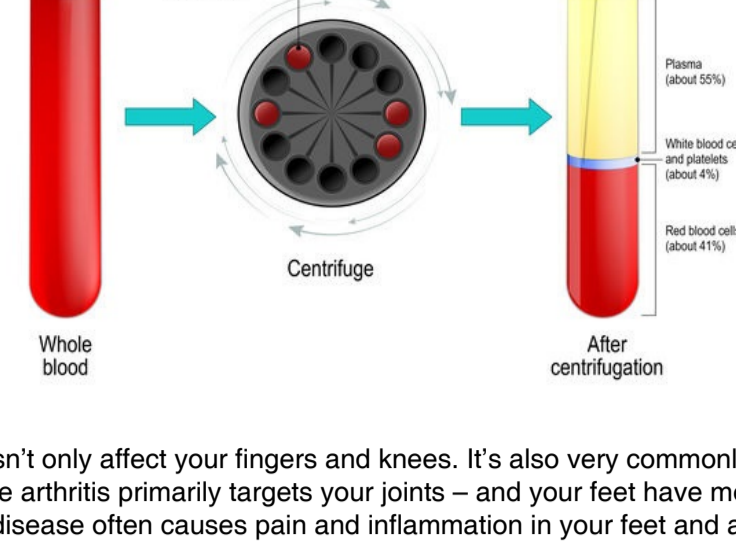


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State-of-the-Art Technology Treats Foot Arthritis

Platelet-rich plasma



Arthritis doesn't only affect your fingers and knees. It's also very commonly found in your feet. Because arthritis primarily targets your joints – and your feet have more than 30 joints – this disease often causes pain and inflammation in your feet and ankles.

Osteoarthritis, or wear-and-tear arthritis, most often affects the joint that connects your big toe to your foot, or the midfoot and ankle. Rheumatoid arthritis, a chronic inflammatory disorder, will usually appear in the same joints in both feet. Gout is a form of arthritis where excess uric acid deposits painful crystals in the big toe joint. Psoriatic arthritis, linked to psoriasis, causes painful toe swelling.

Treating Arthritis of the Foot

Conservative methods may relieve symptoms. These include nonsteroidal anti-inflammatory drugs (NSAIDs); wearing comfortable shoes with arch support, thick soles and shock absorption; maintaining a healthy weight; exercising regularly; icing the area. Custom-fitted orthotics can help change the mechanics of your foot, for example reducing big toe arthritic pain by limiting joint movement.

However, our most effective therapies for treating foot arthritis are innovative regenerative treatments:

- **Stem cell therapy.** This modern treatment helps relieve arthritis as well as other foot and ankle conditions. Stem cells are harvested from the patient and then injected directly into the arthritic joint. These amazing cells can actually change into different cell types such as cartilage and then reproduce. The stem cells will develop into healthy cartilage tissue to promote healing.
- **Platelet-rich plasma.** Platelets are a component of our blood and play an important role in forming blood clots. When combined with plasma to form platelet-rich plasma (PRP) and injected into the arthritic area, this therapy can relieve painful symptoms and accelerate healing.

If you have foot or ankle pain that 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. Contact us today to start relieving your arthritis pain – we can help!

Tackling Achilles Tendon Injuries with Stem Cell and Platelet-Rich Plasma Therapy



Healing serious Achilles tendon injuries may require surgery. But regenerative treatments like stem cell therapy and platelet-rich plasma are powerful alternatives to surgery or may be used post-surgery to promote healing in soft-tissue injuries.

Stem Cell Therapy

Stem cell therapy uses the body's natural healing mechanism to renew and repair damaged or diseased tissue. We all have stem cells in us, but if there aren't enough to repair the damage, stem cells harvested from the patient can amplify the body's natural repair system.

Achilles tendon injuries such as Achilles tendonitis and partial tears may take a long time to heal on their own because blood flow to the area is limited. Also, connective tissue cells are slow to reproduce. So stem cell therapy gives the healing process a boost.

