



Family Ties: A Look at Hereditary Foot Conditions



About the Doctor

Mark Gasparini, DPM

Since he was young, Dr. Mark Gasparini always wanted to go into the medical field so that he could help other people. Using this as his motivation, he earned his Doctorate of Podiatric Medicine from the New York College of Podiatric Medicine (New York, New York). He completed his undergraduate studies at Fairfield University (Fairfield, Connecticut), earning his B.S. in biology. Dr. Gasparini completed his residency training—both podiatric surgery and medicine residencies—at Department of Veterans Affairs Medical Center at Northport, New York.

Dr. Gasparini is a member of the American Podiatric Medical Association, New York State's Podiatric Medical Association, American College of Foot and Ankle Surgeons, FAPA (Fraternal Association of Podiatrists), and the American Academy of Podiatric Practice Management. He is affiliated with North Shore University Hospital at Plainview and at Syosset, and also St. Joseph's Hospital in Bethpage, NY. His commitment is to maintaining the highest level of credentials and staying informed about the latest trends in podiatry so he can offer the best possible care for his patients.

On Thanksgiving, take the time to look around the table and be thankful for your family. If you have a bunion, you can thank your mom for that too! That's right, some foot conditions are actually in your DNA. Just like the color of your hair and eyes, your parents can pass along traits that increase your risk for toe deformities like bunions and hammertoes, nerve problems like neuropathy, high blood pressure and poor circulation, cancer, diabetes, skin issues like eczema and allergies, high arches, and even ingrown toenails!

Of course, having a genetic predisposition for certain foot conditions doesn't necessarily mean you will struggle with these problems—you can't blame your parents completely! There are things you can do to prevent the onset of issues, particularly by focusing on footwear. Often, bunions, hammertoes, and ingrown toenails can be encouraged by ill-fitting shoes, with toes squished together and weight unevenly distributed. Make sure your shoes fit and have a wide toe box and a low heel, and you just might dodge a deformity!

In addition, if you know you're prone to certain conditions like high blood pressure and diabetes, take steps to eat a healthy diet and exercise regularly. Does your dad have really, really dry skin? Make sure yours stays supple by applying moisturizer daily. If you keep your genes in mind, you can stop problems before they start, and that's something for which you can definitely be grateful!

Dear Valued Patient:

Providing for your podiatric needs over the years was a great pleasure for Dr. Renato J. Giorgini.

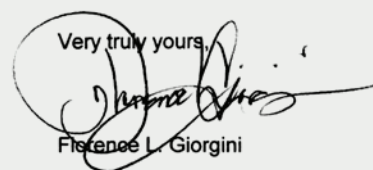
I am now pleased to inform you that your patient record has been transferred to the custody of Mark C. Gasparini, D.P.M., who maintains his practice at 119 New York Avenue, Massapequa, NY 11758.

Dr. Gasparini earned his Doctorate of Podiatric Medicine from the New York College of Podiatric Medicine and completed both podiatric surgery and medicine residencies at the Department of Veterans Affairs Medical Center at Northport, New York. Dr. Gasparini is a member of the American Podiatric Medical Association, the New York State Podiatric Medical Association, American College of Foot and Ankle Surgeons, Fraternal Association of Podiatrists and the American Academy of Podiatric Practice Management. You can learn more about Dr. Gasparini and Foot Specialists of Long Island by visiting his website at www.FootSLI.com.

If you desire to continue your care with Dr. Gasparini, you can sign an authorization form to give Dr. Gasparini access to your medical files at your first appointment. He can be contacted by calling his office at (516) 804-9038.

Of course, you may seek podiatric medical care from any doctor of your choice. Although now in the custody of Dr. Gasparini, your medical records remain confidential, and may not be viewed or copied without your written permission. If you choose to see a different physician, please contact Dr. Gasparini's office to obtain a copy of your file.

Warm regards and best wishes for your future health.

Very truly yours,

Florence L. Giorgini

Dear Patient of Dr Giorgini,

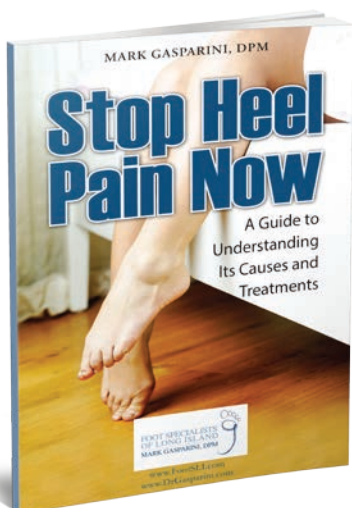
If I have not yet had the pleasure of meeting you, allow me to introduce myself. I am Dr Mark Gasparini, a podiatrist practicing in Massapequa since 2006.

It is with great sadness that I learned of Dr Giogini's passing. I knew Dr Giorgini through my years in medical school, residency and private practice. He was a giant in the field of podiatry and he will be missed dearly.

It is with the blessing of Mrs. Giogini and family that I write to you. I am honored to be entrusted with the recommendation without reservation of the Giorgini famly for the care of Dr. Giogini's patients.

It would be our pleasure to serve you and care for you the way Dr Giorgini did.

To learn more about myself and the practice **Foot Specialists of Long Island** you can visits the state of the art website (www.FootSLI.com or www.DrGasparini.com) or call the office at **(516) 804-9038**. The website has a multitude of videos, frequently asked questions, blogs, articles, and directions to the office. If you are on social media you can follow us on Facebook, Twitter, Linked In, Google+, and even Pinterest. In addition, I have my own YouTube Channel for your education.



