

## CrossBay Foot Care Center

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[www.crossbayfootcarecenter.com](http://www.crossbayfootcarecenter.com)

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### Arthritis Affects the Feet and Ankles in Many Ways



Millions of Americans have arthritis, and more than one-third of adults with this painful disease report that it limits their work and leisure activities.

But arthritis is not just one disease. In fact, there are more than 100 different forms! Here are the most common:

- **Osteoarthritis** causes the protective cartilage in the joints to break down. Movement becomes painful, and eventually the bones rub against each other, a very painful condition.
- In **rheumatoid arthritis**, the body's own immune system attacks joints and other organs. When it attacks the lining of the joints, the joint itself can become permanently damaged.
- **Psoriatic arthritis** is an autoimmune inflammatory disease, meaning that the immune system attacks the body. This type of arthritis can affect the joints, the skin (psoriasis) and connective tissue.
- **Fibromyalgia** causes the brain and spinal cord to process pain signals differently, so patients with this disease experience more pain than others and can have widespread pain.
- With **gout**, a type of inflammatory arthritis, the body produces too much uric acid which forms crystals and can settle in a joint. Often the big toe joint is affected where the crystals produce painful inflammation.

Arthritis is painful and may eventually cause loss of joint function, limited motion and deformity.

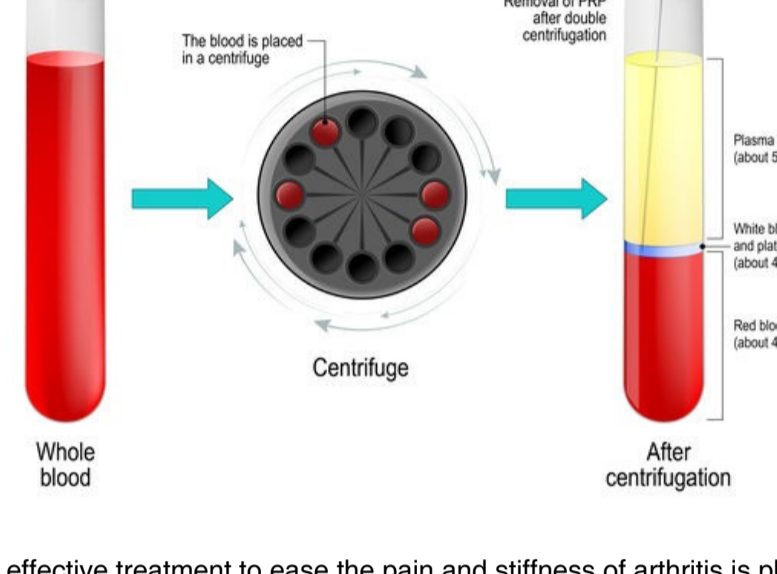
Every day in our practice, we treat patients for arthritis pain and deformities. For example, osteochondritis, or chronic lateral ankle pain, can result from arthritis in the ankle. A patient will experience stiffness and swelling and even buckling of the ankle.

We treat this condition first with non-invasive methods such as anti-inflammatory medications, ankle braces, physical therapy or steroid injections. We may recommend surgery for severe cases.

If you have any foot or ankle pain that you suspect may be caused by arthritis, please call us at (718) 835-0100. Our board-certified podiatrist Dr. Debra Weinstock has extensive experience in diagnosing and treating foot and ankle conditions for patients of all ages. Our Howard Bay office has convenient hours and we accept Medicare and most major insurance plans. Contact us today to start relieving your arthritis pain – we can help!

### Relieve Arthritis Pain and Inflammation with Platelet-Rich Plasma Treatments

#### Platelet-rich Plasma



One very effective treatment to ease the pain and stiffness of arthritis is platelet-rich plasma, or PRP. PRP is an example of regenerative medicine, where therapies use living, functional tissue to repair organ function or tissue.

In our blood, the liquid component is called plasma. In the plasma are platelets that help form blood clots. But platelets also carry special proteins called growth factors that help our bodies heal. PRP is a high concentration of platelets and plasma and has greater healing properties.

PRP can help alleviate pain, promote healing and even delay joint replacement surgeries. Arthritis sufferers can be helped as can those with muscle, ligament and tendon injuries and fractures.

