



*Felicia Johnson, DPM*

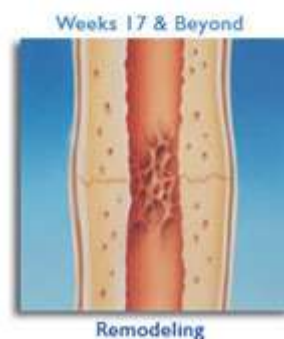
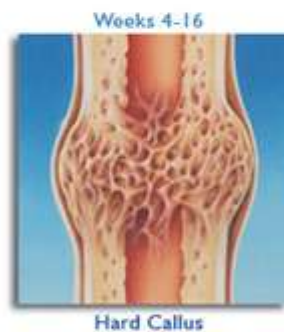
## *Cigarette Smoking and Bone Healing*

Did you know that there is evidence associating impaired bone healing with cigarette smoking? Smokers are at a greater risk for delayed healing after fractures. In fact, doctors are now offering their patients the opportunity to enroll in a program to stop smoking before elective surgery.

Despite the known health risks associated with cigarettes, millions of Americans continue to smoke. Much has been reported on the adverse affects of cigarette smoke in wound healing. Recent experimental work and clinical observation have demonstrated the risk of impaired bone healing associated with cigarette smoking. Smokers have a longer time for the bones to obtain a union of the fracture site. Healing in non smokers is 33% shorter than in smokers. Doctors advise that you should definitely stop smoking during treatment time. This can cut down on the need for further surgical intervention.

Millions of Americans continue to consume cigarettes despite the fact that the literature indicates the public has been aware for at least two decades that smoking poses health risks. Heavy smokers have been found to underestimate significantly direct consequences of their smoking behavior.

Did you know there are more than 4700 chemical compounds, including 43 cancer causing substances, have been found in cigarette smoke. Nicotine, carbon monoxide, and hydrogen cyanide are the elements of cigarette smoke associated with impairment of the healing process. To promote faster healing, doctors recommend quitting smoking. Did you know that some insurance companies will provide the tools to help you quit smoking? For additional information: [www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)



# DYNAMIC HEALTH NEWS

## *When should you wash your hands?*

Although it's impossible to keep your hands germ-free, there are times when it's critical to wash your hands.

### **Always wash your hands:**

- **After using the toilet**
- **After touching animals or animal waste**
- **Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish**
- **Before eating**
- **After blowing your nose**
- **After coughing or sneezing**
- **Before and after treating wounds or cuts**
- **Before and after touching a person sick or injured**
- **After handling garbage**
- **Before inserting or removing contact lenses**



## *Hand Washing: An easy way to preventing infection*

Hand washing is an easy habit that can help you stay healthy.

Learning the benefits of good hand hygiene, when to wash your hands and how to clean them properly.

Hand washing is a simple habit, something most people do without thinking. When done properly, washing your hands is one of the best ways to preventing infection. This very easy habit requires only soap and warm water. Do you know the benefits of good hand hygiene and how to wash your hands properly?

### **Dangers in not washing your hands**

Despite the health benefits of hand washing, many people don't wash their hands as often as they should. Daily you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, and pets. By not washing your hands, you can infect yourself, as well as other people, with these germs.

### **Proper hand-washing techniques**

Follow these instructions for washing your hands:

- \* Wet your hands with warm water and apply liquid soap. Lather well.
- \* Rub your hands vigorously together for at least 15 to 20 seconds.
- \* Scrub all surfaces, including the backs of your hands, wrists, in between your fingers and under your fingernails.
- \* Rinse well.
- \* Dry your hands with a clean or disposable towel.
- \* Use a towel to turn off the faucet.

# DYNAMIC NEWS ABOUT YOU

## *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 means the world to us and has helped our practice to grow over the years. We'd like to say a

**DYNAMIC THANK YOU!!!!**

**THANK YOU FOR THESE REFERRALS!**

## **Dynamic Foot Care LLC**

**554 White Pond Dr. Suite A  
Akron, OH 44320  
(330) 869-0669**

**Office Hours  
Monday 9-5pm  
Tuesday 9-5pm  
Wednesday 9-5pm  
Friday 9-12:30pm**

**Dr. Felicia Johnson**

## **Welcome to our Practice**

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome all new patients.

**Thanks for allowing us the chance to serve you!**

## **Community News:**



**Happy Valentine's Day!!!**

## Event Information:

### Shisler's Wine and Cheese House

February 6<sup>th</sup>, 7-9pm  
Pre Valentine's Day Wine and Chocolate Celebration  
1275 S Cleveland-Massillon Rd  
(330) 665-3434

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### Akron Home and Flower Show

Feb, 26-28<sup>th</sup>  
J.S. Knight Convention Ctr.  
77 E. Mill St.  
11-9pm daily & 11-6pm Sunday

## **Let's Wish Happy Birthday to the February Patients!**

Happy birthday to you...

Happy birthday to you...

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



*Remember to visit our online store and stock up on your foot care supplies:*

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





## RECIPE OF THE MONTH

### Southern Red Velvet Cake



Cook Time: 30 min

Serves: about 6 to 8 servings

#### Ingredients

- Vegetable oil for the pans
- 2 1/2 cups all-purpose flour
- 1 1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon fine salt
- 1 teaspoon cocoa powder
- 1 1/2 cups vegetable oil
- 1 cup buttermilk, at room temperature
- 2 large eggs, at room temperature
- 2 tablespoons red food coloring (1 ounce)
- 1 teaspoon white distilled vinegar
- 1 teaspoon vanilla extract
- Cream Cheese Frosting, recipe follows
- Crushed pecans, for garnish

### HAPPY PRESIDENT'S DAY



#### Directions

Preheat the oven to 350 degrees F. Lightly oil and flour 3 (9 by 1 1/2-inch round) cake pans.

In a large bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In another large bowl, whisk together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla.

Using a standing mixer, mix the dry ingredients into the wet ingredients until just combined and a smooth batter is formed. Divide the cake batter evenly among the prepared cake pans.

Place the pans in the oven evenly spaced apart. Bake, rotating the pans halfway through the cooking, until the cake pulls away from the side of the pans, and a toothpick inserted in the center of the cakes comes out clean, about 30 minutes. Remove the cakes from the oven and run a knife around the edges to loosen them from the sides of the pans. One at a time, invert the cakes onto a plate and then re-invert them onto a cooling rack, rounded-sides up. Let cool completely.

Frost the cake. Place 1 layer, rounded-side down, in the middle of a rotating cake stand. Using a palette knife or offset spatula spread some of the cream cheese frosting over the top of the cake. (Spread enough frosting to make a 1/4 to 1/2-inch layer.) Carefully set another layer on top, rounded-side down, and repeat. Top with the remaining layer and cover the entire cake with the remaining frosting. Sprinkle the top with the pecans.

#### Cream Cheese Frosting:

1 pound cream cheese, softened

4 cups sifted confectioners' sugar

2 sticks unsalted butter (1 cup), softened

1 teaspoon vanilla extract

In a standing mixer fitted with the paddle attachment, or with a hand-held electric mixer in a large bowl, mix the cream cheese, sugar, and butter on low speed until incorporated. Increase the speed to high, and mix until light and fluffy, about 5 minutes. (Occasionally turn the mixer off, and scrape the down the sides of the bowl with a rubber spatula.) Reduce the speed of the mixer to low.

Add the vanilla, raise the speed to high and mix briefly until fluffy (scrape down the bowl occasionally). Store in the refrigerator until somewhat stiff, before using. May be stored in the refrigerator for 3 days.

Yield: enough to frost a 3 layer (9-inch) cake