

HAPPY NEW YEAR

2022

What's New?

Meet Taylor our newest addition to the Team!



Taylor is a 5 year experienced Administrative Assistant, providing outstanding customer service and exceptional organizational skills. Taylor is our newest addition to our front office staff. She will be your first point of communication with our office, from answering phones & scheduling appointments, to assisting the doctors with your care. She is a wonderful addition to our team! Say Hello & Help us Welcome Taylor the next time you stop by the office!

Foot Funny:

What do you call a dinosaur with smelly feet?

Ex-stinked

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Office Hours:

Monday – Wednesday & Friday
8:30 AM- 5:00 PM

Thursday 8:30 AM – 3 PM

Closed Weekends & Holidays



Is Weight Loss Your New Year's Resolution?

If you have made a New Year's resolution to lose weight, you are not alone!

Losing weight is one of the most popular resolutions, along with exercising more and saving money. Taking off a few pounds is a great idea for your overall health. But did you know that your foot health is directly related to your weight? Foot and Ankle Problems are caused by excess weight. When you are overweight, you run the risk of pain and chronic problems with your feet and ankles. After all, your feet and ankles bear the load of your body weight all day and every day. Weight gain can contribute to knee, hip, and back problems and increases the chance of osteoarthritis, neuropathy, tendonitis, and gout. Being overweight can also affect your posture and may even change your gait. This can negatively affect the feet and ankle tendons and the arches. Extra weight can make walking and even standing uncomfortable and will stretch and wear down the natural fat pads and connective tissue in your feet.

Foot and ankle problems can include:

- Heel pain and plantar fasciitis
- Pain in the ball of the foot
- Stress fractures
- Swelling or edema
- Bunions
- Pressure ulcers
- Ankle problems such as increased risk of sprains, tendonitis and weakened ligaments and tendons



Is There Anything That Can Help?

Custom-fitted orthotics may relieve some foot and ankle symptoms by providing stability and cushioning. Exercises to stretch and strengthen your feet can help too. What is the best solution? Losing weight can greatly reduce the strain on your feet and ankles. Even a small weight loss can ease the stress, but it's not that easy. Talk to your doctor and a nutritionist about the best weight-loss program that will fit your health and your lifestyle. A physical therapist or professional trainer can help too by designing an exercise program just for you.

Friendly Reminder:

Please bring your updated 2020 Insurance Card to your next appointment!