



Cross Bay Foot Care Center



Good news and information for the friends and patients of Dr. Debra Weinstock



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Help Ted The Turkey

Here at Cross Bay Foot Care Center our TEAM is gearing up for the big Thanksgiving Holiday! In the true spirit of the holiday we were thinking about what we were thankful for, and decided it was YOU! That's right, we are most thankful for each of our special patients who gives us a reason to get up every day and stay dedicated to the foot health of you and your families!



But wait there's more...

TED the TURKEY needs your help! For the month of November TED will be placed on the wall in our waiting room, but TED has a problem he is missing his feathers! Please HELP TED when you come into our office by filling out a feather that says what you are thankful for this year and you will be entered to **win a \$50 Gift Card** to help feed your family this holiday! You can also email us what you are thankful for to jnan-n@crossbayfootcarecenter.com to be entered to win and we will add your feather to our featherless friend! Message us and follow TED's journey on [FACEBOOK](#) and all of our social media!

Trick or Treat, Smell My Feet: Five Easy Steps To Avoid Foot Odor For Life

Insert trick or treat image on top and Smelly Foot Image in a round bubble within blog

Let's be honest, each of us has at one point or another taken off our shoes and was more than a little frightened by the smell. For some of us the thought of kicking off your shoes may be more than a little embarrassing. Lucky for you that haunting [foot odor](#) can be prevented by a few easy tricks!cont. on page 2



Fall 2014

Cross Bay
Foot Care
Center



Hello we are pleased to send you this issue of the *Cross Bay Foot Care* E-newsletter. It is our way to say that you are important to us and we appreciate your confidence in our office. Please feel free to pass this newsletter along to friends, family and neighbors. Enjoy!

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OFFICE LOCATION

157-02 Cross Bay Boulevard
Suite 202
Howard Beach, NY 11414
Phone: (718) 835-0100
Fax: (718) 843-2233

www.crossbayfootcarecenter.com

Driving Direction
<http://www.crossbayfootcare-center.com/patients.html>

Insurance Accepted:
<http://www.crossbayfootcare-center.com/insuranceaccepted.html>

Important Dates Fall 2014

10/31 Halloween

November is National Diabetes Awareness Month

11/1 All Saints Day

11/2 Daylight Savings Time Ends

11/4 Election Day

11/11 Veterans Day

11/20 Great American Smokeout

11/27 Thanksgiving

11/28 Black Friday

12/9 10:30am - Dr. Weinstock lectures at the Howard Beach Senior Center on Foot Care for Senior Adults



Dr. Weinstock is a member of the American Podiatric Medical Association as well as the American Academy of Podiatric Practice Management. Also she is Affiliated with Long Island Jewish Hospital.



....continued from page 1 Trick or Treat, Smell....

Trick #1 Keep those feet clean and dry! Good toweling after baths, being sure to thoroughly dry between each toe. Bromilotion can be applied to the feet and mycomist sprayed into the shoes to help keep things dry and smelling fresh. Steri shoe- shoe trees can help keep your shoes dry and free of fungus and bacteria.



Trick #2 Don't skip your socks! Aetrex cooper lined socks are vital in keeping feet dry by absorbing the sweat of your feet. You don't want to trap perspiration in the damp darkness of your shoes where odor-causing bacteria are lurking.

Trick #3 Choose healthy shoes that are made of materials that allow your foot to breathe. Shoes should also be rotated giving pairs time to air out.

Trick #4 Give your feet some fresh air. When home walk around with a supportive sandal to let them cool off. Soaking feet in some black tea will also help that foot odor because the tea contains acid that kills bacteria.

If all of these special tricks don't seem to be curing that scary smell it's time to come see us. We can provide you with other treatment options that will help you cut down on excessive sweatiness and cure your smelly feet! Click here for more [tips to cure foot odor](#).

Cure That Chronic Foot Fungus

Congratulations to Mila Kunis and Ashton Kutcher who became parents on September 30th. The two grew close during their "That 70's Show" era and both have had extremely successful careers. We wish them well as new parents.



One thing that new parents must learn about is how to help their children develop healthy feet. In both young and older adults, one common nail disease is [toenail fungus](#). Nail fungus is very contagious and very difficult to get rid of.

