



Fall Into...
November 2013

Podiatry News & Clues

Joseph C. Taub, DPM

3515 SE Willoughby Blvd

Stuart, FL 34994

(772) 283-3800

www.drtaubfootandwound.com



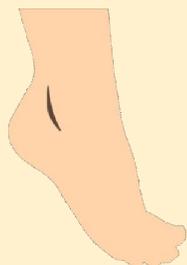
Patient Appreciation Day!!

November 13th from 8:00am - 9:00am

With Thanksgiving around the corner we wanted to take the time to Say "Thank YOU" to all of our patients for choosing us for all of your Foot, Ankle and Lower Leg care! We will have coffee and muffins so please feel free to stop by and say "hello" and tell us how you're doing!

DID YOU KNOW??

The average woman walks THREE MILES more per day than the average male!



HEEL PAIN...Which TREATMENT is Right for YOU??

One of the many treatments that may be used for acute heel spur syndrome, plantar fasciitis, is anti-inflammatories. There are benefits and disadvantages of non-steroidal anti-inflammatory medications and creams when used to treat heel spur syndrome, Plantar fasciitis. As the name states, anti-inflammatory, beneficially subsides inflammation and swelling, if any, of the plantar fascia. Additionally, for many patients, these medications reduce the acute pain experienced with this condition. Most favorably it is an inexpensive medication and is usually well-tolerated. The most common disadvantage of non-steroidal anti-inflammatory medications is the potential for stomach problems including ulcers. This medication is not recommended for patients with history of stomach ulcers or on a blood thinner such as Coumadin. If you are seeking treatment for this painful condition, call for an appointment today!! (772) 283-3800. Contact us via our website and also check

out our videos on heel pain.

QUOTE OF THE DAY

"The meaning of life is to find your gift, The purpose of life is to give it away"

And The Winner Is...

Robin Hood's Maiden!! Thank You to all who voted and I look forward to next year's costume contest!! Be sure to Visit our website @ <http://www.drtaubfootandwound.com/#!events/ckfw> to Check out all

of our past and upcoming events and contests.

Is there something you want to see or share in our newsletter? Let us know! Maybe a success story or you just want to know more about something. You can email us back or visit our website & click on the "contact" page.

