



Cross Bay Foot Care Center



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

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Video Message



<https://www.youtube.com/watch?v=VCtEN2kqeWo>

How To Reduce The Size of Your Bunion

Bunions grow due to constant stress and pressure. Shoes like high-heels put tremendous stress on the toe box and are often the cause of a bunion, which is why women are more likely to get bunions than men.



Previously, only foot surgery could reduce the size of a bunion. Conservative treatment such as custom orthotics and bunion pads were the only available treatment to provide bunion relief.

As a podiatrist, I apply Platelet Rich Plasma Therapy and Stem Cell Therapy to reduce bunion size, inflammation, and pain non-surgically. Both of these treatments use the body's own materials to stimulate a renewed and accelerated healing response. Damaged tissue in the bunion can be repaired, which leads to the reduction of bunion size.

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Volume II, Number 2

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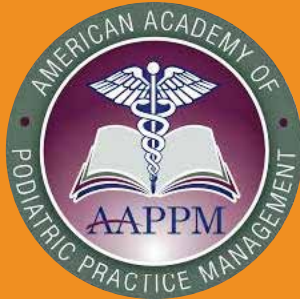
Driving Direction
<http://www.crossbayfootcare-center.com/patients.html>

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

Platelet Rich Plasma Therapy And Stem Cell Therapy



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.



Platelet Rich Plasma Therapy or PRP Therapy for Bunions involves taking a blood sample from the patients and using this sample to create PRP. PRP contains over 30 growth factors to repair damaged blood vessels and tissue. The swelling and tissue damage in the bunion is the target of PRP, which repairs tissue damage allowing the bunion to shrink.

Stem Cell Therapy for Bunions applies Adult Stem Cells to repair tissue damage. Stem Cells are located throughout the body and serve to regenerate healthy tissue. They are neutral cells that can transform into many different types of tissue including ligament, cartilage, tendon, muscle, and bone. When applied to the bunion, Stem Cells repair the damaged tissue within the joint, which also decreases inflammation and helps the joint return back to its original shape.

Bunion surgery can be avoided with either PRP Therapy or Stem Cell Therapy. Conservative treatments like custom orthotics, changing one's footwear, and bunion pads will also help relieve much of the stress that causes the bunion to form.

Bunions are extremely common and there are more than 3 million cases per year. I am one of the only podiatrists with years of experience helping patients relieve bunion pain and reduce bunion size with both PRP and Stem Cell Therapy.

The best thing you can do is come into a consultation with me at the Cross Bay Foot Care Center. During your visit, I will examine your feet and determine the best course of action to heal your bunion.

Call **(718) 835-0100** and schedule your consultation.

The Best Achilles Tendinitis Treatment

Achilles Tendinitis can be caused by an overuse injury, where tight muscles cause tissue damage in the Achilles tendon after a sudden increase in intense activity or even by a sudden unexpected movement. The most important method to prevent Achilles tendinitis is a combination of stretching and appropriate footwear. If you have Achilles tendinitis, there are many solutions that I can offer you at the Cross Bay Foot Care Center.



....continued from page 2 **The Best Achilles Tendinitis Treatment**

Firstly, heel pain, tenderness, and pain at the back of your ankle are indicators that you may have Achilles Tendinitis. To be sure, schedule a consultation with me at my office in Howard Beach, Queens. We will figure out exactly what caused your foot injury and importantly, diagnose this injury correctly.

Achilles Tendinitis is extremely common with more than 200,000 cases diagnosed in the U.S. each year. The Achilles tendon is a thick band that connects your calf muscle to your heel bone and is located at the back of your ankle. If you have pain in this spot, it is a good indicator that you have some form of Achilles Tendinitis.

At home, you should ice your Achilles Tendon twice each day for 15 minutes to decrease inflammation and stimulate an accelerated healing effect. Next, avoid any activities that worsen the pain. If it hurts when you walk, just try not to overwork yourself.

During your visit, I will first figure out what type of shoes and footwear you will need to help heal this injury. Custom orthotics are usually a great form of treatment for this foot problem because it will put your feet in maximum comfort while you walk. We will go over what shoes are best for your foot shape and lifestyle.

The risk of Achilles Tendinitis is that without podiatry treatment or proper care, the Achilles tendon can tear or rupture. A tear or rupture is not only extremely painful but often doctors will recommend invasive surgery and many months of rehabilitation. At the Cross Bay Foot Care Center, I know that I can help you avoid this terrible fate.

