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## Children's Feet

### Infants:

The size and shape of your baby's feet change quickly during their first year. Because a baby's feet are flexible, too much pressure or strain can affect their feet's shape. It's important to allow your baby to kick and stretch his or her feet. Also, make sure shoes and socks do not squeeze the toes.

### Toddlers:

Try not to force your toddler to walk before she is ready. Carefully watch her gait once she begins to walk. If your toddler's toe touches down instead of the heel, or she always sits while others play, contact our office. Many toddlers have a pigeon-toe gait, and this is normal. Most children outgrow the problem.

### When foot care is needed:

To help with flatfeet, special shoes or custom-made shoe inserts may be prescribed. To correct mild intoeing, your toddler may need to sit in a different position while playing or watching TV. If your child's feet turn in or out a lot, corrective shoes, splints, or night braces may be prescribed.

The foot's bone structure is well-formed by the time your child reaches age 7 or 8, but if a growth plate (the area where bone growth begins) is injured, the damaged plate may cause the bone to grow oddly. With a doctor's care, however, the risk of future bone problems is reduced.

Remember to check your child's shoe size often. Make sure there is space between the toes and the end of the shoe. Make sure their shoes are roomy enough to allow the toes to move freely. Don't let your child wear hand-me-downs.

### OUR OFFICES:

#### North Andover Office

451 Andover Street  
Suite 300  
North Andover, MA 01845  
(978) 794-8406



#### Bradford Office

145 Ward Hill  
Bradford, MA 01835

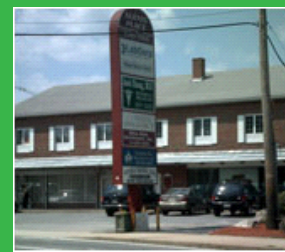


#### Methuen Office

60 East Street  
Methuen, MA 01844

#### Lowell Office

704 Rogers Street  
Lowell, MA 01852



## Common Problems:

Foot problems in children are fairly common. I have heard from many parents that they never took their child's foot complaints seriously because they thought the child was "faking" it. However, children can experience foot problems that need to be taken care of or they will become more serious as they age. For example:

1. In-toeing
2. Flat Feet
3. Heel Pain
4. Sever's Disease
5. Warts
6. Ingrown Toenails
7. Club Foot
8. Pronated Foot
9. Excessive Sweating
10. Ill-fitting Shoes

Log onto: [www.mitchellwachteldpm.com](http://www.mitchellwachteldpm.com)  
to get your **FREE** kid's coloring book

- Helps children understand
- Teaches parents about feet
- Fun, playful, educational!

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## It is NOT Normal to have Heel Pain!!

Heel pain is one of the most common foot problems that a podiatrist encounters. In fact, over 40 million people suffer from heel pain. There are many causes of heel pain but the most common cause is a condition called plantar fasciitis.

Some people go through their lives just dealing with excruciating and debilitating heel pain. Why on earth would people continue to put themselves through that?! There are so many new, painless procedures that can eliminate foot pain for good. Here are just a few quick, affordable, and painless treatment options:

1. **Orthotics**– long lasting pain relief
2. **Laser**– quick, affordable and painless
3. **Cryotherapy**– quick alternative to surgery
4. **Shockwave Therapy**– quick, noninvasive
5. **Proper footwear**– long term treatment

Log on for more easy, painless treatment methods:

[www.mitchellwachteldpm.com](http://www.mitchellwachteldpm.com)

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## Did You Know.... October is "Natural Health" Month?

### The Focus: Inflammation

Heart disease, cancer, osteoporosis, and arthritis are just a few diseases that can be triggered by inflammation in the body. Medical science has begun to recognize the role that often undetected inflammation plays in the disease process. Now, inflammation isn't always bad, ACUTE vs CHRONIC INFLAMMATION. Acute inflammation is designed to help your body ward off diseases and help healing. Chronic inflammation is when the defense mechanism does not turn off. These excess immune cells circulate through the body damaging healthy cells.

Read more: <http://www.articlesbase.com/health-articles/do-you-wonder-why-is-inflammation-bad-1636504.html>

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### Product of the Month: Custom Orthotics

Orthotics are prepared foot supports that are used to treat many different foot disorders. Orthotics are designed to be worn under the heel and arch of the foot to help relieve pain, absorb shock, and correct abnormalities. Many people suffer from hyperpronation (flat feet) and hypersupination (high arches) which will cause instability in the foot, and other areas, leading to pain from excessive stress and strain. Orthotics work to ease these issues and improve foot functions. Orthotics will also help to relieve pain in other areas of the body such as ankles, legs, backs, knees, and hips.



**Its that time of year again**  
you can use your flexible spending account towards non covered services such as custom orthotics shoes or sneakers in our shoe store,diabetics socks and hoisery, special creams.

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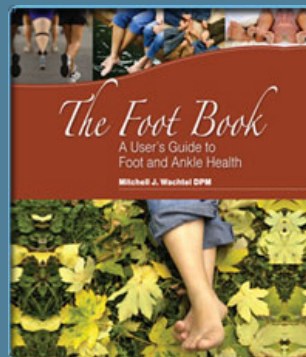
### Let's Wish Happy Birthday to our Patients!

Happy birthday to you... happy birthday to you... we'd like to give special recognition to all the patients who have an October birthday. We have a large patient population with a birthday in October, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.



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Click on the book below to order your free copy of The Foot Book, A User's Guide to Foot and Ankle Health.



"I wrote this book because too many people suffer from foot and ankle pain unnecessarily."  
--Dr. Mitchell J. Wachtel

### Meet Our Staff

- Dr. Mitchell J. Wachtel, D.P.M.
- Jackie, Billing Assistant
- Jessie, Office Manager and Web Marketer
- Kristen, Patient Relations Liaison
- Brenda, Medical Assistant
- Jessi, Medical Assistant
- Juana, Medical Assistant
- Debbie, Billing Expert
- Amanda, Receptionist

## Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to all our patients who have sent us a referral this month.

**THANK YOU FOR THESE REFERRALS!**

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## Thank you!

Thank you to everyone who went to Google and rated/reviewed our local listings...we really appreciate your help!

Those who lent a hand in spreading their experiences at Mitchell Wachtel D.P.M have received a \$5 Dunkin Donuts gift card.

Remember: Check your email for other great deals, offers, and coupons to our office!

NO TRICKS!  
ALL TREATS!

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## FREE BOOKS!!!

Log onto to our website <http://www.mitchellwachteldpm.com> to download or order your free book!

OR Call- 800-874-7920

P.S. we really, really don't mind if you share this with friends, family, co-workers...etc. Hope you enjoy!!

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## FREE EXAM

**(X-Rays & Treatment Not Included with this Coupon)  
New Patients Only**

**Give this coupon to a friend who might be experiencing foot or ankle pain.**

Mitchell Wachtel DPM

451 Andover St- North Andover, MA 01845

704 Rogers- St Lowell, MA 01852

145 Ward Hill -Bradford, MA 01835

60 East St- Methuen, MA 01844

978-794-8406

<http://www.mitchellwachteldpm.com>



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