



Podiatry News & Clues

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HAPPY ST. PATRICKS DAY

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Quote of the Day

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure...than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat."



Dry and Cracked Heels

Do you suffer from dry or cracked heels? If so, Dr. Taub now carries amazing, clinically-proven creams to give you soft, smooth feet!

Dry, cracked heels can not only be unsightly, but can often be source of pain and embarrassment. Are you one of the many Americans who suffer from cracked/dry heels? Do your feet feel constantly dry and irritated? If your answer is yes, then you may want to make a visit to Dr. Taub's practice and learn about the new Hydro-Cutis Cream or Kera-42 available at our office.



What are Cracked Heels?

Cracked heels are caused by cracking or splitting of the skin. This may be due to dryness or thickening of the skin (called callus) that cracks and breaks under pressure. When the skin surrounding your heels becomes thick or very dry, it loses its agility and elasticity. This can cause the skin to break under the slightest pressures, such as walking. What follows could be unattractive, tender and, worse, bleeding cracked heels. This condition can be worse in people who have a large fatty pad on the sole of their feet, which under pressure requires more elasticity in the skin to expand without cracking. Other reasons for increased pressure of cracked heels include extended periods of standing, excessive weight or pregnancy.

What Is Hydro-Cutis Cream and how does it work?

Hydro-Cutis Cream contains ammonium lactate, a clinically proven skin hydrator and exfoliate. This pH-balanced formulation gently encourages natural skin cell renewal by eliminating dead cells on the skins surface. It is formulated for low extremity use.

What is Kera-42 cream and how does it work?

Kera-42 cream is a medical strength formulation designed to remove thick callused areas while re-hydrating skin to a healthy appearance.

*Our office carries both of these creams.

Seek medical care right away if you notice unusual tingling, weakness or pain in your feet. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves

See our educational videos of the services we offer on our website. An innovative non-invasive and drug-free procedure with no downtime and very effective for Heel Pain/Plantar Fasciitis and Achilles Tendonitis is EPAT.