#### How PRP Treatments Work

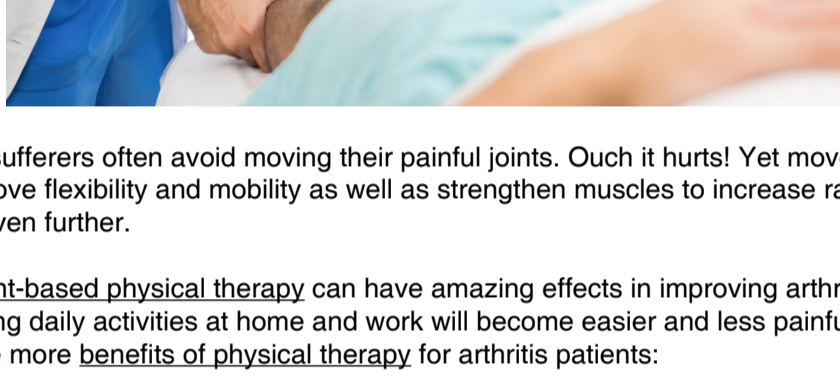
After drawing some of your own blood, we will use a centrifuge machine to separate the platelets out. After applying a local anesthetic, we will inject your blood directly into the affected area. We use ultrasound technology to guide the needle to the exact spot.

After the PRP treatment, you may feel some discomfort for a few days at the injection site. We can help with temporary pain medications.

There are very few risks involved; in rare cases patients experience injection site pain, infection or damage to adjacent tissues or nerves.

Are you a candidate for PRP to ease your arthritis pain? Please contact Cross Bay Regenerative Medicine/Biologies for an evaluation appointment. Our staff has the right experience and skills to apply cutting-edge technology and relieve many injuries and chronic conditions. You can reach our Queens office at (718) 835-0754.

### Physical Therapy Can Help Arthritis Pain and Stiffness



Arthritis sufferers often avoid moving their painful joints. Ouch it hurts! Yet movement can improve flexibility and mobility as well as strengthen muscles to increase range of motion even further.

Movement-based physical therapy can have amazing effects in improving arthritis pain. Performing daily activities at home and work will become easier and less painful. Here are some more benefits of physical therapy for arthritis patients:

- Learn more about arthritis and which therapeutic methods can help relieve your pain and discomfort.
- Work through exercises to improve flexibility and strength and discover ways to continue these at home and in the gym.
- Learn how ice and heat packs can help your condition and how to use them at home.
- Practice using various supports or splints that can help make movement easier. We can guide you in choosing the best types of shoes and orthotics for a comfortable support system.
- Minimize your arthritic discomfort with a combination of exercise, stretching and massage.
- Gain the ability for movement with greater functionality and less pain.

#### Post-Treatment Benefits

If you have had platelet-rich plasma treatments for your arthritis, your doctor may very likely recommend follow-up physical therapy. Increasing your range of motion and flexibility can help maintain the benefits you realized from the PRP treatments.

Don't give up on your arthritis pain! Please call us at (718) 835-0084 to get started on the path to pain-free walking. Our professional therapists have significant experience in helping clients ease their heel and foot pain and regain their ability to walk, exercise and work pain-free. Our Howard Beach office has convenient hours including some evenings. Don't wait any longer – contact us today!

### Cosmetic Corner



We now offer Keryflex nail restoration system!! This is an IMMEDIATE fix to discolored, cracking or fungus toenails! Please visit [www.keryflex.com](http://www.keryflex.com) then call and make your appointment today! You will truly be amazed at the before and after pictures.



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### Recipe of the Month Whole Wheat Pumpkin Waffles



Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

#### Ingredients

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

#### Directions

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest

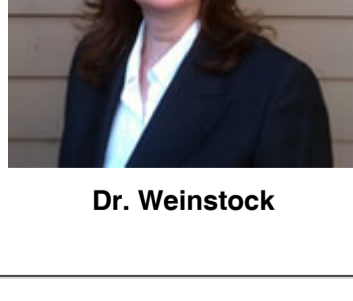
### Foot Funnies

😄 What did the zombie say to the shoe salesperson? Get me feet that will fit these shoes.

### Follow us...



### Meet Our Doctor



Dr. Weinstock

### Our Office

**Cross Bay Foot Care Center**  
157-02 CrossBay Boulevard, Suite 202  
Howard Beach, NY 11414  
(718) 835-0100  
(718) 843-2233 Fax  
(646) 401-3563 - For after hour emergencies

### Office Hours

8:30 am to 7:00 pm

### Doctor Hours

Monday : 10am - 7pm  
Tuesday : 10am - 7pm  
Wednesday : by appointment  
Thursday : 10 am 7pm  
Friday : by appointment

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