

# INS Seneca Valley

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COMMUNITY MAGAZINE



# Beaver Valley Foot Clinic

## Taking Steps for Better Health

**W**hen you step into Beaver Valley Foot Clinic, it's like stepping back in time, when doctors listened to their patients and got to personally know them. Even though Dr. Teimouri, DPM and Dr. Quattrone, DPM work on the cutting edge of medicine, with all the latest technologies, they are still old-fashioned about the way they treat their patients.

Dr. Tina and Dr. Q, as their patients call them, treat their patients as if they were family. Even though both doctors are board certified by American Board of Podiatric Surgeons, they believe in only using surgery as a last resort and exhausting all other treatment options first.

If you have bunions or hammertoes, you can trust the Podiatrists at Beaver Valley Foot Clinic to take good care of them. Although their philosophy is to try to save patients from surgery, sometimes it is the only option.

A **Bunionectomy** is performed as an outpatient in a local hospital, under light sedation. Patients go home the same day.

**Hammertoes** are quite common and can be very painful. Symptoms are calluses, blisters, ulcerations, corns, redness and pain. Correction is performed right in the office surgical suite at the clinic. Most people who have had their hammer-toe treated, state that if they would have known how simple it was, they would have had it corrected years earlier.

Dr. Teimouri says, "We believe treating most conditions with conservative measures can usually prevent most surgeries."

Dr. Quattrone and Dr. Teimouri are constantly researching new, state-of-the-art therapies to help relieve patient foot pains. **Shockwave Therapy** is helping over 90% of the most painful, stubborn heel pain sufferers find relief. It's FDA approved and takes less than 18 minutes.

Children and teenagers are most susceptible to **Plantars Warts**. For younger children we combine a stronger acid with trimming and occlusion. Surgical removal and radiosurgical destruction are usually the quickest way to remove them.

**Stress Fractures** for women in their forties, fifties and sixties, is an overuse injury, eventually causing a crack in the bone. If left untreated, it may become a full-blown fracture. Symptoms include pain and swelling on the top of the foot.

Do you live with yellow, thick, crumbly toenails? If you are experiencing pain, on blood thinners or are diabetic,



insurance will cover these services. **Diabetics** should NEVER cut their own nails. Many diabetics lose feeling in their feet and do not realize when they cut the skin and not their nails. This can cause many problems and infections.

Nails become **Ingrown Nails** at the cuticle not the tip. Even if the patient gets the ingrown "tip" out by themselves, the nail will continue to grow back. It is a very simple office procedure to remove an ingrown nail. A permanent procedure will kill the small sliver of nail that becomes ingrown. The nail looks normal when we are done

**Neuromas** cause burning pain in the forefoot, caused by inflammation and enlargement of the nerve running between the toes.

**Cryosurgery** helps. Dr. Quattrone has advanced training from Johns Hopkins University in the treatment of **Diabetic Neuropathy and Tarsal Tunnel Syndrome** (burning foot and heel pain). Similar to carpal tunnel of the wrist, Tarsal Tunnel is a condition in which a nerve gets trapped, or squeezed by increased pressure, within the curve behind the inner ankle. Sufferers have pain and tingling in and around ankles and sometimes the toes or ball of the foot.

**Beaver Valley Foot Clinic offers same-day appointments. Call 724-375-1577 or visit online at [www.BVFootClinic.com](http://www.BVFootClinic.com).**

Another common foot ailment is **Severe's Disease** or growing pains. This condition is characterized by pain in the back of the heel, or calf muscles, usually affecting 8 to 12-year-old boys. Some are helped by a walking boot that can be removed to shower. Also recommended are NSAIDS, icing, stretching and good arch supports. The clinic carries a wide variety of arch supports to fit children's needs.

**Radiosurgery, Cryosurgery, and Lasers in Podiatry - Keeping One Step Ahead!** Radiosurgery is the newest, most effective way to remove unwanted tissue. A wave of electrons at radiofrequency (bands between AM and FM) is used to remove abnormal corners of the nail. The electrode remains 'cold' during the procedure, so the remaining tissue is protected from any burns. Compared to 'cutting the root out,' or chemically burning the root with acid, or burning it with a 'hot laser,' the healing time is cut in half or less! The radiowaves also keep the tip sterile, reducing the incidence of post-op infections--making this the perfect procedure for diabetic patients. Plantar Warts and small tumors are also better removed with Radiosurgery. Cryosurgery, using freezing to debulk neuromas, fibromas, and small tumors in the foot have saved many from unnecessary surgery.

## NEWS in TOWN

Body Beautiful Laser Medi-Spa has announced their Grand Opening at 937 Beaver Grade Road in Moon Township. Their philosophy is that the single most important factor in choosing a cosmetic surgeon is experience. They offer personalized, concerned care with commitment to the latest advances and techniques. An improved appearance is accompanied by an increase in self-confidence, self-esteem and a sense of well being. Some of their most common procedures are:

- **Chemical Face Peels** are performed to rejuvenate the skin of the face. As a result, the skin becomes firmer, smoother, more elastic and younger looking.
- **Facial Dermabrasion** is performed to remove deep wrinkles, scars, pigmentations or acne scarring to the face
- **Microdermabrasion** is a non-invasive procedure that requires no recovery time to gradually rejuvenate and restore the skin. It improves enlarged pores, fine lines and wrinkles, skin pigmentation and sun damage
- **Skin Care Products** that are individualized to your particular skin type
- **Palomar StarLux Laser System** gives unmatched results for Skin Tightening, Hair Removal, Acne Treatment, Leg Veins, and Photofacials
- **Pulsed Light Photofacials** are comfortable and effective for the treatment of sun damage and visible veins
- **HCG Diet** is a physician-supervised, safe medical treatment for weight-loss, where you can actually lose a pound a day
- **Pulsed Light Hair Removal** from bikini areas, legs, backs, necks and underarms for men and women. Advanced cooling system for one of the safest treatments possible.

*Body Beautiful Laser Medi-Spa is under the medical direction of Dr. Samuel A. Botta M.D. Board Certified Cosmetic Surgeon with over 22 years experience performing cosmetic, plastic surgery. He is Board Certified by the American Board of Cosmetic Surgery.*

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