

# Podiatry News & Clues

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## “Podiatry Quote of the Day: “

“We make a living by what we get, but we make a life by what we give...”  
—Winston Churchill

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### *Afraid your heel pain won't hold up over the holidays?*

Heel pain plagues many Americans and perhaps one of the worst times to have such pain is the winter holiday season. Why? Many people are destined to spend hours standing in line waiting to pay for holiday gifts, see Santa or mail holiday cards and packages. Tis' the season for dressing up and wearing those heels, dress shoes or boots you've been wanting to wear all year. The holidays are a time of joy and family, heel pain should not be part of the equation.

### *How Can I Learn More?*

Dr. Taub would be more than happy to answer any questions regarding EPAT either by phone (772-283-3800) or via email ([drtaubfootwound@yahoo.com](mailto:drtaubfootwound@yahoo.com)). For informational videos visit our website.

### **Stop your heel pain now!**

### *Give the gift of beautiful feet this year...*

If you're looking to spend your unused HSA Benefits before the end of the Year, Treat yourself or someone special to one of our concierge services and/or products.

**Remember** this holiday season when you're enjoying a holiday cocktail, rich holiday foods or stressful holiday shopping that **Gout Attacks** can be triggered by alcohol, stressful events or eating too much of certain foods. Should you experience any gout symptoms such as severe pain in the big toe joint or other joints of your lower limbs call our office immediately so we can get you back to enjoying the holidays.