Best Treatment For Achilles Tendinitis

Platelet Rich Plasma Therapy is perhaps the best non-surgical and natural treatment to stimulate the repair of damaged Achilles Tendon tissue. With a often a single treatment of PRP- your damaged Achilles Tendon can be healed. Professional athletes are using treatments like Platelet Rich Plasma Therapy to avoid season ending surgery and accelerate the healing process of their injuries.

We will find a natural solution to help you cure your Achilles Tendinitis as quickly as possible. Call **(718) 835-0100** and schedule a consultation today.

Heal Quickly From A Stress Fracture

A stress fracture usually occurs in the toes or foot and can be quite painful. It starts as just a small crack but if left untreated, the bone can break apart completely. Healing a stress fracture in the most efficient manner possible is necessary to not only prevent a full blown fracture but also provide fast pain relief.

Relieving pressure from the stress fracture is the first step toward healing yourself. If you can't walk without pain, you may want to wear crutches for several weeks until you can stand and walk on your feet without pain.



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....continued from page 3 **Heal Quickly From A Stress Fracture**

Stress fractures begin as a minor pain or feeling of weakness in the affected area and at this stage is easily treated. Most patients do not recognize that they have a significant foot problem at this stage and with continued aggressive activity, the stress fracture gets worse, sometimes leading to a full break of the bone.

If you are experiencing consistent foot pain, it is time to schedule a consultation with me at the Cross Bay Foot Care Center. Here, I can x-ray your foot and importantly, diagnose the problem correctly. By spotting the problem early, a stress fracture is much easier to treat. A stress fracture left untreated progresses to a nagging ache and then, will escalate in pain to the point of disability.

It is impossible to know if you have a stress fracture without professional assistance. The most common way of figuring out whether or not you have a fracture is with an x-ray. A stress fracture, while not life-threatening, can still cause tremendous pain.

Platelet Rich Plasma Therapy

One of the quickest and most efficient ways to heal a stress fracture is with Platelet Rich Plasma Therapy or PRP Therapy. This therapy is a non-surgical treatment harnessing the power of platelets found in the blood.

Platelet Rich Plasma contains over 30 growth factors to actively repair bone and tissue damage rapidly accelerating the healing process and by doing so, relieving a significant amount of pain early on in treatment.

There are many options to protect your stress fracture and we will go over each one during your consultation with me.

Call **(718) 835-0100** and schedule your consultation.

Joke of the Month

At twenty we worry about what others think of us.
At forty we don't care about what others think of us.
At sixty we discover they haven't been thinking about us at all.

Recipe of the Month **Greens, Beans and Mushroom Stew**

Serves: 6

Substantial and delicious, this lentil stew is packed with all the right stuff. Fennel seeds and a hint of cumin and cayenne contribute to its exceptional flavor.



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Ingredients

- 1 1/2 cups chopped onions
- 3 cloves garlic, chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 5 cups assorted mushrooms (button, portobello and/or shiitake), chopped
- 2 cups lentils
- 5 cups low sodium or no-salt-added vegetable broth
- 3 cups chopped tomatoes
- 1/4 cup tomato paste
- 2 teaspoons paprika
- 1 1/2 teaspoons cumin
- 2 teaspoons fennel seed
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 cup chopped green bell pepper
- 10 ounces Swiss chard, collards or mustard greens, tough stems removed and then chopped
- 1 tablespoon cider vinegar

Instructions

Heat 1/8 cup water and water saute onions, garlic, carrots and celery until starting to soften. Add mushrooms and continue cooking until liquid is evaporated.

Add lentils, vegetable broth, chopped tomatoes, tomato paste, paprika, cumin, fennel seed, black pepper and cayenne pepper.

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

....continued from page 5 **Recipe of the Month**

Simmer, covered until lentils are tender and most of the liquid is absorbed, about 25 to 30 minutes, adding green pepper during the last 10 minutes of cooking. Add greens and vinegar and cook until greens are wilted.

If stew appears too dry, add additional water or vegetable broth.

Calories 320; Protein 21 g; Carbohydrates 58 g; Total Fat 1.5 g; Saturated Fat 0.2 g; Cholesterol 0 mg; Sodium 173 mg; Fiber 25.2 g; Beta-Carotene 5517 ug; Vitamin C 74 mg; Calcium 167 mg; Iron 7.4 mg; Folate 444 ug; Magnesium 127 mg; Zinc 4.3 mg; Selenium 21.9 ug

DrFuhrman.com

Monthly Newsletter from

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Foot Care
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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!

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