



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

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7 Ways to Improve Foot Health

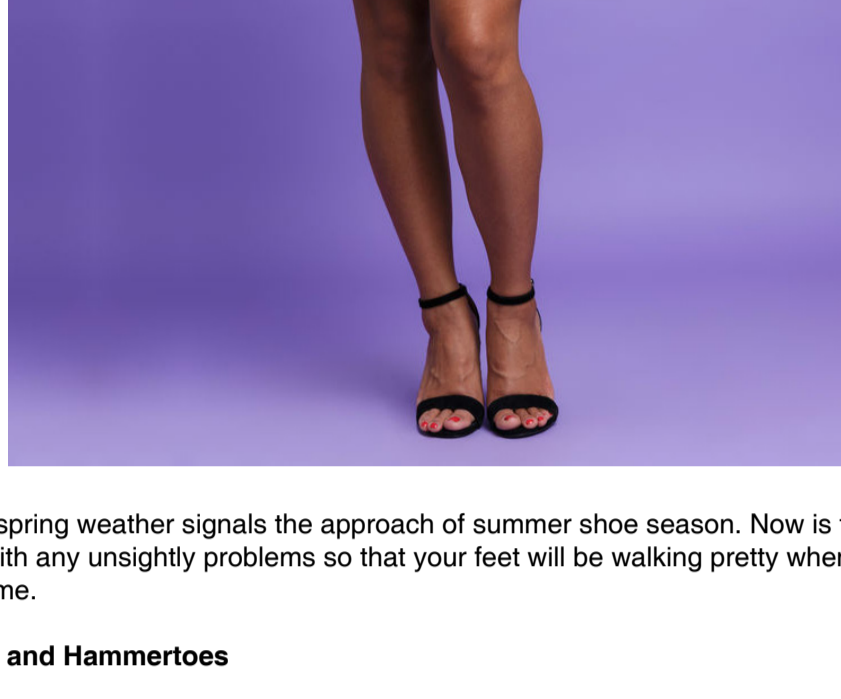


April is Foot Health Awareness Month and the perfect time to remind patients that healthier feet are just steps away! Most of the time we take our feet for granted—that is until they stop working the way they should. Fortunately, there are simple ways to prevent foot pain and problems. Below are seven tips for healthy feet.

1. **Follow a basic foot care regimen.** Wash feet daily with soap and warm water. Dry completely. Use a foot powder in the morning and apply a rich moisturizer at night before bed.
2. **Inspect feet regularly.** Getting in the habit of examining your feet means you'll be likely to spot changes that may indicate a podiatric problem in its earliest stages. Look for changes in skin or nails, bruises, cuts that are slow to heal, swelling, or toes that seem to be moving out of place. Report anything suspicious to your podiatrist promptly.
3. **Evaluate your shoe wardrobe.** Check for signs of wear. Replace walking/running shoes every 300-500 miles, regardless of appearance. Get rid of shoes that hurt your feet when you wear them. Commit to limiting time spent in high heels that increase the risk of falls, ankle sprains, and foot deformities.
4. **Get your feet professionally measured once a year.** Foot size can change over time. Wearing shoes that are too small for your feet can cause many podiatric problems.
5. **Trim your toenails.** Nails should be cut straight across and not too short to avoid ingrown nails from forming. File rough edges to prevent snagging on socks and tights.
6. **Exercise regularly.** This will help maintain good circulation, flexibility, and an appropriate weight—all of which have a positive impact on your feet.
7. **Schedule regular podiatric checkups.** This is particularly important if you have a chronic condition such as diabetes or bunions.

We are here to help you with a wide range of foot issues from spotting developing disorders to making recommendations for footwear based on your gait and your unique podiatric concerns. Give us a call – we're here for you!

Are Your Feet Ready for Summer?



Warmer spring weather signals the approach of summer shoe season. Now is the time to deal with any unsightly problems so that your feet will be walking pretty when it's sandal time.

