



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

Fall 2020



Office/Hours [See Below](#)

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Scary Sounding Podiatric Disorders



It's Halloween and the time of year that's filled with ghosts and witches and horror movies, so we thought we'd share some scary-sounding foot problems. The trick is the treat here, however, in that these conditions are not as frightful as their names may indicate.

Onychomycosis—this ominous term is the official name for the humble toenail fungus. Signs that you have this common condition include:

- Thickening of the nail
- Discoloration
- Crumbling nail edges

Though not usually painful, the infection can spread and should be treated by your podiatrist. Fungal nail infections can be treated with oral or topical antifungal medications or laser therapy.

Tinea Pedis—if you've spent time barefoot in the gym showers or at a community pool, you have an elevated risk for catching this infection, also known as athlete's foot. Both this condition and fungal toenails are spread by direct contact. That's why it's best to keep feet covered in public places and to avoid sharing shoes, socks, nail clippers, and other items that have touched someone else's feet.

Calcaneal Apophysitis—the more common name for this heel problem—Sever's disease—is not much less intimidating but ironically, this disorder is not a disease. Calcaneal apophysitis is an inflammation of the growth plate of the heel and it typically occurs in children and teens between the ages of 8-15. Until the heel bone is fully developed there is a vulnerable area where new growth is forming, and it can become aggravated by excessive pounding from sports like basketball and track. There are several ways to treat and help prevent Sever's disease, including maintaining a healthy weight, wearing appropriate footwear, and taking breaks between sports.

5 Simple Steps to Preventing Senior Falls



Did you know that falls are the number one cause of fatal and non-fatal injuries for Americans 65 and older? Fortunately, there is much that can be done to help ensure you or a loved one are not a fall victim. Below are 5 simple tips for lowering fall risk.

1. **Take Care of Foot Pain Promptly**—when your feet hurt you don't walk normally. It's natural for your body to try to alter your gait to protect you from pain but that's when it's easy to lose your balance and fall. Don't wait. If you are experiencing foot pain or discomfort, make an appointment with your podiatrist to get it evaluated and treated as soon as possible.
2. **Get an Annual Eye Exam**—subtle vision changes may be imperceptible. Any decrease in vision or changes in your depth of field or peripheral vision can cause a misstep. If you feel that you're having difficulty seeing clearly, don't wait for your yearly appointment to get checked out.
3. **Review Your Prescriptions**—it's a good idea to ask your physician or pharmacist to periodically check all the medications you are taking, including over-the-counter medicines, vitamins, and supplements. This will help determine if there any potential drug interactions that may result in dizziness or light-headedness.
4. **Review Home Safety**—walk through your home with an eye to fixing any areas that are potential fall zones. Some items to consider:
 - Adequate lighting in hallways and on stairs, inside and outside your home
 - Grab bars for showers and toilets
 - Handrails on both sides of the stairs
 - Eliminating low-lying items like plant stands, magazine racks and piles of books or papers
 - Removal of scatter rugs and electrical cords that cross over walking areas
5. **Improve Balance**—consider taking an exercise class that focuses on building strength, flexibility, and better balance. Check your local senior center or agency for aging to find a class. Sign up with a friend!

For more information on preventing falls, visit this National Council on Aging website: <https://www.ncoa.org/healthy-aging/falls-prevention/>.

Recipe of the Month Harvest Chicken Casserole



This satisfying casserole has ALL your fall favorites and makes enough to feed a large family.

INGREDIENTS

- 2 tbsp. extra-virgin olive oil, divided, plus more for baking dish
- 2 lb. boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 lb. brussels sprouts, trimmed and quartered
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 1 tsp. paprika
- 1/2 tsp. ground cumin
- 1/2 c. low-sodium chicken broth, divided
- 6 c. cooked wild rice
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds

DIRECTIONS

1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
2. Heat another tablespoon oil over medium heat. Add onion, sweet potatoes, Brussels sprouts, garlic, thyme, paprika, and cumin. Season with salt and pepper and cook until softened, 5 minutes. Add 1/4 cup broth, bring to a simmer, and cook, covered, 5 minutes.
3. Place cooked rice in a large baking dish and season with salt and pepper. Stir in chicken, cranberries, cooked vegetables, and remaining 1/4 cup broth. Top with almonds and bake until dish is hot, and almonds are toasted, 15 to 18 minutes.

Recipe courtesy of delish.com



Celebrity Foot Focus

Did you know that the ruby slippers worn by Judy Garland in the Wizard of Oz weren't always red?

The famous sequined shoes were originally silver, like they are in the Oz books. But MGM studio head Louis B. Mayer wanted to show off Technicolor, so he changed the hue.

History Foot Note

It wasn't until 1818, that the right shoe was invented. Until that time, there was no distinction between shoes made for left or right feet. The first pair of right and left footed shoes were made in Philadelphia.

Foot Funnies

- What do you call a ghost with a broken leg?
A hoblin goblin.

Trivia

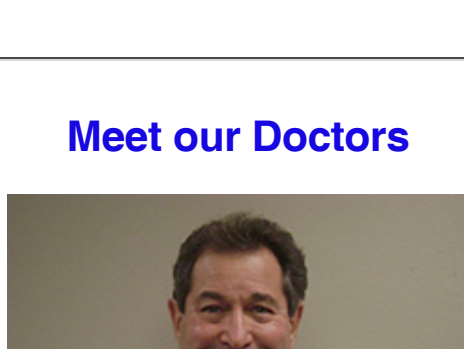
What's the best water temp for soaking tired feet?

- A) Extra-hot
B) Warm
C) Cold
D) Alternating cold and warm

Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels that helps reduce swelling.

Meet our Doctors



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Thursday:	8:00am - 5:00pm
Friday:	8:00am - 5:00pm

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