

New Book By Leading Podiatrist Shows How To Have A Lifetime Of Pain-Free Foot Health

Real-Life Answers to Enjoy
Happy, Healthy, Pain-Free Feet

ASK THE FOOT DOCTOR

Dr. DOUG TUMEN



“Our feet are the foundation for the entire body and Dr. Tumen does a brilliant job at helping us put our best foot forward. If you’re looking for answers, this book is definitely a step in the right direction.”

--Dr. David Friedman TV & Radio Health Expert and #1 Best-Selling Author of *Food Sanity*

“Dr. Tumen’s book *Ask the Foot Doctor* should be mandatory reading for anyone wishing to gain knowledge of the beauty and wonder of the foot and ankle. It is full of useful information for any nurse, parent, coach, athlete, diabetic, and anyone wishing to stay or become more active. This book will save people from the many sources of misinformation about the foot and ankle currently given in social media. --John F. Grady, DPM, Director, Foot and Ankle Institute of Illinois. Scientific Chairman, Midwest Podiatry Conference

“*Ask the Foot Doctor* is a great new book for the general public. It’ll be a valuable resource for those looking for quick and practical answers.”

--Amol Saxena, DPM Past-President American Academy of Podiatric Sports Medicine

Ingrown Toe Nail. Bunion. Gout. Arthritis. Foot Fungus. Achilles Tendon. Hammer Toe. Diabetes. Twisted Ankle. Broken Foot.

These are some of the chronic conditions, injuries, and diseases that give tens of millions of Americans aches, pains, and stress in their feet daily. But you don’t have to suffer any more.

A new book by a podiatrist of 35 years provides a handy, comprehensive, guide in plain English for anyone seeking to better understand how to care for their feet, including prevention, diagnosis, treatment and rehabilitation tips.

Ask The Foot Doctor: Real-Life Answers To Enjoy Happy, Healthy, Pain-Free Feet (Morgan James Publishing, June 2019, Trade Paper, 200 pages, \$17.95, ISBN: 9781642791983) is penned by Dr. Doug Tumen, founder of Hudson Valley Foot Associates (www.HVFA.com). Having treated tens of thousands

of people, Dr. Tumen wrote this book to provide foot fundamentals so people of all ages can take smart steps implementing prevention and everyday care to their feet.

The average American will walk the globe four times over a lifetime, so they will need all of the help they can get. Each of our feet contains 26 bones, 33 joints, 107 ligaments, and 19 muscles. There's a lot that can go wrong over the course of many years.

"This book allows consumers to be empowered and get their foot in the door (pun intended) of providing a lifetime of support for their feet," says Dr. Tumen, who knows the importance of good footwear and being athletic, having run for 40 years and finishing nine marathons. "Whether you are a parent of a toddler just starting to walk, an athletic youth, a weekend sports warrior, or a senior citizen hoping to avoid or reduce the impact of aging on one's feet, this book allows you to take the next step, pain-free."

Dr. Tumen shares with us the foot secrets of:

- How to avoid common foot problems, big and small
- How to choose a podiatrist, and if necessary, a foot surgeon
- How to select the right shoes for maximum support ---and still have good foot fashion
- What the signs are for serious health issues that impact our feet, including gout, arthritis, plantar fasciitis, and cancer
- How diabetics can keep their feet safe from disasters
- What to watch for with foot tattoos, pedicures, toe nail polish, high heels and cosmetic surgery
- Which diets and exercises are good for your feet --and which are bad
- How the latest technologies and techniques are reshaping the practice of foot medicine
- What to do about things like warts, heel spurs, and Morton's Neuroma -- and whether stretching, orthotics, cortisone shots, surgery or alternate methods of treatment work best

"Keep moving, eat right, get the proper footwear, be aware of how you walk, and educate yourself on a healthy lifestyle," advises Dr. Tumen. "I advocate that everyone do all that they can before resorting to surgery as a solution. I'm also a big user of biomechanical treatments that alter how people run and walk, hoping to bring them back to health. Unfortunately there are not many great podiatrists out there – the key is to find someone who wants to really collaborate on your long-term well-being."

Ask The Foot Doctor offers hundreds of solutions for whatever foot challenge someone may face. With a question-and-answer format, easy-to-understand explanations, real-life patient stories, and a sense of humor, Dr. Tumen helps patients and readers take the first steps to resolving their foot issues.

"What I have learned over my 35 years in podiatry, is that each person's problem is unique to them," asserts Dr. Tumen, based in Kingston, New York. "This book will give you great answers and information, but sometimes, you will want to talk about your problem, ask more specific questions, and get personalized advice. Though his book answers 210 of the most commonly asked questions, if anyone wants to get answers to their pressing questions, they can ask away at question@askthefootdoctor.com."

NOTE: A portion of the book's proceeds will fund Shoes That Fit, a non-profit that provides new athletic shoes to impoverished children. In 2017, over 120,000 children received new shoes and since 1992, two million have received new shoes. One in five American children are in desperate need of new shoes.

Contact Information: Media Connect

Brian Feinblum 212-583-2718 brian.feinblum@finnpartners.com