



Cross Bay Foot Care Center



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

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Cell Therapy For Painful Feet

Cell Therapies apply natural organic material such as stem cells and platelets to produce profound and accelerated healing. Many patients are avoiding foot surgery, healing chronic pain, and removing arthritis pain because of cell therapy. If you are having chronic pain or a slow healing injury, cell therapy may be the best option for you to get rid of this pain for good.



What Is Stem Cell Therapy?

The stem cells used in our office are non-controversial and derived from the patient's own fat or bone tissue. A sample of fat or bone marrow tissue is taken from the patient's body and stem cells are separated from this fat or bone marrow tissue. The stem cells are then injected into the damaged site to repair tissue damage.

Stem Cells are in fact everywhere in the body and are crucial to the repair of tissue and bone damage. Miraculously, stem cells are able to transform into any type of tissue the body needs to repair itself.

For fractures and muscle tissue damage, stem cells can amp up the healing response of the body and accelerate the time it takes for full recovery to occur. As a result, soreness, pain, and immobility is dramatically reduced and often disappears within several weeks.

What Is PRP Therapy?

PRP Therapy is an organic, non-invasive procedure used at the Cross Bay Foot Care Center to accelerate the recovery time fractures and tissue damage. PRP is written about weekly in newspaper articles featuring celebrity athletes like Kobe Bryant and Alex Rodriguez, who use PRP Therapy to avoid surgery, repair injuries, decrease chronic pain, and raise their playing ability. PRP for athletes is becoming the standard treatment for many Sport's Medicine related injuries.contd. on page 2

Summer 2015

Cross Bay
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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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Insurance Accepted:
<http://www.crossbayfootcarecenter.com/insuranceaccepted.html>



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.



PRP, or Pure Platelet Rich Plasma, is a plasma composed of the platelets, cytokines and growth factors found in the blood. These cells are largely responsible for repairing blood vessel damage in our bodies and also repair muscle tissue damage.

In PRP, an additional 30+ growth factors are activated and once injected into the body, the platelets are signaled by the injured site and begin fixing the area damaged tissue.

Most of our patients are surprised and amazed at the difference of pain they feel after having the simple PRP injection.

If you are experiencing foot pain that just won't go away, these treatments are the best non-surgical treatments in modern medicine. They are simple organic injections and it may be time to give one a try.

Summer Nail Fungus Treatment

Nail fungus is a problem I see often in my podiatry office. It has many down sides and creates thick, hardened, and disfigured nails. These nails can even cut into the sides of one's foot and for diabetics, this is particularly risky.



Nail fungus is unattractive and can embarrass someone when they take off their shoes or wear sandals. Even going to bed barefoot can be embarrassing. Perhaps the most relevant fact that shows the side effects of toenail fungus is that it is extremely contagious and jumps easily from person to person. As a result, the people around you are always at risk.

The question then is, how do we best cure nail fungus? Luckily, the answer is quite simple. One gets Laser treatment. Laser Therapy for Nail Fungus is a quick, painless procedure that kills all one's fungus with a powerful light. The fungus dies and no longer can inhibit one's activities.

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In most cases just one laser treatment is necessary to kill the fungus on your nails, we include three (3) treatments in our protocol to make sure that the fungus is eliminated and this gives our patients a chance to be educated to prevent future colonization of the fungus cells on their nails and skin..

This treatment is the best nail fungus treatment in medicine because it instantly kills most or all of the fungus. Other treatments like acidic medication work very slowly. The fungus has time to jump to other toes or jump back onto your feet from your socks and bed sheets.

Ridding nail fungus includes giving the toes back their healthy look so you never have to see this fungus again and laser therapy protects your family and friends from getting your fungus infection.

If you have nail fungus that is inhibiting your lifestyle and daily activities, give us a call today!

Go Greek – Dr. Weinstock’s Favorite Summer Recipe

After a beautiful 10 day trip in Greece, Dr. Weinstock returned home craving her favorite Greek dish: Spinach Filo Pie. Greece is a country known for their fresh food and lounging with some eggplant dip and pita, a piece of spinach pie, and a frappe while overlooking the water was among her favorite activities while in Greece. Eager to recreate this special experience, Dr. Weinstock found a recipe that delivered the freshness and simplicity of an authentic Greek dish and then added in the filo pastry dough for fun.

