

## What's That Smell?

You don't have to be an athlete to have athlete's feet!

You take your shoes off after a long day at work and your spouse moves to the other side of the room. Even the dog runs for cover!

What causes your feet to smell so bad? And a better question, what can you do about it?

Extreme foot odor, also known as bromhidrosis, is usually caused by excessive perspiration or moisture, producing an environment perfect for the growth of bacteria and fungus. This bacteria and fungus create a room clearing foul odor when you take off your shoes. Worse, it can lead to fungal infections such as athlete's feet.

### Here are some practical tips:

Dry your feet well after showering

Wear supportive sandals in the summer months

Change your shoes and socks, wearing different ones every other day.

Invest in insoles that help keep odors at bay or to be placed in shoes while not being worn

Use foot powder to keep feet moisture free

Brew some tea and soak your feet in it while not hot/ some tannic acid in tea helps reduce foot odors

Monitor what you eat. Spicy foods may cause feet to sweat more.

If these helpful hints do not help, make an appointment today @ Woodbury Foot Care Centre, 856-384-1333! We have many options, including special foot odor powder, roll-ons and anti-fungal creams. You may need an antibiotic since this may not be just a bad smell but could be an infection brewing.

## Why Does My Child Complain of Heel Pain? Is my child just being lazy?

Don't ignore these complaints!

As the summer comes to an end, kids are returning to school and to fall sports.

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Fall 2011



Dr. Amy Herskowitz named "Top Doc" by South Jersey Magazine, recognizing her as one of the top podiatrists in Southern New Jersey.

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state-of-the-art  
laser therapy.

With an increase in activity level they may experience pain due to overuse. A common complaint is pain in the heel.

This is something that parents should not dismiss or assume will just go away! There are several conditions that can cause heel pain in a child. This is not "growing pains." Sever's disease is the most common cause of pediatric heel pain. This is due to inflammation of the growth plate that develops due to repetitive stress and muscle strain. Your child may complain of pain to touch at the back or bottom of the heel and while walking or playing sports. Woodbury Foot Care Centre has state of the art technology to help diagnose the cause of your child's pain with digital x-rays and diagnostic ultrasound, which can all be done in our Woodbury office. Once a diagnosis has been made, the symptoms can then be treated through several modalities that may include rest, medication or modification of shoes with orthotics. Call Woodbury Foot Care Centre today for an appointment. We will your get child back on the field and enjoying their fall activity!

South Jersey is a Mecca of wonderful restaurants! Today I would like to recommend terrific restaurants, one French and one Italian.

Dream Cuisine Café, Cherry Hill is a tiny BYOB French bistro. This restaurant offers a variety of excellent dishes. The starter specialty dish of ratatouille is a tomato basin vegetable stew that is balanced with heart healthy flavors. The filet Mignon is drizzled in a cognac, black pepper sauce which melts in your mouth. They serve Pennsylvania Trout and have one of the best French Onion Soup around. Bring your own wine to make this a perfect evening.

La Locanda, Voorhees is a BYOB, southern Italian Restaurant. All the pasta dishes are home made with a light flavory sauce. The best fish is the Branzino, a Mediterranean Sea Bass, which is baked with extra virgin olive oil and fresh herbs and then is deboned table side. A bottle of Barbera, Chianti or un-oaked Chardonnay will enhance the Italian flavors to compliment your evening.

Please feel free to try these restaurants and email with your comments.

The Winter news letter will discuss Philadelphia Restaurants.

## Our Doctors



Dr. Amy B. Herskowitz



Dr. Lisa Dreyfuss



Dr. Cheryl Wisniewski

## We LOVE Referrals!

We know you are giving us a vote of confidence every time you recommend and refer us to your friends or a family member. Thank you so much! We appreciate your trust in our doctors and staff.

Because of the many referrals we get from our patients, our practice is growing and expanding. We couldn't have done it without you! To all of you who have referred someone to us, we say "Thanks!" from all of us.

**Thank you - Thank you - Thank you!**

## Welcome to our New Patients!

To all our new patients at Woodbury Foot Care Centre and Herskowitz Podiatry, we'd like to give you an official "Welcome!" We know you have a choice when it comes to your health care, and we're honored that you chose us. We will make every effort every time we see you to not only meet your expectations, but to exceed them. We want to assure you that you've made the right choice when you put your trust in us. Welcome to the family!

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