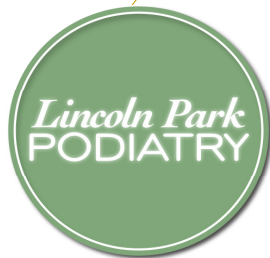


Greetings!

We are pleased to send you this first issue of our newsletter. We hope you enjoy it and will forward it on to friends and family. We welcome your comments and suggestions for topics for future issues. Just send us a note to dryoung@footwellnessdoctor.com. Thank you!



FOOT WELLNESS NEWSLETTER

DR. DEBRA E. YOUNG

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Foot Tips For Fall

- Ingrown toenails can be prevented by proper trimming. Some nails are naturally ingrown and need to be treated. This is a simple office treatment that gives immediate relief.
- Plantar warts look like small white irregular shapes. Often there is stinging if squeezed side to side and they may have small dots. We offer a new treatment that leaves no wound and requires no bandaging. Ask when you call for your appointment. Don't wait; warts are more difficult to remove the longer they

DR. YOUNG IS BLOGGING! LINCOLNPARKPODIATRYBLOG.COM

I know it may seem surprising but Dr. Young is actually joining in on the social networking world!

"Many of my patients have indicated that they would like an email newsletter or other electronic methods of staying in touch." Blogging on the Internet and joining Facebook, LinkedIn and Twitter are exciting new ways to reach out to the community.

Please visit my blog at lincolnparkpodiatryblog.com for news and information about common foot problems and the latest treatments.

Dr. Young opened her new office on Southport and Diversey in June. The hours have been expanded from two half days to four full days. "I want to be available for patients who work long hours or have children in school." Early morning and evening appointment times are now available.

"I hope to let everyone know that I am here for them and want to help with foot problems that are keeping them from their daily activities.

Many foot problems can be treated very easily, often in one or two visits. Dr. Young is a board certified podiatrist and foot/ankle surgeon with over 25 years experience.



Plantar warts should be treated as soon as possible. We have a new treatment that leaves no wound and is effective. We strive to keep you on your feet and pain free.

SPECIAL POINTS OF INTEREST:

- Visit our website: www.footwellnessdoctor.com
- Hours include evening and very early am appointments . Ask when you call.
- We will be offering a special **After Marathon Recovery** visit special. A massage therapist will be available and Dr. Young will help with injuries, blisters, etc. More info later...

Running Barefoot: Fad or Fiction?

Barefoot running has become an increasing trend and a possible alternative or training adjunct to running with shoes.

While anecdotal evidence and testimonials proliferate on the Internet and in the media about the possible health benefits of barefoot running, research has not yet adequately shed light on the immediate and long term

effects of this practice.

Barefoot running has been touted as improving strength and balance, while promoting a more natural running style.

However, the risks of barefoot running include a lack of protection which may lead to injuries such as puncture wounds—and increased stress

on the lower extremities.

Currently, scientific research has been inconclusive regarding the benefits and/or risks of barefoot running.