The Blogs get updated very frequently with new content, and the practice continuously embraces new technology. For your convenience we have digital x-rays in the office and an I-Pad in the reception room for you to sign-in.

I have also written a book titled, **Stop Heel Pain Now, A Guide to Understanding Its Causes and Treatments**, If you or a loved one is suffering with heel pain, you can order your **Free** copy of the book on our website (www.FootSLI.com or www.DrGasparini.com) and it will be mailed to your home.

I enjoy my occupation immensely and look forward to caring for you and your family's podiatric needs for many years to come.

If you would like to make an appointment or have any questions, please do not hesitate to call the office at (516) 804-9038.

Warmest Regards,
Dr. Mark Gasparini

Please Pass the Peanut Butter Bars!

In honor of National Peanut Butter Lover's Month (you know who you are!), here's an irresistible recipe that's sure to please:

First, gather your ingredients:

- 1 cup butter, softened
- 2 cups brown sugar
- 1 cup sugar
- 1 tsp. vanilla
- 2 eggs
- 1 cup peanut butter
- 2 cups flour
- 2 tsp baking soda
- ¼ tsp. salt
- 2 cups old fashioned oats

Don't forget the frosting!

- 1/3 cup butter, softened
- 2 Tbsp. cocoa
- ¼ tsp. salt
- 1 tsp. vanilla
- 4 cups powdered sugar
- ¼ cup warm milk

Now prepare to be

"peanut butter pleased."

- Cream butter and sugars together in a large bowl.
- Beat in eggs, vanilla and peanut butter.
- Mix in flour, baking soda and salt. Then mix in the oats.
- Spread dough into a greased jelly roll pan. Press down so entire pan is evenly covered.
- Bake at 325 degrees F for 20 minutes. It will appear to still be a little soft when it comes out.
- Let cool completely, then get your frosting on...

Frosting:

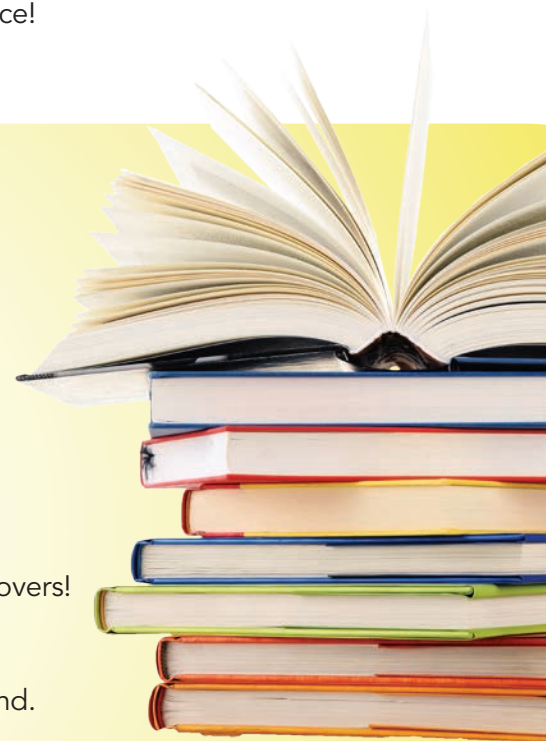
- Beat butter, cocoa, salt and vanilla together. Add in powdered sugar and warm milk and beat until smooth. Spread evenly over rolled peanut butter bars.

Now, try not to eat them all at once!



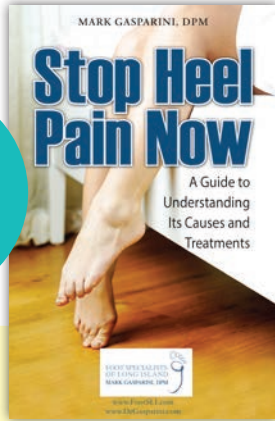
Mark Your Calendars

- November 7** Book Lovers' Day—snuggle up with a good story.
- November 11** Veteran's Day—another day to be grateful!
- November 13** World Kindness Day—pay it forward.
- November 15** Clean your refrigerator day—make room for holiday leftovers!
- November 26** Thanksgiving—gobble, gobble!
- November 29** Square Dance Day—swing your partner 'round and 'round.





Free
Book



Call 516-804-9038
or visit FootSLI.com

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Don't Let Your Leftovers Go to Waste!

Use this guide to store and keep food fresh



Dinner's done and you're as stuffed as your turkey, but now what do you do with all the leftovers? Follow these guidelines to ensure plenty of midnight snacks:

Store leftovers within two hours of cooking to maintain quality and avoid inviting bacteria to the party. Make sure it is cooled before storing and that it's placed in a well-sealed container.

Fridge & Freezer Facts:	Refrigerated	Frozen
Cooked turkey	lasts 3 to 4 days	2 to 3 months
Gravy	eat within 1 to 2 days	2 to 3 months
Mashed potatoes	3 days	10 months
Cranberry sauce	stays good 10-14 days	1-2 months
Baked apple or pumpkin pie	fresh for 3 to 4 days	1-2 months

Wait a minute—who are we kidding? There's never any pie left!

Now, let the late night grazing begin. Start making those turkey sandwiches. Go ahead and eat some cranberry sauce for breakfast—we won't tell! Remember, though, if ever in doubt, throw it out.