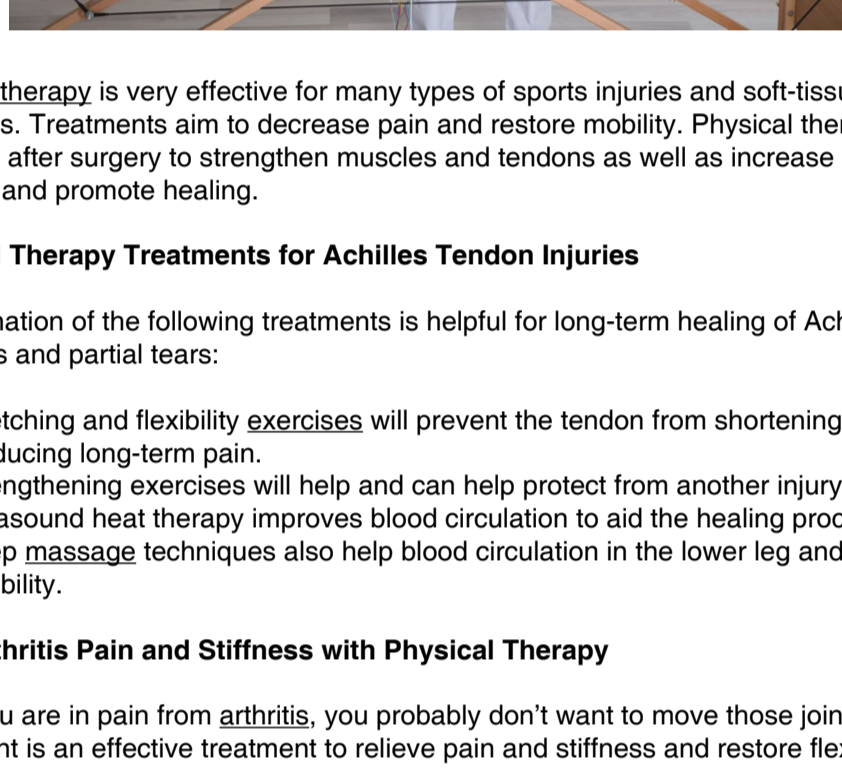
Platelet-Rich Plasma

The platelets in our blood plasma carry growth factors to help with healing. Platelet-rich plasma (PRP) is a combination of platelets and plasma and so has greater healing properties.

For Achilles tendon injuries like partial tears and tendonitis, a PRP injection puts those growth factors to work right at the site of the injury. There are very few risks involved with the procedure and little recovery time. Most patients feel a little discomfort at the injection site for a few days.

Please contact Cross Bay Regenerative Medicine/Biologies if you have an Achilles tendon injury or any other foot or ankle injury. We will evaluate you to determine if you are a candidate for stem cell therapy. Dr. Debra Weinstock, Dr. Benjamin Bieber and their staff have 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 Works Wonders with Sports Injuries and Arthritis



Physical therapy is very effective for many types of sports injuries and soft-tissue conditions. Treatments aim to decrease pain and restore mobility. Physical therapy can also help after surgery to strengthen muscles and tendons as well as increase arthritic flexibility and promote healing.

Physical Therapy Treatments for Achilles Tendon Injuries

A combination of the following treatments is helpful for long-term healing of Achilles tendonitis and partial tears:

- Stretching and flexibility exercises will prevent the tendon from shortening and producing long-term pain.
- Strengthening exercises will help and can help protect from another injury.
- Ultrasound heat therapy improves blood circulation to aid the healing process.
- Deep massage techniques also help blood circulation in the lower leg and increase flexibility.

Ease Arthritis Pain and Stiffness with Physical Therapy

When you are in pain from arthritis, you probably don't want to move those joints. Yet movement is an effective treatment to relieve pain and stiffness and restore flexibility.

