



## Tired of hiding your toenail fungus? Now is the time to treat!

Winter is in full swing and your toes are well hidden in your boots.....  
But you'll be taking out your spring sandals in a few weeks.

You have been hiding your toes for a long time because your toenails are thick, discolored and unsightly. Now is the time to start treating your toenails.

Toenail fungus is a common condition that affects millions of people. There are many causes for toenail fungus such as trauma, walking barefoot or going to nail salons. *Most of our female patients who suffer from toenail fungus get their infections from nail salons.*

The good news .....We can make your toenails look beautiful for the spring but you have to act now.

### **Why do I need to care about my toenail fungus in the middle of winter?**

It takes up to 3 months for a new healthy toenail to grow and fully replace an infected nail. So if you wait until spring or summer it is already too late for that season.

Today we have the technology that can help you develop new healthy nails. No need for long term pills that can harm your liver or topical medications that do not usually work. Our treatment program is safe, painless and very effective. We will also teach you how to prevent this infection from ever coming back.

So while your toes are still hidden in your boots call our office and take advantage of our winter toenail fungus special. Your spring sandals will thank you.

**SAVE 20% OFF**  
**Toenail Laser Treatment**

Offer valid through February 28, 2017  
(Must bring coupon)



1005 Clifton Ave., Clifton, NJ 07013  
(973) 777-5771

### About the Doctor

Ibrahim Haro, DPM



Dr. Haro has been a podiatrist since 1998, and been with the practice since 2001. He is a general practitioner who treats all aspects of the foot and ankle. He graduated from Fairleigh Dickinson University with a degree in Biology in 1993. He then attended the New York College of Podiatric Medicine, where he received a Presidential Scholarship and graduated in 1998 with a degree of Doctor of Podiatric Medicine. Dr. Haro's post graduate training included two years at Long Beach Medical Center in New York. He rose to become a Chief Resident and received the Resident of the Year Award upon graduation in 2000. He spent his last year of training at Maimonides Medical Center in Brooklyn, New York, with an emphasis on surgical training and diabetic foot care. He is also a member of the American Podiatric Medical Association. Dr. Haro continues to attend numerous medical conferences annually to remain on the cutting edge of the most recent advances in podiatric medicine and surgery.



Photo credit: James Heilman, MD

# The Low Down on Lisfranc Fractures

Perhaps you've heard the term "Lisfranc fracture" in the news referring to the latest athlete being added to the injured reserve list, but what exactly is this injury all about? Well, here's a little background on the not-so-common condition so you can impress your friends with your knowledge next time they come over to watch the big game.

A Lisfranc fracture occurs when a foot is planted but weight is suddenly shifted in another direction – a common phenomenon in many sports! This causes an extreme rotation of the joint connecting your forefoot and midfoot, fracturing the connective bones. The joint is called—you guessed it—the Lisfranc joint, and is named for Jacques Lisfranc de St. Martin who was a surgeon in Napoleon's army known for his skill in amputating soldiers' feet at this particular place. While the injury was first seen when riders fell from their horses with their feet still stuck in the stirrups, clearly, the same type of abnormal twisting can occur in athletes of all kinds.

This midfoot injury is often confused with an ankle sprain because of its similar symptoms of swelling and bruising, so it's important to seek treatment when symptoms arise, especially if discoloration is both on the top and bottom of your foot.

There you have it – all the Lisfranc fracture facts needed to score big with your fans!

## Mark Your Calendars

- January 1** New Year's Day – Happy 2017!
- January 10** Houseplant Appreciation Day – Get your green thumb on.
- January 13** Friday the 13th – Don't walk under any ladders!
- January 15** National Hat Day – Hey, you don't have to fix your hair.
- January 16** Martin Luther King, Jr.'s Birthday – Peace. Pass it on.
- January 29** National Puzzle Day – Piece one together for fun.



# Call it Quits!

## How Smoking Affects the Feet

It's one of the most common New Year's resolutions there is – to quit smoking – and there are even more reasons than you might think.

Smoking doesn't just harm your heart and lungs – believe it or not, it can do some serious damage to your feet as well! After all, feet are the farthest thing from your heart, so blood takes a long time to reach them as it is. When you smoke, it causes arteries to narrow and circulation to become impaired, which means it's even more difficult for blood to deliver the nutrients your feet need to stay healthy and problem-free.

The result? Nerve damage, injuries that go unnoticed, and wounds that don't heal – all of which opening the door to dangerous complications, including gangrene and amputation.

There are plenty of reasons to quit smoking, and now you can add two more – your feet!

If you need help, we are here for you. Try these tips:

- Write down your reasons to remind yourself why it's so important
- Prepare ahead of time by setting up support and removing ashtrays
- Find a relaxing alternative – maybe yoga or massage
- Avoid triggers like alcohol
- Exercise and eat a healthy diet
- Reward yourself
- Don't give up!

If you need more help, just let us know. You don't have to do it alone.



## Soup's On!

It's National Soup Month! To celebrate, here's an easy copycat recipe of Panera's broccoli cheddar soup straight from [allrecipes.com](http://allrecipes.com).

### Gather your ingredients

- 1 T butter
- ½ onion, chopped
- ¼ C melted butter
- ¼ C flour
- 2 C milk
- 2 C chicken stock
- 1 ½ C coarsely chopped broccoli florets
- 1 C matchstick-cut carrots
- 1 stalk celery, thinly sliced
- 2 ½ C sharp cheddar cheese
- Salt and pepper to taste

### Get Cookin'!

1. Melt 1 T butter in a skillet over medium-high heat. Add onion and sauté until translucent. Set aside.
2. Whisk 1/4 C melted butter and flour together in a large saucepan over medium-low heat. Add 1 to 2 tablespoons of milk if necessary to keep flour from burning.
3. Gradually pour milk into flour mixture while continually whisking. Stir in chicken stock. Bring to a simmer and cook until thickened, about 20 minutes. Add broccoli, carrots, sautéed onion, and celery; simmer until vegetables are tender.
4. Stir in cheddar cheese until melted. Season with salt and pepper to taste.
5. Now, grab your spoon and some yummy bread then cozy up with a warm bowl of your delicious soup and enjoy!



1005 Clifton Avenue  
Clifton NJ 07013  
973-777-5771  
www.DrHaro.com



## SAVE **20%** OFF Toenail Laser Treatment

Offer valid through February 28, 2017  
(Must bring coupon)



1005 Clifton Ave., Clifton, NJ 07013  
(973) 777-5771

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

# Fighting Foot Odor

If taking off your shoes clears the room, you have some pretty serious stinky feet. Luckily there are ways to stymie the smell and keep your friends from saying farewell the instant you arrive! Follow these tips to fight even the most ferocious of foot odor:

- Wash feet often, keeping them clean and dry
- Wear moisture-wicking socks and shoes made of breathable materials
- Rotate your footwear so each pair has time to dry out
- Use antiperspirant on your feet – hey, it works for under arms!
- Apply deodorizing foot powder not only to your feet, but also in your shoes
- Soak your feet in Epsom salt or vinegar
- Put a dryer sheet in each shoe when you're not wearing them



Finally, you can say so long to smelly feet. With these helpful tips, you can slip off your shoes with confidence, and without anyone holding their nose! Want more tips? Just ask our helpful staff.