



April Showers Bring May Fungus



About the Doctor PART 2

Dr. Marilyn Boyuka

Prior to medical school in Philadelphia, Dr. Boyuka attended SUNY Geneseo. While studying History, she also pursued a Pre-med curriculum. At that time, she was still not sure what direction life after college would take her, but she had an interest in medicine, so she continued with her Pre-med studies.

In addition to her studies, she continued with her interest in sports and was a member of the Women's Soccer Team. After tying for the SUNYAC Championship, the team also played in the NCAA Division III National Tournament. While their time in the tournament was short-lived, being part of a national event was quite memorable. She also spent quite a lot of time playing intramural sports, including her first love, basketball.

During her Junior year, Dr. Boyuka also worked as Resident Advisor (RA) for her dormitory. This took up a lot of time, but she was also able to meet a lot of wonderful people and learn first hand about leadership, team-building, problem-solving and responsibility. Little did she know that what she learned during that year, would be drawn upon in the future when she opened her own practice...

Read more next month about Dr. Boyuka's years at podiatry school in Philadelphia, PA.

Ah, spring—a time when team members grab a bat, hit the track, kick a ball, and hang out in the locker room. The problem is, when spring sports are in full swing, so are the fungi that thrive in the damp environment of locker room floors and showers. Just like you need to protect yourself with baseball helmets and shin guards, your feet need protection too.

Don't give fungi a fighting chance. Always wear shower shoes or slip-on sandals when walking in public areas like pools, saunas, and gyms. Never share socks, footwear, or even towels. Fungal infections like athlete's foot are highly contagious, and can spread not only from person to person, but from contaminated objects, too.

Another good tip? Be sure to keep your feet clean and dry, and that goes for your socks as well. You might even want to take some pro-active measures just to be on the safe side: treat your feet, and your shoes, with anti-fungal spray or powder. Finally, allow ample time for sweaty shoes to dry out before you wear them again.

Follow these guidelines and you should stay fungus-free throughout the season. However, if you notice a red, burning, itchy rash on your foot, we're sorry to tell you that it's too late. You'll need to pick up some anti-fungal ointment, or we can prescribe a stronger medicated cream. Want to learn more? Just ask our expert team!

Hop to It!

The Benefits of Jumping Rope



Skipping rope isn't just for kids! It's a great way for adults to stay fit and keep their feet healthy and strong. Believe it or not, you can actually burn more calories with less impact by jump roping than by going out for a jog. That means it can help you maintain a healthy weight and keep added stress off your feet. Plus, jumping gets your heart pumping, which leads to better circulation too. You can also improve your stamina, agility, and even your posture. In addition, skipping rope strengthens your core, quads, hamstrings, calves, ankles, all the way down to your toes.

To make the most of your workout, though, it's important to have the right size rope for you. Here's how you can tell:

Simply stand in the center of the rope and pull the handles up—they should be just to your arm pits, no higher or lower.

Once you have the right rope, make sure that you're on a flat surface, then go ahead and jump. Attempt it with both feet or alternate; go fast, then slow; lunge with one foot forward and one back, then switch; there are all different things you can try. So hop to it! Grab a rope and start jumping. Your feet and body will thank you for it.

Mark Your Calendars

- April 1** April Fool's Day—Just kidding!
- April 2** National PB & J Day—Don't just stand there, start spreading!
- April 3** National Walk to Work Day—Let's hope you don't live too far.
- April 5** Easter—Grab your basket and a bonnet.
- April 22** Earth Day—Hug a tree. Better yet, plant one!
- April 23** National Picnic Day—Pack your basket and take a blanket.
- April 25** National Mani-Pedi Day—We knew our tips would come in handy!
- April 30** National Honesty Day—It's the truth.





How Does Your Garden Grow?

Signs of spring are sprouting up everywhere, from buds on the trees to early blooming flowers. It's time to dig out your garden tools and get down and dirty. Of course, the perfect time to plant depends on the climate where you live. Here are some guidelines to knowing when your garden is ready to grow:

- Take a handful of soil. If you can crumble it through your fingers, it's ready for planting.
- Check your extended forecast—you need to wait until there is no danger of frost. Charts of the average last date of frost in your region can be helpful. This varies a great deal. Those in the South may be ready to go as early as March, while those in the Midwest and North may have to wait until it's nearly June.

In the meantime, there are some other good-to-know gardening tips for the spring. For instance, this is the time to prune fruit trees and roses, cut back ornamental grasses, and show tiny weeds who is boss before they take control. Divide overgrown perennials now, too.

If you're having a hard time waiting to plant your veggies, dig a hole for a tree or shrub instead—they love the cool moist conditions of this time of year. As an alternative, you can start your seeds indoors now and transfer the plants later. Happy gardening!



Spring Breaks Aren't Always Fun

When you hear the term “spring break,” it usually brings to mind a much needed vacation from work or school. However not all spring breaks are full of fun—some are a packed with pain! We're talking about the kind of breaks that spring sports bring, like broken toes for instance.

Let's face it: toe fractures are far from fun. (Not exactly the spring break you planned.) They can sideline you from your sport, look pretty unsightly, and even make you walk funny. Then there's the pain. Fortunately first aid for broken toes is fairly easy. Typically it just entails taping your toe to its neighbor so that it heals in correct alignment. However, if the pain, swelling, and discoloration hang around longer than a few days, you need to come in and get our help.

You may have to be fitted for a special walking cast or stiff-soled shoe to keep your foot immobilized. While you're healing, ice packs can minimize pain and inflammation, as can propping up your foot on some pillows. That's what spring breaks are all about anyway, right? Kicking back and relaxing!

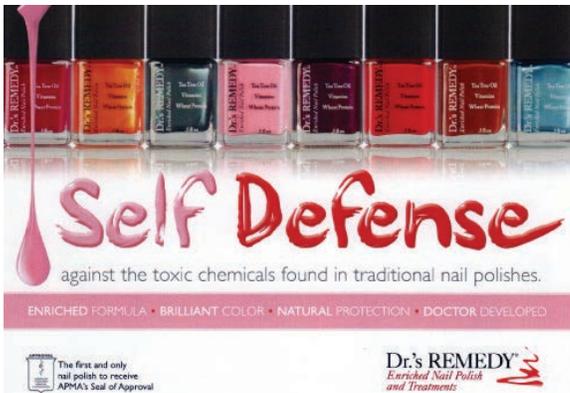
Besides, letting your toe take the time it needs to heal will allow you to get off the sideline and back in the game a whole lot faster—and that deserves a cheer!



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Product of the Month



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Prepare for Spring by Pampering Your Piggies

Break out your sandals: spring has sprung! Of course that means your toes will be out for all to see—but are they ready to emerge from the dark confines of your socks and shoes? You might want to set aside some time for a little pampering first. An at-home pedicure would certainly help get your little piggies looking picture-perfect. Show your toes some TLC by following these helpful tips:

First, have a good soak to soften your skin—maybe even add a few drops of soothing lavender for a special treat. Dry your feet thoroughly (don't forget between your toes), then smooth rough patches by gently rubbing with a pumice stone.

Next, trim your nails straight across and not too short—they should be even with the tips of your toes to avoid ingrowing issues. Never cut your cuticles, and take care to sterilize your pedicure tools after each use. This will help to protect you from fungal infections—nothing pretty about those!

Finally, pick a color and paint away. (We hear pink is in this spring). Let the polish dry, and you're ready to slip on some sandals and enjoy the season.

Of course, if you have diabetes, you may want to leave the pampering to us in order to prevent possible problems.

Want more helpful hints? Our staff is happy to answer questions and provide information, so ask away!