We employ several different types of physical therapy (PT) to treat arthritis including:

- Exercises including therapeutic exercises, gait retraining and range of motion
- Hands-on manual therapy such as joint, spine and soft-tissue mobilization
- Modalities like hot and cold packs, current therapy, traction and electrical nerve stimulation

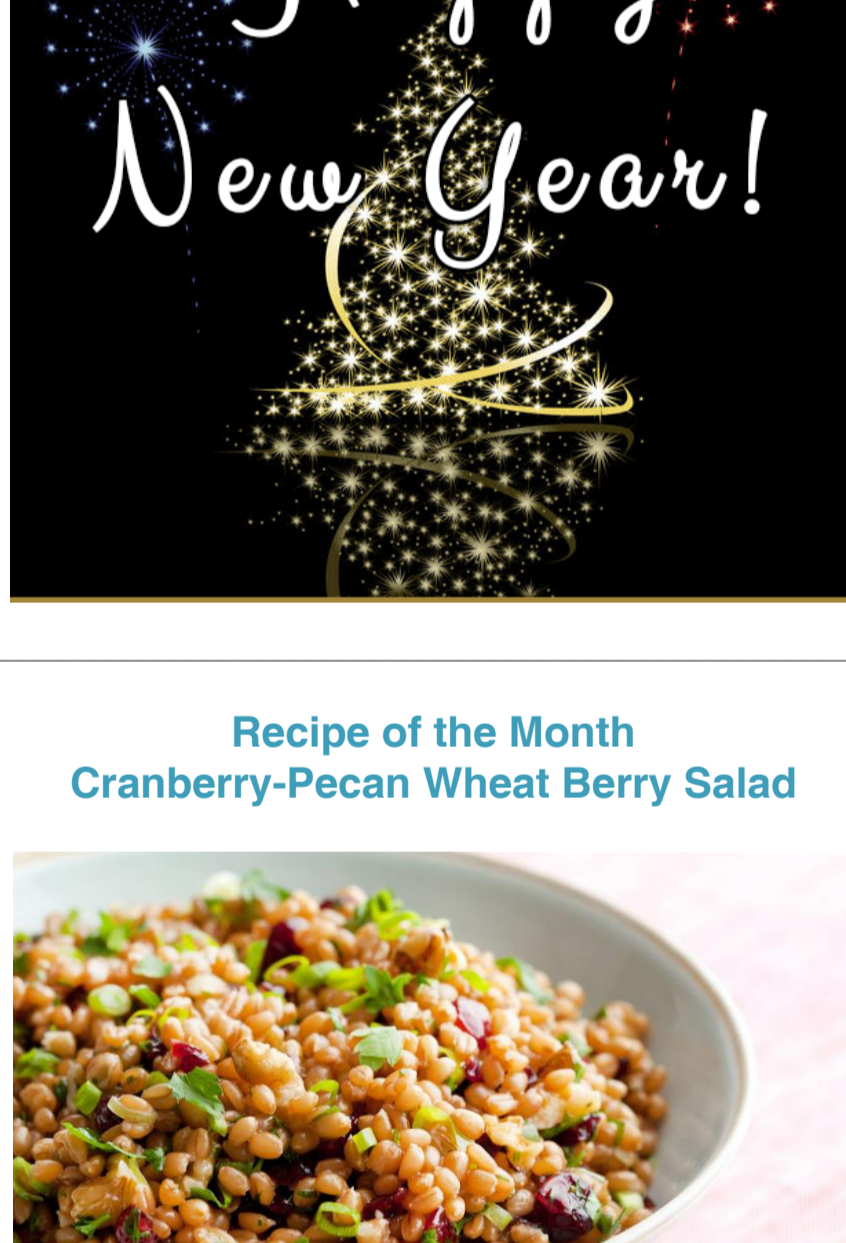
Your PT program can continue as home or gym rehabilitation.

Physical therapy can make a real difference in relieving the pain and inflammation of sports injuries as well as arthritis. 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!

