



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

Spring 2020



Office/Hours [See Below](#)

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Dear Valued Patients

At this unprecedented time in history, we want to stay in touch with you to keep you informed as we all deal with this crisis together.

The global coronavirus pandemic is affecting all of our families, our businesses, our communities, and our way of life.

First and foremost, our hearts go out to anyone who's been impacted by the virus, either directly or indirectly. Our thoughts are especially with those who are sick, to whom we extend our heartfelt wishes for a full recovery. And we're truly inspired by the selfless healthcare workers around the world who are on the front lines working tirelessly to care for people in need.

This moment reminds us that we're all connected like never before. We're called upon to be our best selves, with patience, understanding and compassion.

We are Currently Seeing Patients for the Following Foot Conditions:

- Heel Pain
- Foot Pain
- Diabetic Foot Care
- Sprains
- Fractures
- Broken Bones
- Ingrown Toenails
- Wound Care

We are also offering telemedicine for those patients that cannot make it to the office. You must have a computer, tablet, or smartphone capable of video and audio. If you [schedule a telemedicine appointment](#), you will be emailed instructions on how to connect the day before your appointment.

Be well. We will get through this together.

Lawrence J. Kales, DPM

Fungal Toenail: Act Now to Get Your Feet Ready for Sandal Season



If you are avoiding open-toed shoes and dreading the beginning of sandal season because of a foot fungus, read on! Fungal nail is unsightly, but it can be cured, and recurrences can be prevented too.

Toenail fungus is very common with more than 10% of our population suffering from this unpleasant condition. Although it is more common in the elderly, anyone can contract this infection because it is very contagious.

The fungi that cause this problem just love damp, warm environments. Your risk of an infection increases if you:

- Have poor circulation
- Go barefoot in public areas like locker rooms, pools and spas
- Share socks, shoes or nail clippers with others
- Wear sweaty socks or damp shoes for long periods

Symptoms of Fungal Nail

With a fungal nail infection, you may experience:

- Nail discoloration – black, yellow, white or green
- Nail thickening and distortion, causing difficulty when trimming
- Crumbly or brittle nails where pieces break off
- Skin adjacent to the nail that is infected, red and swollen or itchy
- Discomfort or pain, especially when wearing shoes or putting pressure on the toe

Treating and Preventing Toenail Fungus

Please come and see us if you suspect that you have a toenail fungus. We want to see you especially if you have a persistent problem.

Based on the severity of the infection, our treatment methods may include:

- Medicated nail polish
- Oral antifungal medication
- Topical antifungal medication to be applied to the problem area
- Removal of the nail and treating the underlying skin

Good hygiene and foot care can help prevent fungal nail. This includes never sharing shoes and socks or foot care products. Other preventive methods are:

- Washing your feet every day and drying carefully, especially between the toes.
- Disinfecting your own pedicure tools regularly.
- Choosing a nail salon carefully and keeping good sanitary procedures in mind.
- Keeping your feet as dry as possible by wearing breathable shoes, changing socks after sweating and applying anti-fungal powder.
- Always protecting your feet in communal areas – wear flip-flops or shower shoes

Your first step should be calling us for an evaluation! Don't hide your feet because of unattractive nail fungus – let us help!

Put a "Spring" in Your Step With the Help of Orthotics and the Right Athletic Shoes



It's not too late to ramp-up your 2020 exercise program, especially with good weather right around the corner. But if your feet hurt or your shoes are uncomfortable, you may put off that morning walk.

The right athletic shoes can make a big difference in the comfort and success of your workouts. Don't let discomfort disrupt your health goals! Here are our top tips for choosing athletic shoes:

- First of all, get rid of your old sneakers that are worn out. Check the soles for excessive wear. It's time to start fresh!
- Visit a reputable sports shoe store and have your feet professionally measured.
- Bring along your own athletic socks for trying on shoes. Better yet, invest in new ones!
- Tell the shoe professional what workout you prefer. Walking shoes are very different from running shoes which are different from tennis shoes ... you get the picture! For best results, choose athletic shoes for each sport.
- A knowledgeable athletic shoe salesperson will assess your foot's arch and recommend the best shoes for an individualized fit.
- Lace the shoes up completely in the store and take a few turns around to check for fit. There should be plenty of toe room and no slippage in the heel.

You can read more about choosing the right athletic shoe [here](#).

Custom-Fitted Orthotics Help Sports Performance in 4 Ways

Custom made insoles designed just for you, called orthotics, can help relieve pain and discomfort for those who have foot or ankle alignment issues. Custom-fitted orthotics can also help give your feet extra support for athletic activities in 4 ways:

1. Reducing fatigue by helping maintain foot alignment.
2. Cutting the risk of injury, especially in those who overpronate or under-pronate.
3. Raising efficiency of movement as propulsion through gait and stride improves.
4. Assisting injury recovery with valuable support and weight distribution in high-impact activities.

Orthotic devices custom-made for your feet can greatly improve sports performance. Ask us how orthotics can ease your foot discomfort and boost your workout levels.

Recipe of the Month Frittata with Asparagus, Tomato, and Fontina



This easy to make asparagus frittata is perfect for breakfast, lunch and dinner. With simple flavors, it's both fresh and comforting!

