCKS
SOLES
SPURS
SWOLLEN
TOENAILS
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 130 pairs of socks were donated to the Underground Railroad of Saginaw.

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