



Why Do Wart Myths Persist?

A Message From the Doctor

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We thought spring was here but winter keeps trying to win.

Let's get outside, start exercising, and bring on the sun. Enjoy the newsletter!

Get Social w/Us



Unightly and uncomfortable warts have long been an affliction of legends and tall tales. Can you get them by touching frogs or toads? Can you get rid of them with yogurt, pennies, or duct tape? Why do myths about warts keep perpetuating?

To get to some ideas why, it helps to ensure what warts actually are. A wart—whether it's a plantar wart on the foot, a palmer wart on the hand, or just a plain old wart anywhere else—is the result of a viral infection. Once this virus enters the skin, it causes a quick growth of cells on the outer layer of the skin. This is the wart.

While warts can occasionally be painful, they are often harmless. Warts may also go away on their own over time. Some can be gone in as few as 10 weeks, while others may take up to 2 years or not go away at all!

So why the myths? We're not saying there might not be something in your aunt's honey-sage spread that may help clear warts. As long as you're not hurting yourself, trying a remedy for warts is likely not a problem. But if your warts persist, you have reason to believe something more is wrong, or you're just sick of seeing them, contact your friendly, local podiatrist.



Exercise Smart to Prevent Overuse Injuries

As much as a hyped up, '80s music-fueled training montage might make it seem, going "all out" is not the wise way to pursue your fitness goals.

Our bodies react to the stress and exertion we place on them by growing stronger and more efficient—that's what working out is all about. However, this exertion must start out lightly and be gradually ramped up over time. Place too much stress on the body before it can properly handle it and you risk overuse injuries such as Achilles tendinitis and stress fractures.

Here are some general tips for staying active while avoiding overuse injuries:

- **Get Checked Out Before Starting a New Regimen** – If you plan on picking up a new exercise such as running, cycling, or swimming, get a physical before doing so. Your doctor can detect muscle imbalances and other factors that may increase your risk of injury.
- **Warm Up and Cool Down** – It might seem trivial, but 5-10 minutes of stretching before and after a workout can make a difference in maintaining your body.
- **Gradually Increase Your Intensity** – Start simple and build up your workout level no more than 10 percent each week. This may involve running just a bit further or lifting just a bit more weight. Don't tempt yourself to beat others; go at your own pace.

Slow and steady may not always win the race in real life, but it will keep you from getting sidelined! If you have any questions about exercise levels or pain you experience during exercise, please let us know. We'll help you stay in action!

Mark Your Calendars

- May 6** National Nurses Day – Recognizing those devoted to care.
- May 13** National Apple Pie day – Can't get much more American!
- May 24** National Scavenger Hunt Day –
We hid your first clue under your chair (just kidding!)
- June 1** Dare Day – What's your dare?
- June 19** National Kissing Day – Oooh, sounds kinda fun!
- June 25** Log Cabin Day – We do live in Montana after all!



Exercising with Your Children Isn't Just Good for Them



Many children nowadays spend a lot of time sitting in front of the TV, in a classroom, or in a car seat. But then again, many adults spend a lot of time sitting in similar situations. When family time comes, some active ideas can make a significant difference to members young and old.

Exercise doesn't always have to mean running laps or pumping iron. There are many lower-key ways of getting more movement into the lives of you and your little ones. Try some of these to see what everyone likes:

- **Take a Walk Before or After Dinner** – With a long day of work or school over, a walk as a family can do wonders for body and mind. Younger children can alternate time in and out of a stroller, while older children can engage in some stair climbing or “I spy”.
- **Turn Commercials into Mini Workouts** – Make these breaks work for you by engaging in some quick sit-ups, squats, or jumping jacks. Someone in the family can yell out exercise orders each break for more fun.
- **Sign Up for Charity Races and Other Active Events** – Volunteer events that are both fun and active can help instill a sense of community in children (and parents, too!) while keeping you moving. You don't have to be a trained runner to participate in many area 5K walks or fun runs.

When the family is exercising together, it's not just about a healthy body. It's also about quality time! Talk with and encourage each other along the way.



How to Make Pancakes Healthier

We know that pancakes are not a dish we could take away from many fans. They'd tell us to pry the syrup from their warm, sticky fingers! While white flour and sugar don't tend to be the most beneficial choices for a healthy diet, a few decisions can make this classic plate better for you.

Here's how to hack your flapjack:

- **Go Homemade** – Those boxed mixes don't give you much control. Toss 'em and go homemade instead! Recipes don't take long: usually about 5 minutes to whip up what you need.
- **Add Oats to Your Batter** – Both rolled and quick oats are effective additions, especially if you like soft and chewy textures.
- **Replace Eggs with Mashed Bananas** – Instead of an egg, mash up a banana with a fork and add it instead. We probably don't have to tell you this will add banana flavor.
- **Replace Fat with Applesauce** – This is one of the better known tricks, but still effective! If you need half a cup of oil, use half a cup of applesauce instead.
- **Replace Syrup with Maple Yogurt** – 3 ounces of plain Greek yogurt with a teaspoon of maple syrup mixed in can be a delicious substitute for syrup alone, and replace plenty of empty calories.

Experiment with different mixes until you find what you like. Viva la pancake!



Alpine Foot & Ankle Clinic

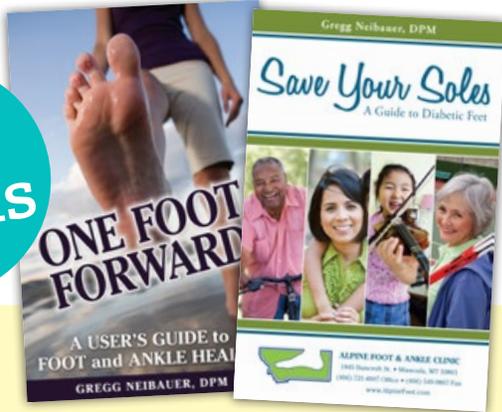
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Free Books



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We want to thank you for referring patients to us. We are very glad that you trust us with your patients, family and friends. Making our patients feel comfortable at our office and healed is most important to our staff at Alpine Foot and Ankle Clinic! Thank you for partnering with us.

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“Where Will Your Feet Take You?” Fitbit Charge 2 Giveaway

Beginning in June, your TEAM at Alpine Foot & Ankle Clinic is holding a fun and crazy contest that will run through August. It is called **“Where Will Your Feet Take You?”** The Prize? We are giving away a **Fitbit Charge 2**.

Stop by and visit TEAM Alpine today – your amazing Patient Coordinators will give you a foot-shaped stress squeezie. All you have to do is bring your squeezie along with you (jogging, hiking, vacationing, etc.), take a creative picture with the squeezie, and post it to Facebook (our page is Alpine Foot & Ankle Clinic) with your name and the location. After posting the picture, be sure to **Like** and **Share** our page.

On September 10, TEAM Alpine will choose a winner. Be creative and have fun (keep it appropriate), we all appreciate a good laugh! The winner will be announced in our office and on Facebook by Friday, September 14.

Thank you for making our office such a fun place to be! We love our patients, their families and friends!

Go to: <https://www.facebook.com/AlpineFoot/> to post your pictures and **Like** and **Share** our page.

We look forward to seeing all your pictures.