Ingredients

- 2 1/4 lb of fresh spinach, washed well
- 4 chopped scallions
- 11 oz of feta cheese
- 1 tbsp chopped fresh dill
- 2 tbsp chopped fresh flat parsley
- 2 large eggs, beaten
- 8 sheets of filo pastry, each measuring 12 x 7in
- 2/3 cup of extra virgin olive oil
- ground black pepper



Directions

1. Thoroughly wash fresh spinach leaves. Break off thick stalks and place the leaves into a small amount of boiling water for 1-2 minutes or until wilted.
2. Drain and refresh leaves under cold water. Drain spinach again and squeeze and pat down until dry. Chop dried spinach roughly.
3. Place chopped spinach in a mixing bowl with beaten eggs, chopped scallions, feta cheese. Stir thoroughly and season with black pepper.
4. Preheat the oven 375°F

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5. Brush the first sheet of filo dough with olive oil and place into a 9 inch pie dish, allowing it to hang over the edges. Add 3 or 4 more sheets at different angles and brush each liberally with olive oil.
6. Spoon all the filling into the filo pastry case, then top with all but one remaining filo sheet. Remember to keep brushing each sheet with olive oil.
7. Fold the overhanging filo pastry towards the center to seal the pie. Then brush the last filo sheet on both sides with olive oil. Place the sheet on top and then scrunch it for design.
8. Brush the pie with olive oil and sprinkle some water over the top to keep the edges of the pie from curling. Place pie dish on baking sheet and bake for 40 minutes or until golden or crisp. Allow the pie to cool for 15 minutes before serving.

Cosmetics With Organic PRP

Natural Facial Treatments With PRP

Performed by Dr. Ben Bieber

There is an all natural procedure that replaces outdated and toxic botox and other forms of plastic surgery. The organic Bio Facial with PRP has a wide range of applications including reducing wrinkles, removing tired eyes and crows feet, treating acne scarring, and reversing many of the signs of aging like drooping skin and forehead lines.

PRP, or platelet rich plasma is a magical plasma composed of platelets that regenerate damaged facial tissue returning loose muscles back to their original tightness. Platelets are specifically used by the body to repair blood vessel damage and applied to the face, new collagen is stimulated and the skin regenerates itself.



A Healthy Effective Alternative To Plastic Surgery

PRP Therapy is not like plastic surgery, where the treatment covers up the signs of aging for a period of time and then the skin returns back to the aged look. It actually brings your skin back to its original youthful glow looking many years younger.

As we age, the skin and muscles sag through facial expressions, gravity, and time and the lines of aging appear. PRP fixes this problem directly removing such sag lines by regenerating the muscles that cause them. This regeneration pulls the muscles back giving it its original tightness and with such tightness, many of the signs of aging disappear automatically.

Also, when it comes to acne or facial scarring, PRP produces new collagen that heals this skin removing the scar tissue.

PRP may take a few treatments to get your precise desired look but this look is sustained for long periods of time. It is your actual skin and facial muscles that are repaired.

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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/howardbeachpod>
- You can find us on **Google+** at <https://plus.google.com/+Crossbayfootcarecenter>

....continued from page 4 **Cosmetics With....**

It is not some toxic material like botox holding up the muscles falsely for a brief period of time. Importantly, once your skin is returned to its youthful glow, it may only take one or two treatments each year to sustain this look.

Bio facials invoke a healing response in facial tissue and re-boot the facial muscles. Consequently, lines and wrinkles disappear, scars disappear (if one has any), and the skin tightens. This natural organic treatment will replace plastic surgery some day for its non-invasiveness, long-term results, and use of healthy organic material.

To receive a PRP Bio Facial, give Dr. Ben Bieber a call today at 718 835-0754

Physical Therapy To Achieve Health

At Cross Bay Physical Therapy, our sole focus is helping our patients not only cure themselves of pain but also make sure that person is stronger and less likely to injure themselves or feel that level of pain in the future.



This aim is achieved through the constant guidance of our physical therapists applying a combination of exercise, stretching, and massage. Guided by our professionals, success is virtually ensured.

Call 718-835-0084 and schedule your appointment now!

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!