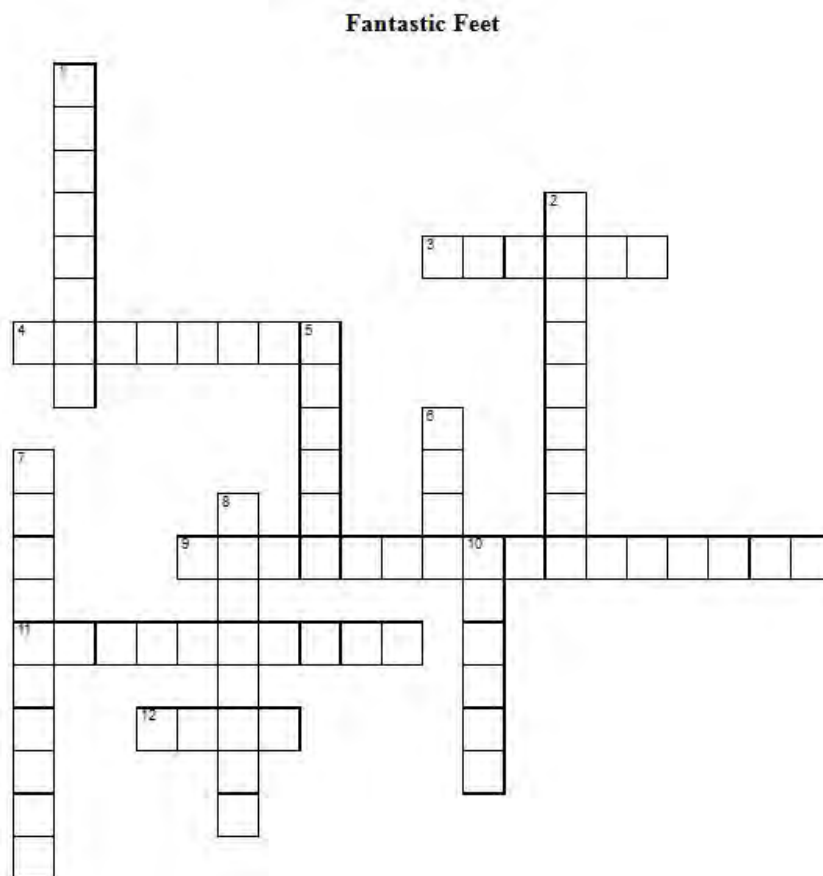
....continued on page 3

It can live on one's bed sheets and in one's socks so even when it is being treated, without continuously sanitizing your sheets and socks, you have a good chance to again become infected. The best solution to toenail fungus is getting rid of it with one good treatment and not having to worry about sanitizing your socks and sheets over and over again. As a [foot doctor](#), this we can help you with at our office.

[Nail fungus](#) is extremely common. If your nails are hardened with [yellow toenails](#), these are [symptoms of toenail fungus](#). While nail fungus is not life-threatening, it can be embarrassing. Taking off one's shoes in public, wearing sandals, and even taking off one's shoes for bed may seem like a cause for shame. Also, there is a good chance that this fungus can spread to other people. Click here to [cure your toenail fungus](#).

Fantastic Feet Puzzle

Bring in this complete crossword for a special gift from our office! Or play online click here!
<http://www.puzzlefast.com/en/puzzles/20141021533781>



Across:

3. A bone deformity caused by an enlargement of the joint at the base and side of the big toe.
4. People with _____ are more prone to various foot problems due to the development of painful nerve damage called peripheral neuropathy.
9. The term commonly used to refer to heel and arch pain traced to an inflammation on the bottom of the foot.
11. What is a foot doctor called?

12. A _____ cell is used in our office to naturally heal damaged musculoskeletal connective tissue ranging from ligaments, tendons, cartilage, muscles, nerve tissue, bone, etc. It also is involved with tissue regeneration and wound healing.

Down:

1. A special insert people use inside of their shoes to get their feet in proper alignment.
2. A type of shoe typically worn by women.
5. Caused by a twist in the ankle.
6. Foot _____ is caused by 1) shoe wear, and 2) sweating of the feet.
7. Dr.'s Remedy is a type of _____ that has no formaldehyde and is what Dr. Weinstock suggests you use to make your nails look beautiful.
8. Generally associated with pronation, a leaning inward of the ankle bones toward the center line.
10. What causes the infection that causes discoloration, thickening and pain in toenail.

New Treatment for Arthritis

Arthritis is extremely common. In fact, many of the most known people in the world have arthritis like Tiger Woods and Kobe Bryant. Arthritis in the feet and toes can be extremely debilitating and painful, which is why at the Cross Bay Foot Care Center, we advocate two ways to relieve the [pain of arthritis in the feet](#).