Bunions and Hammertoes

These toe deformities are progressive conditions, meaning they will get worse, not better over time. Covered up with socks and heavy shoes during the winter months, you may not have noticed the changes that have occurred in the appearance of a bunion or hammertoe. In some cases, a custom orthotic device can help correct the position of your feet and the biomechanics that may be causing a deformity. Other treatment options can include taping or strapping toes to realign a bent toe. Although the tendency for a toe deformity may be genetic, your shoe choices can play a big role in slowing the progression or exacerbating the condition. Ultimately, however, the only way to permanently correct a toe deformity is through surgery. Discuss your options with the foot doctor to determine the best course of action.

Toenail Fungus

It's hard to get excited about wearing sandals if you have a toenail that is thick, yellowed or crumbling on the edges. These are the signs of a fungal infection. Toenail fungus can take a long time to eliminate. The podiatrist may prescribe an oral or topical anti-fungal medication. Other options include debridement—removing the diseased matter from under the nail, laser therapy, and partial or total removal of the nail.

Warts

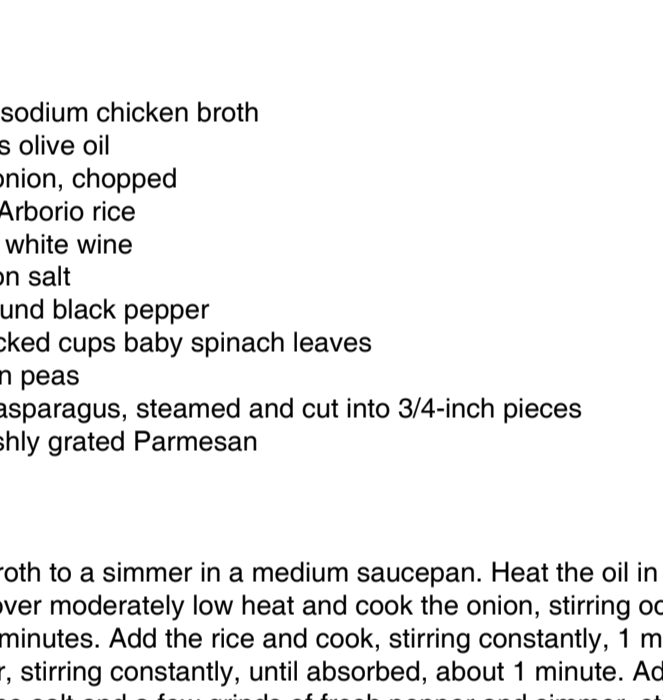
Depending on the location, a wart may be painful as well as unpleasant in appearance. Standing and walking may hurt if the wart is on the ball of the foot or somewhere that gets friction from footwear. Warts may be solitary or form in clusters. Don't try to remove warts on your own. Many over-the-counter wart treatments can damage healthy tissue as well. There are multiple ways to get rid of a wart and the podiatrist may choose laser therapy, acid treatments, cryotherapy (freezing), or topical or oral medication.

Both warts and toenail fungus are contracted by direct contact with an infectious agent. Avoid walking barefoot in public places to decrease your risk.

If you have any of these conditions or have other concerns about the appearance of your feet, give us a call to make an appointment to get them evaluated and treated before summer arrives.



Recipe of the Month Garden Risotto



Enjoy the fresh flavors of spring with this vegetable packed risotto. This is a perfect dish for your next meatless Monday!

