

# FOOT PRINTS



## Meet Our Doctor



### Dr. Melissa Wawrzynek D.P.M.

- A specialist in surgery, diabetic care, and athletic medicine, Dr. Wawrzynek is affiliated with Mercy Suburban, Paoli Surgical Center and Abington Health
- Loves treating children and adults alike
- She's a fitness enthusiast—enjoys running, swimming and softball
- Biggest fans? Her husband and two young daughters
- Favorites include French fries, Counting Crows, and Nicholas Sparks

## MOVING: A STEP AT A TIME

Packing up and moving house—quick, easy and painless, right? Someone cue those cricket noises...

Of course, the searching, organizing, planning, scheduling, signing endless documents, repainting, repairing, and unpacking are no one's idea of a fun time. So why do it?

Because it's exciting!

Upsizing or downsizing, being closer to family, or changing jobs mark some pretty significant life changes. It can be easy to dwell on everything at once and get stressed out. Instead, be proud! And be confident! Getting started on something, anything that needs to be done, is the quickest way to feel accomplished instead of overwhelmed. We've got most of the hard stuff out of the way at this



Our new front office!

point. Now we are surrounded by brilliant, high-level medical and business professionals on First Avenue behind the Valley Forge Casino. We are ecstatic to treat patients new and old in an updated, convenient location. Stop by and say hello, it would be our pleasure to

write up a chocolaty prescription for some M&Ms; often the perfect solution to a stressful day. Book an appointment or request a treatment information book online or by phone. Should you or a loved one have any problems, remember we are here to treat your feet!

## DONATE YOUR WEARABLE SHOES



Planet Aid, INC  
2940 Turnpike Dr.,  
Suite #6-8  
Hatboro, PA 19040



Philadelphia Runner  
16th and Sansom  
Philadelphia, PA 19102

Philadelphia Runner  
571 Glen Eagle Square  
Glen Mills, PA 19342

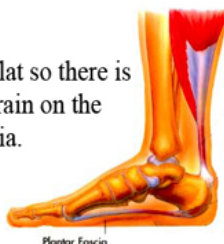
# PLANTAR FASCIITIS— STOP IT BEFORE IT STARTS

Plantar Fasciitis is inflammation of the muscle in the bottom of your foot, the Plantar Fascia. You can treat or prevent this painful condition by making sure to:

- Wear shoes with good arch support
- Stretch your Achilles tendon before exerting yourself
- Exercise and maintain a healthy weight
- Athletes should alternate their sport with other activities to avoid misuse of foot muscles
- Take care of your feet. Purchase a thick rubber mat if you stand on hard surfaces all day

### Standing:

The foot is flat so there is very little strain on the Plantar Fascia.



### Running:

Prior to the foot leaving the ground, the “push-off/toe-off” occurs.

Push-off puts the full weight of the body on one of your foot’s Plantar Fascia. This is a lot of weight for it to handle - especially when the action is repeated over and over - as it is in running!

## ADULT DIABETES SUPPORT GROUPS

Everyone needs a little help now and then. Find a group near you to discuss, get organized and help keep up with the diabetic lifestyle.

### Norristown

-Achieving Better Control, Inc.

2701 DeKalb Pike  
Norristown PA, 19404  
215-283-2833

-Montgomery Hospital Medical Center

1301 Powell Street PO Box 992  
Norristown, PA 19404  
610-270-2301 or 800 346-7834

### Philadelphia

-Chestnut Hill Hospital

8835 Germantown Avenue  
Philadelphia, PA 19118  
215-248-8160

-Achieving Better Control, Inc.

2601 Holme Avenue  
Philadelphia, PA 19152  
215-283-2833

## SUDOKU—

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## Oreo® Cake Balls

Need a crowd-pleasing treat to bring to your next social event? Add a few simple ingredients to standard Oreos and, voila! An irresistible confection is yours to share (or not to share) with everyone!

### Ingredients

1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened

40 OREO Cookies, finely crushed, divided

4 pkg. (4 oz. each) BAKER'S Semi-Sweet Chocolate, broken into pieces, melted



### Directions

MIX cream cheese and 3 cups cookie crumbs until blended.

SHAPE into 48 (1-inch) balls. Freeze 10 min. Dip balls in melted chocolate; place in single layer in shallow waxed paper-lined pan. Sprinkle with remaining cookie crumbs.

REFRIGERATE 1 hour or until firm.