

Meet our Doctor



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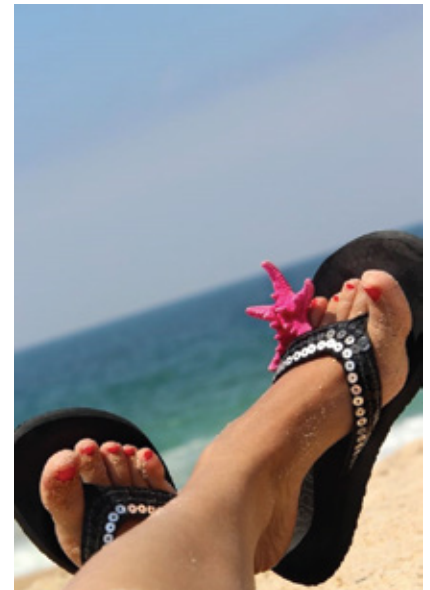
Happy New Year !

Here is some of the latest information and savings on our cutting edge technology treatments for your lower extremities to start the New Year.

Start your laser treatments for fungal nails so you will be ready for upcoming sandal weather.

Now is the time to start treating fungal toenails. Did you know that it takes approximately 6 months for the big toenail to grow completely and about 3 months for the smaller toenails to grow out?

Start your laser treatments now so you will be in shape to wear your open toe shoes for the summer. Laser treatment for nail fungus is the most effective and safe method used. Laser for fungal infections will clear the fungus after repeated applications via heat which kills the fungus. Many patients only need a few treatments while others need to repeat the treatments as the fungus can grow back. A prescription for topical medication in addition to the laser is also usually recommended at the time of your appointment.



Call now and let us know that you read this on our newsletter to receive 10% of your treatment today.

Let's get rid of that heel pain with our New Laser for pain!!

We have added a new Laser for heel pain or any other pain in your lower extremity. This new laser for pain is FDA Cleared for management of pain of any sort including plantar fasciitis. This new laser is calibrated to reduce inflammation from the plantar fascia or even the nerves involved in heel pain. Treatment takes about 20 minutes at the most and we offer repeated treatments up to 10 sessions to reduce any inflammation. Treatments are pain free and instant results can be seen.

Please ask for a complimentary session of Laser for heel pain next time and mention you read this in our newsletter.

Nerve pain treatments with Neurogenix:

Our in-office electrical stimulation mixed with local anesthetics nerve blocks are the most effective and conservative way to treat chronic nerve pain. This machine will reduce the inflammation in your peripheral nerves and can regenerate smaller nerve endings to reduce nerve pain. Patients will notice improvement in their Neuropathy or any peripheral nerve pain after 5-6 consecutive treatments. Treatments will last 1 hour in most cases and are very comfortable without any pain.

Please pass this along to your friends and family who suffer from chronic neuropathy or nerve pain. If they mention this newsletter, we will take \$50 off their first treatment.

A 2017 Resolution You Can Keep: Take Care of Your Feet

The holidays are all about traditions. Did you watch the Times Square crystal ball drop or maybe enjoy a local fireworks show? Or did you celebrate with a quiet evening at home with family and friends?

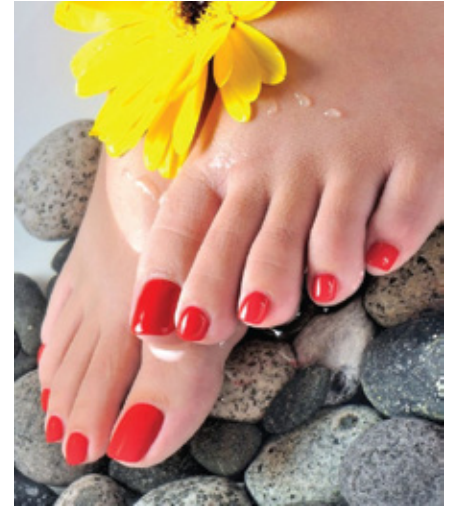
Although we celebrate the New Year with many diverse traditions, there is one thing that most of us have in common - we make resolutions for the coming year. If you've resolved to take better care of your health, don't forget that foot health is a major wellness component.