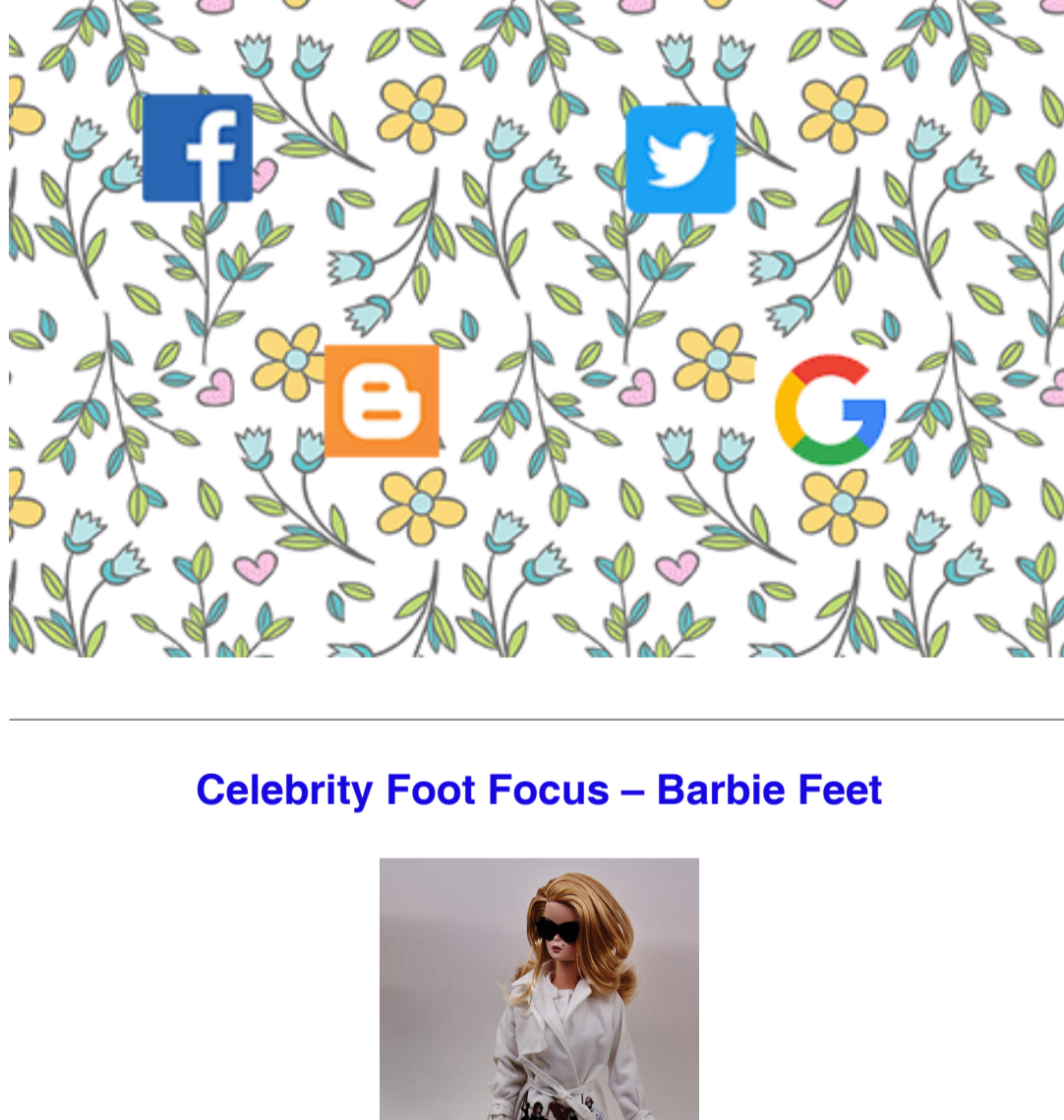
Ingredients

- 6 cups low-sodium chicken broth
- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine
- 3/4 teaspoon salt
- Freshly ground black pepper
- 3 lightly packed cups baby spinach leaves
- 1 cup frozen peas
- 1/2-pound asparagus, steamed and cut into 3/4-inch pieces
- 1/4 cup freshly grated Parmesan

