

APRIL

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Good Health is Just Around the Corner

Mon–Fri: 8:00 AM – 8:00 PM  
Saturday: 8:00 AM – 6:00 PM  
Sunday: 10:00 AM – 6:00 PM

www.dhdrugstore.com 

## April is National Foot Health Awareness Month

### *Make Taking Care of your Feet a Priority!*



According to an **American Orthopaedic Foot and Ankle Society** study, **88% of women are wearing the wrong size shoe which can lead to injury, pain and discomfort in your back and**

**legs.** So April is a great time to reevaluate your feet and make plans to pamper them. Properly fitted shoes are just one piece of the foot health puzzle. Both adults and children can experience issues with their feet. Here are just a few of the common problems and possible remedies from their web site.

**Toe nails**-Pay attention to your toenail health. Make sure to trim your nails straight across to prevent ingrown toenails which can be extremely painful. Also look out for nail fungus and consult your physician for treatment. Fungus can be difficult to treat and may take months to eliminate. As a preventative measure, avoid walking barefoot in moist environments. Also make sure that you don't have a weakened immune system, diabetes or circulation issues that might be exacerbating the problem.

**Bunions**-A bunion causes a large bump where the big toe attaches to the foot. Bunions are typically caused by wearing shoes that are too narrow or pointy. The result can be a malformation that needs surgical correction if wearing open shoes or shoes with a large toe box and over the counter padding fail to work.

**Corns and Hammer Toes**-Corns are typically calluses that form on the tops of toes due to bones pressing against the top of the shoe which puts pressure on the skin. This can be caused by shoes that are too tight. Padding can help alleviate some of the rubbing. Hammer toes usually affect the second, third and fourth toes and can also be caused by shoes that don't fit properly or a high heel that causes a bend in the toes that eventually will not be able to straighten. Hammer toes can also cause corns due to the issue of inability to straighten the toes. In both cases, if padding or an over the counter adjustment does not help, you may need to consult your physician.

**Warts**-Warts are caused by a viral infection that can occur anywhere on the foot. Plantar warts typically affect only the bottom of the foot. Warts usually occur when there has been a break in the skin and the virus has entered through the foot.

Warts can multiply, so if over-the-counter medications are not working, you may need to seek a physician for removal.

**Skin Problems**-Pay attention to sweaty feet. Make sure to wear absorbent socks and shoes that fit correctly and allow your feet to breathe. Synthetic socks and plastic shoes only aggravate the problem. Wearing cotton socks assist with wicking moisture away from the foot.

**Diabetes and your feet**-Diabetes can cause special foot care issues. In some people, the nerves can be damaged. This causes the diabetic patient to be unable to feel when there is an injury to the foot. The immune system and circulation can also be damaged leading to further problems.

**Here are some dos/don'ts for diabetic foot care:**


#### **Do:**

- Inspect feet daily for pressure spots, cuts and bruises
- Ask your physician to check your feet
- Inspect shoes for folds and nails
- Bathe feet daily
- Tell shoe salespeople you are diabetic
- Change shoes at least once a day
- Make sure toenails are trimmed

#### **Don't:**

- Go barefoot
- Use corn removers
- Cut calluses or corns
- Ignore redness or ulceration of the foot

For additional information on Foot Care from the **American Orthopaedic Foot and Ankle Society** visit:  
<http://www.aofas.org/footcaremd/overview/Pages/Adult-Foot-Health.aspx>



**Make Your Feet Happy!**  
**15% Off**  
**Includes Shoe Accessories,  
Insoles, and Foot Care Products**



## April Dates to Remember

April 1-April Fool's Day	April 15-Taxes Due
April 3-Good Friday	April 20-Patriot's Day
April 3-Passover Begins	April 22-Earth Day
April 5-Easter	April 24-Arbor Day

### April Recipe –Yummy Blueberry Muffins

#### Blueberry Thunder Muffins

Persimmon Hill Farm – Lampe, MO

<http://www.midwestliving.com/recipe/muffins/blueberry-thunder-muffins>

Yield: 16 standard or 6 jumbo muffins

Prep 15 mins

Cool 5 mins

Bake 25 mins to 30 mins

#### Ingredients

2 cups all-purpose flour

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup butter, softened

1 cup sugar

2 eggs

1/2 cup milk

1 teaspoon vanilla

2 -2 1/2 cups fresh or frozen blueberries

1 tablespoon sugar

1/4 teaspoon ground cinnamon

#### Directions

1. Line sixteen 2-1/2inch (standard) or six 3-1/2-inch (jumbo) muffin cups with paper bake cups; set aside. In a medium bowl, combine flour, baking powder and salt; set aside.
2. In a large mixing bowl, beat butter with an electric mixer on medium speed for 30 seconds. Add the 1 cup sugar; beat until well combined. Beat in eggs, milk and vanilla (mixture will look slightly curdled). Stir in flour mixture until just moistened (batter should be lumpy). Gently stir in blueberries.
3. Spoon batter into prepared muffin cups, filling each nearly full. In a small bowl, combine the 1 tablespoon sugar and cinnamon. Sprinkle sugar mixture over batter.
4. Bake in a 350 degree F oven 25 to 30 minutes (standard) or 35 to 40 minutes (jumbo) or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm. Makes 16 standard or 6 jumbo muffins.

**Baby Snoozies - Plush With Throw**  
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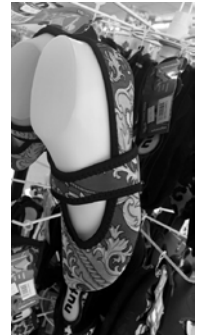
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### New Items at D&H

#### nufoot – Beyond Barefoot

Great for

- Yoga, pilates, hotels, airplanes, hospitals, pools, lounging
- For Men and Women
- Different Styles, colors, and prints
- Antimicrobial
- Machine Washable
- Skid Resistant



#### Vitafusion Gummy Vitamins Extra Strength Biotin

- 5000 mcg biotin
- Supports hair skin, and nails
- Blueberry flavor
- Gluten free and free of high fructose corn syrup



<b>Reg.</b>	<b>Sale</b>
<b>Price</b>	<b>Price</b>

#### April Specials

<b>TEC LABS®</b>	Calagel 6 oz (Itch and Pain)+ Bonus 2 oz Technu (Outdoor Skin Cleanser)	\$6.69	\$5.69
<b>ZANFEL</b>	Zanfel Poison Ivy Cream 1 oz. Tube	\$35.99	\$32.99
<b>LEADER</b>	Leader Bandage – Watershield 30 count	\$2.79	\$2.19
<b>LEADER</b>	Leader Anti-Itch Cream 2% 1oz.	\$3.79	\$2.79
<b>nasopure®</b>	Nasopure Starter Kit 8 oz bottle + 20 saline packets	\$19.99	\$17.99

*Don't forget our great selection of locally made and unique gift items throughout the store and in the Baby Boutique!*



**D&H Drugstore – Good Health is Just Around the Corner**  
**Thank you for making us your local pharmacy!**