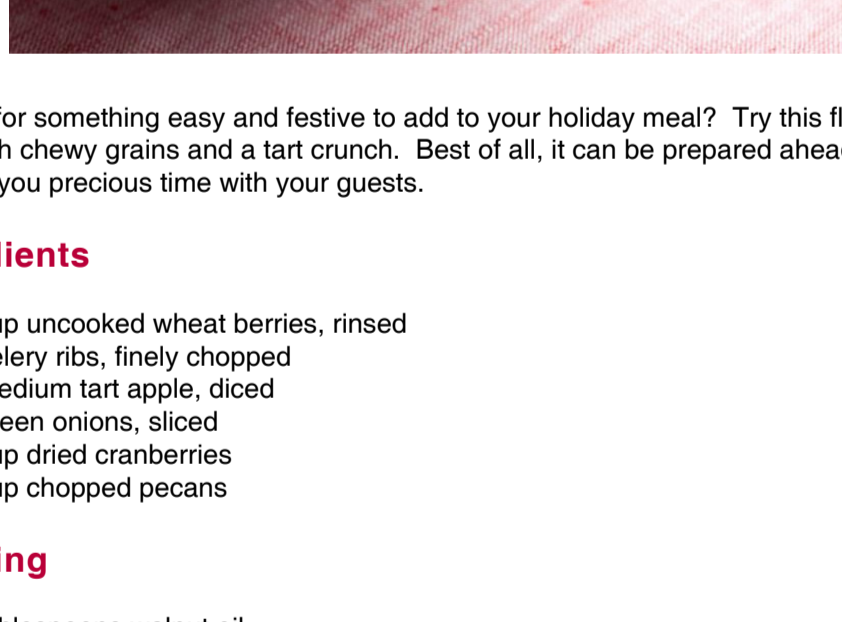
Cosmetic Corner



Are you embarrassed to show off your toenails during the summer?? Don't hide them anymore! We now offer Keryflex nail restoration system!! This is an IMMEDIATE fix to discolored, cracking or fungus toenails! Please visit www.keryflex.com then call and make your appointment today! You will truly be amazed at the before and after pictures.



Recipe of the Month Cranberry-Pecan Wheat Berry Salad



Looking for something easy and festive to add to your holiday meal? Try this flavorful salad with chewy grains and a tart crunch. Best of all, it can be prepared ahead of time, allowing you precious time with your guests.

Ingredients

- 1 cup uncooked wheat berries, rinsed
- 2 celery ribs, finely chopped
- 1 medium tart apple, diced
- 4 green onions, sliced
- 1 cup dried cranberries
- 1 cup chopped pecans

