

## Podiatry News & Clues

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### Meet the Doctor



Since 1989, the office of Joseph C. Taub, Board Certified Podiatrist has been serving Stuart, Florida, and the surrounding areas with exceptional foot and ankle care. Our staff takes great pride in making your office visit as comfortable as possible. When you enter our office, we will do everything in our power to ensure you know that you are our main priority. Dr. Taub and our staff will work together to provide each of our patients with the highest quality care. Dr. Taub is a caring,

educated and qualified specialist who offers personalized care with a strong emphasis on non-surgical treatment. Surgery is available but is utilized only as a last resort. He will take the time to speak with you and ensure that he has a solid understanding of your particular ailments prior to treatment. He will devise a personalized treatment program that will effectively treat your condition.

### What's Important To You?

If you feel the first signs of a cold coming on such as a sore throat, coughing, runny nose or even a fever you immediately start taking precautions so it doesn't get any worse, right?! Well it should be the same for your feet. In a recent survey of 2,000 adults, conducted by One Poll on behalf of the College of Podiatry, discovered that 90 percent of female respondents had foot issues.

The most common problems among women included blisters (55 percent), cracked heels (45 percent), verrucas (warts) (28 percent), corns (24 percent) and ingrown toenails (20 percent). However, 19 percent of women admitted they had never sought help for their foot abnormalities as they did not believe they were important.

We believe YOUR health is very important and your feet are your foundation. You wouldn't let a cough go untreated until it turned into pneumonia, would you? So don't let any discomfort or early signs of issues with your feet go untreated. Contact our office if you're suffering or have concerns with your feet and we will help get you back to total health.

~Quote Of The Day~

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

– Albert Einstein



### What Is Podiatry?

What is podiatry and how do I know if I need it? It is diagnosis and treatment of the lower extremities, including the foot, ankle and lower leg. Some of the conditions we treat are Heel & Arch Pain (Plantar Fasciitis); Foot, Ankle & Lower Leg Ulcers and Infections; Foot, Ankle & Lower Leg Sprains, Fractures & Injuries; Chronic Pain of the Foot, Ankle & Lower Leg; Neuropathy; Skin Conditions of the Lower Extremities (Including Skin Cancer); Ingrown Toenails; Diabetic Foot Care; Sports Injuries; Neuromas; Corns & Calluses; Arthritic Foot Pain; Geriatric Foot Care; Gout; Toenail Fungus; Bunions & Hammertoes; Flat Feet; and Warts. If any of these conditions sound like something you are experiencing or have questions about, you should contact our office or visit our website where you can find answers to frequently asked questions and other information about these conditions.

### Why Choose Us...

One of the continuously evolving issues of podiatry today is toenail fungus. Even though there are multiple ways of treating this condition it's hard to say which treatment is the best. The reason for this is that fungus has lots of different strains and none of them respond exactly the same to treatment. Toenail fungus is a difficult and resistant problem, but it can be eradicated in most cases with thorough and persistent care.

So why choose us? Our office offers all available treatment options for this condition such as the newest most advanced laser treatment, oral or topical treatment and nail restoration system. We also focus on our practices' mission to be honest, provide the highest quality and comprehensive care and to meet and exceed your expectations.

We want you to be happy with your services including the cost, so we work with you and see you through the whole treatment plan we devise for you.