As a [podiatrist](#), I advocate that the first way is to make sure that your feet are as comfortable as possible. First we must limit the inflammation and pain that you'll experience. This helps to not make the condition any worse. We can do this by analyzing your shoe gear, and possibly getting you the correct orthotic that will properly align your foot relieving some of your pain.

Other than shoe gear, orthotics, stretching, foot massages, and topical medications, if you find your arthritis is getting too painful to deal with, you may even be considering surgery. At our office, we provide a treatment that may help you avoid surgery altogether and alleviate your arthritis pain.

The treatment is known as [Stem Cell Therapy for arthritis in the feet and toes](#) and this treatment has a proven track record to reduce the symptoms of arthritis. Stem Cell Therapy uses non-controversial adult stem cells, taken from one's own fat tissue, to help the body heal from painful medical conditions such as arthritis.

When you come in for treatment, we take a sample of fat tissue from your body, concentrate the stem cells, and then immediately re-inject the stem cells into the damaged tissue in your feet. The stem cells provide a boost to your body's healing ability, restoring and repairing damaged tissue in your feet and toes.

By restoring damaged tissue and creating healthy tissue, the stem cells turn an unhealthy damaged arthritic foot into a healthier one, where pain is decreased and the arthritic condition is diminished. Click here for more [information on stem cell therapy](#).

We are Getting Social...



We invite you to visit our web site at www.crossbayfootcarecenter.com you will find a wealth of information about comprehensive and diabetic foot and ankle care. You'll see we've started a blog there to provide current information of value to you. Our blog address is, www.crossbayfootcarecenter.com/-blog.html.

We've also joined the social media world and you can find us on a variety of social sites.

- Like us on **Facebook** at <https://www.facebook.com/DebraWeinstock>
- You can find us on **Twitter** at <https://www.twitter.com/howard-beachpod>
- You can find us on **Google+** at <https://plus.google.com/+Crossbayfootcarecenter>

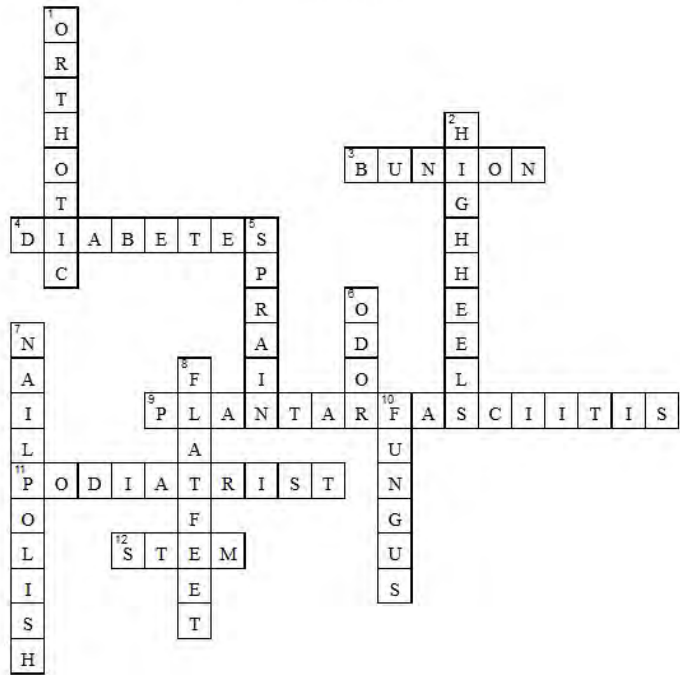
Where is my Hair?

Something seems to be missing these days, and if you are like many of us it is what was once sitting at the top of our heads! There are many different treatments out there for hair restoration, but we want to introduce you to an affordable, non-surgical method to naturally regrow your own hair! Watch this video to learn more about this exciting organic hair loss treatment that works for both men and women!

https://www.youtube.com/watch?v=yb4Xyo2o_Uc&feature=youtu.be

Answers to Fantastic Feet Puzzle

Fantastic Feet



Monthly Newsletter from

Cross Bay
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Dr. Weinstock dedicates her practice to treating and educating patients of all ages and assuring they receive the best possible care, options and desired outcomes. Her goal is to work with each patient side-by-side to help ensure maximum recovery.

Are you suffering from Chronic Pain?

[Click here](#) to learn about advanced techniques that can help get you back on your feet!