



# Cross Bay Foot Care Center



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

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## The Bunion Problem And How To Fix It

Bunions are extremely common. In fact, there are more than 3 million cases of bunions diagnosed in the U.S. every year. At the Cross Bay Foot Care Center, I help my patients slow down and stop the progression of a bunion's growth. There are also homeopathic, non-surgical treatments that I apply to even decrease the size and painful symptoms of a bunion, which brings the joint back to better health.



If you are considering bunion surgery, homeopathic treatments like PRP Therapy act as a safe and effective alternative to bunion surgery. The first step is to see me, Dr. Weinstock, for an initial evaluation. Here, I can determine what conservative treatments will relieve your bunion pain and stop the growth of the bunion. These treatments include custom orthotics, bunion pads, and advice on proper footwear.

### Why Bunions Keep On Growing

Incorrect footwear is one of the main causes of bunions and why bunions continue to grow overtime. Different shoes are made for different types of feet but many people don't know this fact when shoe shopping. Each person's foot is shaped differently.

Some people have flat feet while others have high-arched feet. If a person is wearing shoes that don't match up with their foot type or apply consistent stress on the feet, this pressure, over time, often causes bunions. One example of a poor shoe choice is high heels. These shoes put a tremendous amount of pressure on the toes by squeezing the toe box and damaging toe joints. A bunion often forms due to this intense, prolonged pressure.

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## Volume II, Number 1

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.crossbayfootcarecenter.com/patients.html>

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

## ....continued from page 1 **The Bunion....**



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.



Even patients with normal arches may be affected by their shoe choices or insoles that are cheaply made. Most insoles of a shoe are made of cheap, generic material that don't support the feet while walking, especially on the many types of surfaces one may walk on. The answer to this problem of cheaply made insoles is custom orthotics. By wearing custom orthotics, your feet will gain the maximum support while walking. My patients are amazed at the level of comfort they feel when wearing custom, podiatrist made orthotics.

### **How To Shrink Bunion Size**

Other than conservative treatment that stops bunion growth, such as corrective footwear and bunion pads, there are also homeopathic treatments that both relieve bunion pain and decrease bunion size.

Platelet Rich Plasma Therapy or PRP Therapy for bunions is one great example of a non-surgical treatment that I apply at the Cross Bay Foot Care Center. Platelet Rich Plasma (PRP) contains over 30 growth factors that actively repair bone, tendon, ligaments and blood vessel damage in the joint. By repairing damaged tissue, healthy tissue bunion inflammation and pain is eliminated.

At the Cross Bay Foot Care Center, we will help you stop the growth of your bunion, relieve pain and inflammation, and let you get back to all those activities that your bunion pain stopped you from doing!

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

## **Why You Haven't Healed From Plantar Fasciitis**

Plantar Fasciitis is a condition whereby a chronic foot and heel pain occurs. It normally begins after an increase in intense activity but there are different causes such as tight muscles and incorrect footwear that allow this problem to happen in the first place.



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## ....continued from page 2 **Why You Haven't Healed From Plantar....**

Many of my patients have what's called long-term plantar fasciitis, which is when their plantar fasciitis just won't seem to heal. This condition often includes scar tissue and a small tear of the plantar fascia band, which makes the plantar fasciitis condition extremely difficult to heal on its own.

Because this type of long-term plantar-fasciitis often will not heal with normal, conservative treatment, I implement a powerful non-surgical and homeopathic treatment known as Platelet Rich Plasma Therapy or PRP Therapy.

PRP Therapy is a go-to treatment for many professional athletes after an injury and a way for them to avoid season-ending surgery. It is particularly successful in regards to ligament and tendon tears making it especially beneficial for a plantar fascia band tendon with a small tear.

### **Advanced Tissue Repair**

During PRP Therapy, first, a blood sample is taken from the patient and then this blood sample is put into a centrifuge machine to separate the platelets of the blood from the rest of the blood's materials, which creates the material PRP. PRP contains over 30 growth factors and is extremely effective in repairing tissue damage and blood vessel damage at the cellular level. The PRP is then immediately injected into the plantar fascia band, which will soon begin repairing the small tear that is most often the cause of slow-healing plantar fasciitis.

The next step is then to apply conservative treatment. This includes a regimen of stretching and strengthening exercises to re-strengthen the plantar fascia band and keep your muscles that surround the plantar fascia band flexible. Tight muscles make it difficult for the plantar fascia band to heal because they keep the plantar fascia band tight and in a state of weakness.

Custom orthotics and proper shoes for your foot type are also essential in terms of healing plantar fasciitis but with long-term plantar fasciitis, a boost like PRP is often essential to heal the tear in the plantar fascia band that is preventing recovery.

