



# Cross Bay Foot Care Center



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

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## Healthy Feet for Children

We are all so happy that Spring has finally arrived! As parents, it is our job to get our children prepared for all of the wonderful activities that the season brings including sports, dance recitals and Spring fun! In order to give our children the “best foot” forward we must look carefully at the health of our children’s feet. It is our job as parents to guide this development making sure our children grow up healthy.



Children’s feet grow in sizes every few months and just like seeing a pediatrician, it is important to have your child see a podiatrist so that their feet and their walk are developing correctly. If a child develops a strange walking pattern, which is fairly common, such as an in-toe or toe walking, it can lead to tremendous problems later in life such as bunions, hammertoes, and chronic foot, leg and back pain.

If your child is walking intoe, has a flat foot or a high-arched foot, they may already be complaining of foot and leg pain. If not they soon will be, because sneakers with regular inner-soles are not giving them the correct support they need. Children with intoe, flat or high arched feet are at risk of developing incorrect walking patterns because they must compensate as they are growing. Many musculoskeletal conditions common to children are easily avoided due to early intervention and treatment of pediatric foot conditions.

There is often one simple solution that can help your child develop a healthy walking pattern and that is prescription orthotics. Our custom orthotics provide the maximum support for your child’s feet correcting their walking patterns allowing them to grow in a healthy fashion and preventing foot and ankle problems as well as leg, knee and back problems in the future.

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Spring 2015

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

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

Insurance Accepted:  
<http://www.crossbayfootcare-center.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.**



We create custom orthotics for your child by doing a special biomechanical and gait exam- watching them walk and taking specific measurements of their feet and legs. A cast or mould is then made of their both feet and the casts are sent to a high level orthotic lab for fabrication. Your child is fit with prescription orthotics designed to allow them to walk and function in a healthy way. We have a special Protect Plan (an insurance plan- low fee) that allow us to re-evaluate and recast your child as he or she grows and replace the orthotics.

Our office also has a program called 'Little Steps' which are very high level over the counter arch supports for children, specifically aimed at helping children develop healthy feet and healthy walking. Here, we create functional over the counter foot orthotics for children at a great discount for parents. . Little Steps sizing ranges from a toddler's size 5 through child youth size 8 1/2, suiting most toddlers through teens.

Get your children ready for the activities of Spring! For More information [www.crossbayfootcarecenter.com/blog/post/childrens-podiatrist.html](http://www.crossbayfootcarecenter.com/blog/post/childrens-podiatrist.html)

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## **Save the Date May 30th 2015 JDRF Walk to Fight Diabetes**



**WALK  TO CURE DIABETES**

Did you know that 3 million Americans may have type 1 diabetes (T1D)? JDRF research focuses on key therapies that hold significant promise in turning Type One into Type None. JDRF funds over \$100 million in T1D research each year. Currently, JDRF's ongoing research programs total \$530 million around the world to discover and develop therapies to improve life with T1D, and eventually eliminate the disease from our lives entirely.

As a podiatry practice we see the real life difficulties of our patients with diabetes. The constant observation and care of their feet is needed to prevent ulcerations, serious wounds and limb loss. Please join me on May 30th at Ave Maria Catholic Academy for the annual Howard Beach JDRF walk to continue to raise money and awareness to fight this disease.

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Please **click here** to donate to our page and register today for the Howard Beach Walk to Cure Diabetes! We will also be collecting donations at our office. With your support, we can turn Type One into Type None by accelerating JDRF's fundraising to build momentum in T1D research.

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## Pinterest for the FUN of it!

Have you ever seen something great on the web and wanted to save it for a later time? Maybe you are creating a project and need somewhere to store all of the great ideas you find online. Well Pinterest may be your answer!

For many of the ladies Pinterest is not a new thing! It is a wonderful place on the web to store ideas and share our inspiration with friends! But for many of you that are not familiar with this site, Pinterest is a highly visual virtual pinboard site that lets you "pin" or collect images and ideas from the Web that you can access from your phone or

computer. Creating boards helps you to categorize your images, websites and other findings online. Adding descriptions will also help remind you why you bookmarked them in the first place. Pinterest is often associated with recipes, wedding dresses, and crafts. However, the social site is also flooded with doctors, teachers, news, and businesses that have found other useful ways to use Pinterest.



You can join Pinterest by connecting with Facebook or Twitter, but a third option lets you sign up using your email address. Connecting with Facebook will give the app permission to access your basic info, connect with your friends on those sites, and post activity on your behalf. You can decide whether or not your pins get reposted to Facebook. Or you can simply sign up with just your email.

Once you have an account, you'll need to find fascinating boards to fill your feed. Pinterest gets you started by suggesting some. You need to build boards in order to collect and organize items you're interested in. You also have the option to create secret boards, where anything you pin to those boards is only visible to you and those you invite to it.

Now you're ready to get pinning! You can start by selecting categories you are interested in or use the search bar to search ideas, people or businesses you are interested in following. When you see an image you want to pin, simply hover over it and click the red Pin It button that appears in the upper left-hand corner. You'll be asked to send it to one of your boards, add a description and voila you are a pinner! If you are currently pinning or are planning to, check out Cross Bay Foot Care Center on Pinterest where you will find helpful information, interesting videos you will love that are both foot and non-foot related!

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## Affordable Orthotics

We all want to give ourselves and our family the best foot care possible.

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## We are Getting Social...



We invite you to visit our web site at [www.crossbayfootcarecenter.com](http://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](http://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 3 **Affordable Orthotics**

When it comes to your shoe gear one of the best things that you can do for yourself and your family is to make sure you have the correct shoes and orthotics to wear each day. Most people suffer from some sort of foot condition that can be easily alleviated by wearing orthotics, however when I speak to many of our patients they do not gain the benefits of wearing their orthotics each day simply because they do not switch them into the different pairs of shoes that they wear.

One simple solution to this is to have a pair of orthotics for each of your shoes. This may sound completely out of your reach, but with our newest prefabricated orthotics called Quadrasteps you can afford that second and even third pair of orthotics. What makes these orthoses unique is that they are manufactured from an injection molded thermoplastic compound that has a combination of strength with a "soft-edge" feel. This combination gives patients incredible support while maintaining superior comfort, giving you an orthotic that you will want to wear each day.

Unlike a custom orthotic that needs to be molded and may take weeks or months to be ready, Quadrasteps are already made waiting for you in our office. Quadrasteps come in a wide variety of sizes and styles to fit almost every foot condition giving you the fit of a custom orthotic at a fraction of the price.

Don't let foot pain caused by easily correctable foot imbalances hold you back from enjoying all that Spring has to offer! Get your entire family ready to enjoy the nice weather, sports and other fun activities this season. Dr. Weinstock specializes in the foot care of children through seniors. Call our Howard Beach office today at (718) 835-0100, or simply make an appointment online.

### Monthly Newsletter from

**Cross Bay  
Foot Care  
Center**



*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!*