Resolve to take good care of your feet in 2017 with these simple steps:

- Protect your feet with comfortable, sturdy shoes, boots and sandals. Save your flip-flops for poolside and the beach. Don't forget to apply sunscreen to your feet too.
- Clean your feet every day with soapy water and dry thoroughly, especially between the toes.
- Soothe after washing by applying a rich foot lotion or cream - but not between the toes. Moisturize toenails with cuticle cream or petroleum jelly.
- Invest in your feet with new, well made shoes with plenty of support. Shop later in the day when feet are largest and measure both feet each time. Give your toes plenty of wiggle room.
- Trim toenails straight across to prevent ingrown toenails - don't round at the edges.
- Check your feet every day, especially if you have diabetes. Look for foot fungus or any type of damage like cracked skin, abrasions or puncture wounds that are not healing.
- Stretch your feet and ankles along with the rest of your body to keep them flexible and help prevent injury.
- Put your feet up often during the day to help your circulation and take pressure off muscles and tendons.

For patients with diabetes, please add one more resolution. Come in to our office regularly - at least once a year - for a thorough checkup. It's important to check for neuropathy by testing for loss of sensation. We'll also assess your overall foot health and inspect your feet closely for any sign of injury. Left untreated, any foot damage can lead to serious problems in those with diabetes.

We wish all our patients and their families a very Happy and Healthy New Year!



History FootNote

People make New Year's resolutions all over the world. The ancient Babylonians first made resolutions 4,000 years ago, promising to pay their debts and return any borrowed items!

Celebrity Foot Focus

Point guard George Hill of the Utah Jazz was recently sidelined for at least one game due to a sprained big toe.

All About Toes

Our toes are engineering marvels of bone, tendons and muscles and they really take a beating! They are constantly exposed to injury with walking, running or just moving around. And the pressures inside our shoes can cramp the toes and lead to stress-related problems.

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If you have toe discomfort, there are many different causes that we will look for. First we'll ask you what type of pain you have - is it a burning feeling or numbness? Sharp or dull? Does it get worse when you're walking or standing?

Here are a few common causes of toe pain:

- Ingrown toenails where the nail cuts into the adjacent skin and often becomes infected.
- Bunions can form when the big toe is pushed up against the others. Bunions can be hereditary or can result from wearing tight, narrow shoes.
- Corns and calluses develop from excess friction and pressure on the skin.
- Arthritis, whether caused by wear and tear or rheumatoid arthritis, causes tenderness, stiffness and difficulty walking. Gout, a painful buildup of uric acid crystals in the joints, is a form of arthritis.
- Hammertoes and claw toes are abnormal bends in the toe joints caused by muscle imbalance. Poorly fitting shoes is often the cause for these painful deformities.
- Morton's neuroma is a nerve problem that causes pain between the toes caused by trauma or excessive pressure from tight shoes.
- Capsulitis causes pain and swelling in the toes or ball of the foot caused by inflammation of the ligaments.

Please come see us if you have persistent toe pain as these conditions will not go away by themselves.

Joke of the month



Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

Trivia

January has 31 days. How many other months also have 31 days?

- A. Five
- B. Six
- C. Seven
- D. Eight

Answer: C

Word Search

M X X Z I Z S G R A B X B H Q
P U R I T X U I E K C B U A C
C P S B O L N H S P O V N M H
F A O C E A S F O X R M I M H
A F L C L O C U L G N L O E X
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M O I S T U R I Z E P T T N O
Y Y E Q K C D I S J C V E K N
E O B Z N L X L Y J P C S L P
I M K Q T O E N A I L B U E Q

Find Us



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hereditary	resolution	sunscreen	arthritis
hammertoe	ligament	diabetes	muscle
toenail	callus	tendon	moisturize
bunion	neuroma	fungus	ankle
gout	corn	toe	



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