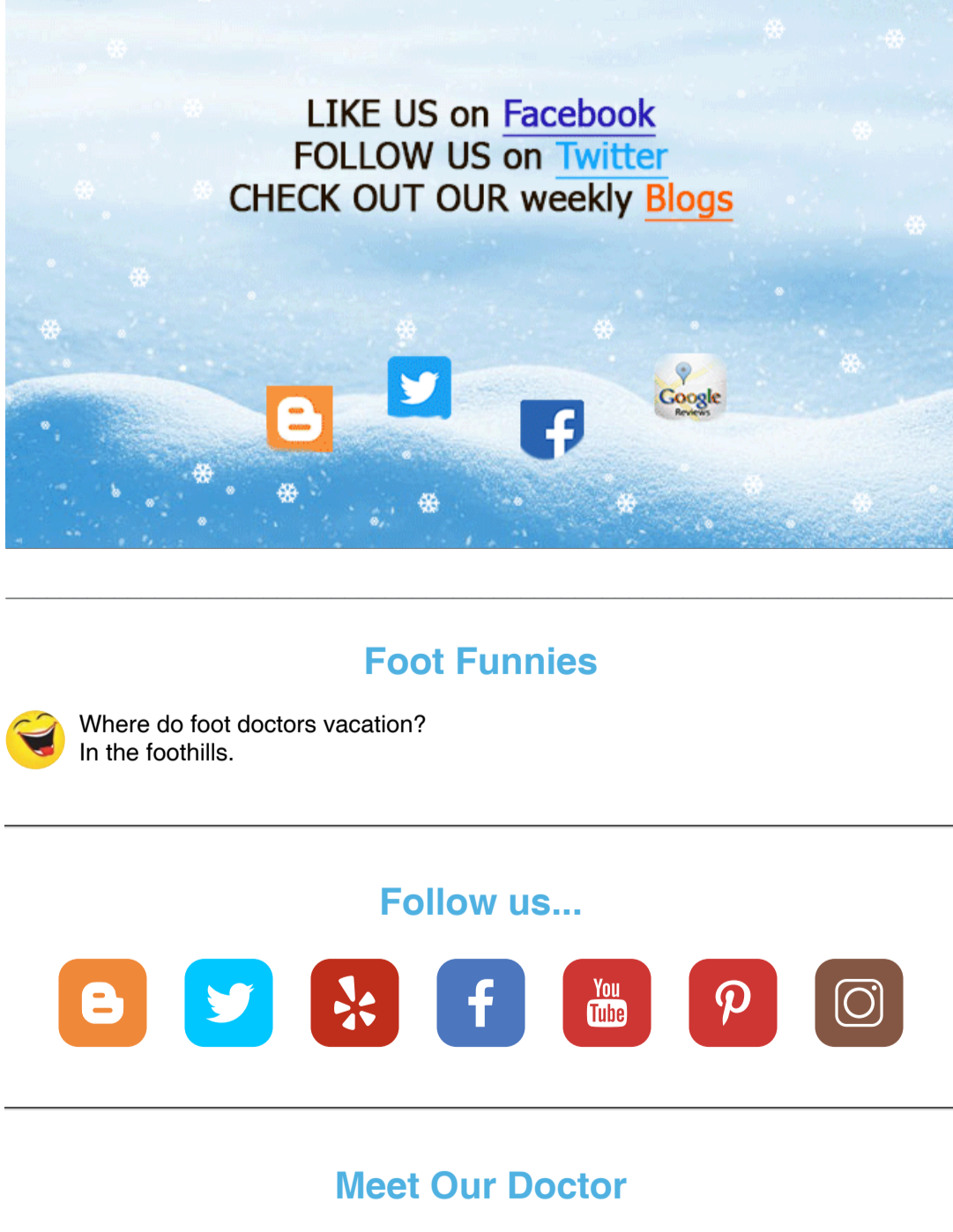
Dressing

- 3 tablespoons walnut oil
- 2 tablespoons cider vinegar
- 1 tablespoon minced fresh sage or 1 teaspoon dried sage
- 2 teaspoons minced fresh thyme or 3/4 teaspoon dried thyme
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Cook wheat berries according to package directions; drain and cool. Meanwhile, combine next five ingredients; add wheat berries.
2. Whisk together dressing ingredients. Pour over salad; toss to coat.
3. Serve at room temperature or chilled.

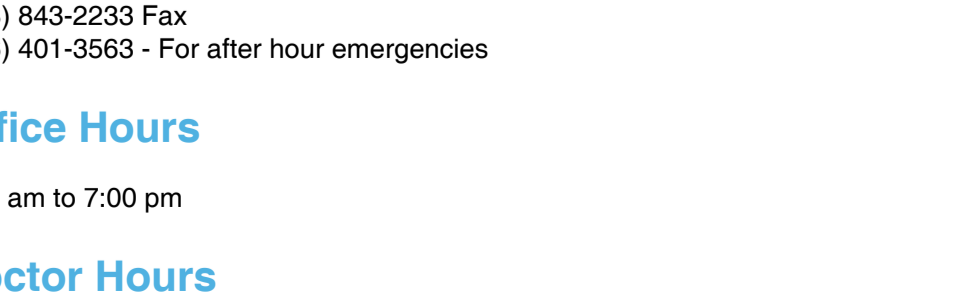
Recipe courtesy of Taste of Home



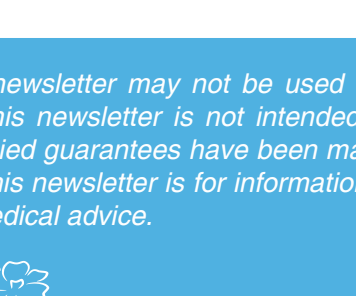
Foot Funnies

Where do foot doctors vacation?
In the foothills.

Follow us...



Meet Our Doctor



Dr. Weinstock

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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

www.crossbayfootcarecenter.com

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