Whatever your difficulty is in regards to your plantar fasciitis condition, we will find the solution and you will get better. Call **(718) 835-0100** and schedule your consultation.

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## **The Best Alternative To Foot Surgery**

There are a variety of injuries where podiatrists recommend surgery including and not limited to plantar fasciitis, deep wounds, and large bunions. I specialize in helping my patients avoid invasive foot surgery with homeopathic podiatry treatment. There is a great chance that you do not need surgery even if you have already been advised by someone to get surgery.

Sometimes, surgery can make a patient worse and a botched surgery can be a major problem.

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## *....continued from page 3* **The Best Alternative To Foot Surgery**

Surgery is risky, invasive, painful, and includes a long-term rehabilitation process. Often, the invasiveness of surgery leaves people with life-long symptoms, which is something you definitely want to avoid.

### **How To Repair Severe Foot Injuries**

The two best treatments to repair severe foot injuries without surgery are Stem Cell Therapy and Platelet Rich Plasma (PRP) Therapy. These treatments are being used by professional athletes worldwide to help them avoid season ending surgery and accelerate the healing process of an injury.

Both Stem Cell Therapy and PRP Therapy are extremely advantageous when it comes to repairing damaged muscle, ligament, and tendon tissue. They can be used together or separately depending on the severity of a specific injury. During your consultation, I will determine what treatment will have the highest likelihood of success.

### **Stem Cell Therapy**

Stem Cell Therapy applies adult stem cells to the injured foot that are derived from the patient during treatment. These stem cells are taken from the patient's own fat or bone tissue and then immediately applied to the foot using ultrasound guidance, an imaging system that allows me to place the stem cells at the optimum location in the foot.

Stem Cells are neutral cells signaled by the brain to transform into many different types of tissue and replace damaged tissue with healthy tissue. They can transform into healthy muscle, ligament, tendon, cartilage tissues, and more. Once applied to the foot, the stem cells will repair damaged cells and accelerate the healing process of your injury.

### **Platelet Rich Plasma Therapy**

Platelet Rich Plasma or PRP is derived from a blood sample taken from the patient during their office visit. Platelets are separated from the other materials in the blood to form platelet rich plasma and this platelet rich plasma or PRP is immediately injected into the injured foot. PRP contains over 30 growth factors that actively repairs tissue and blood vessel damage.

I am one of the only podiatrists applying both of these treatments and doing so with ultrasound guidance. The success rate is extremely high when repairing severe foot injuries and allows the patient to avoid invasive and risky foot surgery. As indicated, both Platelet Rich Plasma Therapy and Stem Cell Therapy use materials from the patient's own body making both treatments natural and safe.

If you have a foot injury that just won't seem to get better and are discussing the possibility of getting foot surgery, give us a call for a second opinion. Also, if you have already had a surgery and your foot problem isn't getting better, give us a call as well.

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

## Joke of the Month



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## Mexican Black Bean and Butternut Squash Stew



**Serves: 6**

*Butternut squash, two kinds of beans and lots of greens make for a colorful and delicious stew. Serve it over polenta or quinoa if you like.*

### Ingredients

- 1 medium butternut squash
- 3 cups cooked black beans or 2 (15 ounce) cans no-salt-added or low-sodium black beans, drained
- 1 1/2 cups cooked garbanzo beans or 1 (15 ounce) can no-salt-added or low sodium garbanzo beans, drained
- 3 cups carrot juice (store bought or homemade)
- 1 1/2 cups diced tomatoes
- 1 cup sliced mushrooms

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

## ....continued from page 5 **Mexican Black....**

- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 tablespoon no-salt seasoning blend, adjusted to taste
- 2 cups chopped onion
- 3 cloves garlic, chopped
- 1 bunch chopped Swiss chard or kale

### Instructions

Mix all ingredients except the Swiss chard or kale in a large pot and simmer for 20 minutes or until squash is cooked. Then add the greens and cook for another 5 minutes.

Delicious by itself or served over polenta, quinoa or other intact whole grain.

Calories 364; Protein 17 g; Carbohydrates 75 g; Sugars 15 g; Total Fat 2.6 g; Saturated Fat 0.4 g; Cholesterol 0 mg; Sodium 192 mg; Fiber 18.4 g; Beta-Carotene 20340 ug; Vitamin C 68 mg; Calcium 212 mg; Iron 6.4 mg; Folate 283 ug; Magnesium 199 mg; Potassium 1818 mg; Zinc 2.6 mg; Selenium 8.6 ug

### 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!*

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