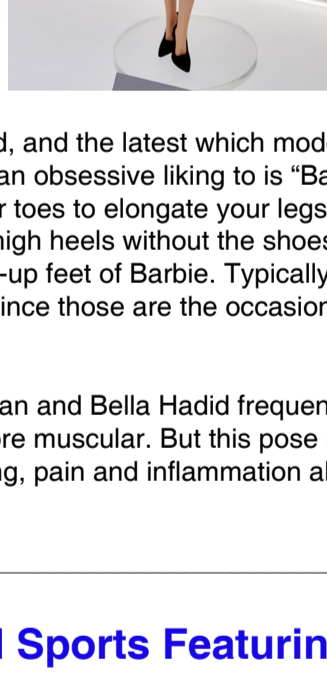
Directions

1. Bring the broth to a simmer in a medium saucepan. Heat the oil in a heavy saucepan over moderately low heat and cook the onion, stirring occasionally, until soft, 3 to 5 minutes. Add the rice and cook, stirring constantly, 1 minute. Add wine and simmer, stirring constantly, until absorbed, about 1 minute. Add 3/4 cup of the hot broth, the salt and a few grinds of fresh pepper and simmer, stirring constantly, until broth is absorbed. Continue simmering and adding hot broth, about 3/4 cup at a time, stirring constantly and allowing the broth to be absorbed before adding more, until rice is almost tender and creamy, about 18 minutes.
2. Add the spinach and peas and cook until the spinach is wilted. Add the asparagus and cook just until the vegetables are hot. Stir in the Parmesan and more broth if the risotto seems too thick. Serve in soup plates.

Recipe courtesy of Ellie Krieger



Celebrity Foot Focus – Barbie Feet



Instagram trends can get weird, and the latest which models, celebrities, and social media influencers have taken an obsessive liking to is "Barbie Feet." The idea behind this trend is to pose up on your toes to elongate your legs and flex your muscles a little bit. It appears you're wearing high heels without the shoes. This positioning of the leg is nearly identical to the propped-up feet of Barbie. Typically, this pose is accompanied by a swimsuit or summery outfit since those are the occasions where no shoes are required.

Celebs like Kourtney Kardashian and Bella Hadid frequently use this pose to look taller and make their calves look more muscular. But this pose is not recommended for long periods because calf shortening, pain and inflammation along the ball of the foot can result.

Weird Sports Featuring Feet

While many sports rely on quick feet – basketball, football, and tennis come to mind – here are two that are a little more unconventional.

Sepaktakraw

A popular sport in Southeast Asia, this action-packed game resembles volleyball but instead of hands, players use their feet, knees, chest, and head to move the ball around, which is made from softwood. The International Sepaktakraw Federation holds competitions with teams from over a hundred different countries.

Toe Wrestling

This sport is like arm wrestling with players attempting to pin down their opponent's toes for three seconds. Players play with their bare feet alternating between their left and right feet and play the best of three rounds. There are separate divisions for men and women. The World Toe Wrestling Championship has been ongoing since the 1970's and enjoys growing participation.

Foot Funnies

Why couldn't the two feet get along?
Because they both thought they were right.

Trivia

Which sport causes the most head injuries?

- A. Football
- B. Cycling
- C. Baseball
- D. Soccer

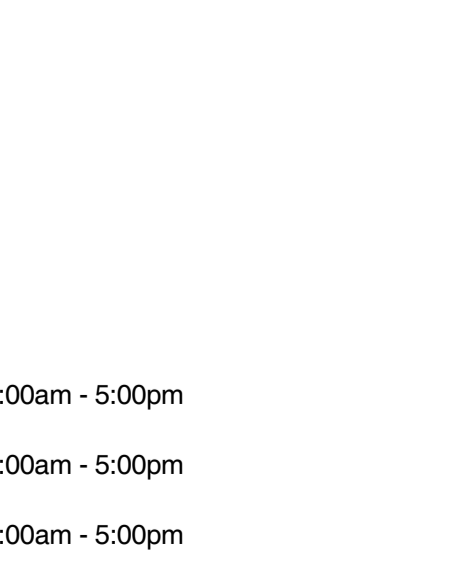
Answer: B. Cycling

Explanation:

Bicycling causes the most head injuries from sports or recreation, causing nearly 85,000 visits to U.S. emergency rooms in 2009. Most sports-related deaths are the result of head injuries.

Experts say that 85% of cycling-related head injuries could be prevented with correct use of helmets.

Meet our Doctors



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