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Sunday: CLOSED

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!
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April Dates to Remember

April 1-April Fool's Day	April 22-Earth Day
April 7-National Walk to Work Day	April 26- Admin. Asst. Day
April 10-Passover Begins	April 28-Arbor Day
April 15-Taxes Due	April 29-Natl Drug Takeback
April 17-Patriot's Day	April 30-Adopt a Shelter Pet

April Recipe –Chocolate Almond Butter Pudding

Gluten Free & Dairy Free-That Clean Life

<https://blog.thatcleanlife.com/5-ingredient-creamy-chocolate-almond-butter-pudding/>

Serves: 3 Time: 5 minutes

Ingredients:

- 2 Avocado (peeled with pits removed)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/6 cup Cocoa Powder (or about 2.5 tbsps)
- 1/4 cup Almond Butter

Directions:

1. Combine all ingredients in a food processor or blender. Blend until smooth and creamy. (You may need to occasionally scrape down the sides)
2. Divide into small bowls, add your choice of toppings or enjoy as is!

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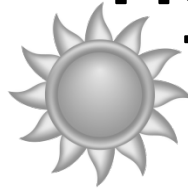
Earth Day – April 22, 2017

<http://www.earthday.org/about/the-history-of-earth-day/>

In case you don't know the history of Earth Day, here is a little more information on how it all began. Earth Day started in 1970 to call attention to environmental concerns. 2016 marks the 46th year of Earth Day and this year they are beginning a goal to plant 7.8 billion trees by 2020. This is 1 of 5 goals to achieve by their 50th anniversary. Trees can help in many ways to help prevent climate change, help clean the air, and trees help provide economic sustainability for communities. To get involved with the planting of trees, go to the earthday.org web site. There, you can also find ideas to celebrate Earth Day and Earth Day events in your area.



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New Items at D&H

Melissa & Doug Lawn and Garden

- Giddy Buggy, Cutie Pie Butterfly, Pretty Petals, and Flash Firefly
- Chairs, Flashlights, Binoculars, Bug Houses
- Great Gifts for Kids Ages 3-5 years old








Muffin Meals

- Cookbook
- Muffin Pan & Muffin Pulls
- Great gift!



April Specials

		Reg. Price	Sale Price
	Flonase SensiMist 60 Spray	\$17.79	\$16.29
	CareMates N95 Masks-10 count	16.59	\$15.19
	Olay Complete-4 oz.	\$8.27	\$7.39
	Emergen-C -30 packets Orange, Raspberry, & Tangerine	\$11.59	\$9.89
	Dr. Teal's Foot Crème-8 oz.	\$4.99	\$4.19

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



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