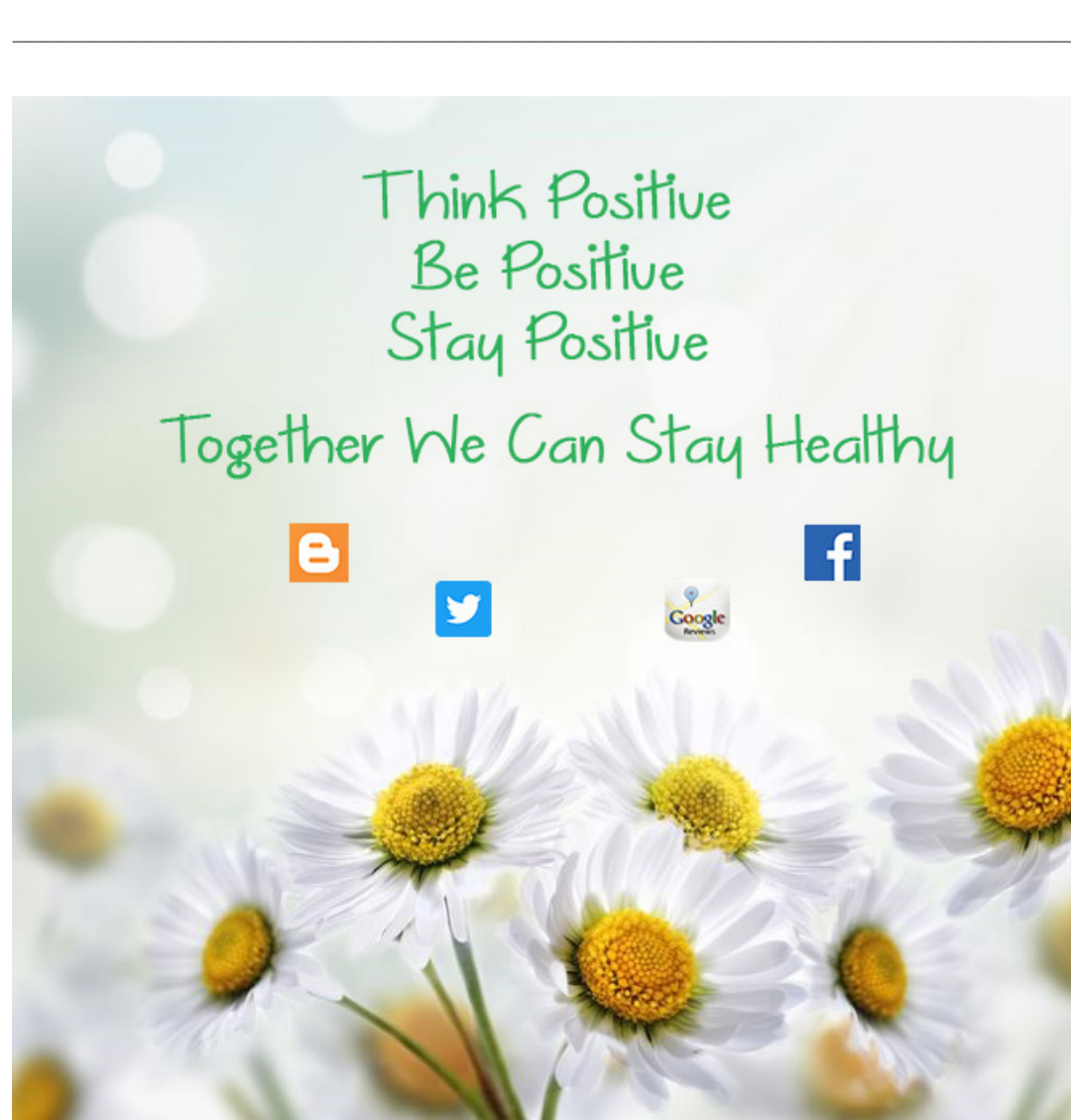
Ingredients

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces
- 1 tomato, seeded, diced
- Salt
- 3 ounces Fontina, diced

Directions

1. Preheat the broiler. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
2. Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat. Add the asparagus and sauté until crisp-tender, about 2 minutes.
3. Raise the heat to medium-high. Add the tomato and a pinch of salt and sauté 2 minutes longer.
4. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
6. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

Recipe courtesy of Giada De Laurentiis



History FootNote

The oldest known footwear of any type is a pair of sandals discovered in Fort Rock Cave in Oregon. Made of sagebrush bark, radiocarbon dating places its age at least 10,000 years.

Celebrity Foot Focus

Singer and actor Madonna, model Kate Moss and soccer star Cristiano Ronaldo have all suffered from toenail fungus.

Foot Funnies



I just purchased some sandals for my frog – they are "open-toad."

Trivia

Our feet are bigger at night. True or false?

Answer: True

After spending the whole day walking, running, or jumping around, our feet have swollen by as much as half a shoe size by the end of the day. This is why it is recommended that you buy shoes late in the day, when your feet are at their largest.

Meet our Doctors



Dr. Lawrence J. Kales

Our Offices

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Office Hours

Monday: 8:00am - 5:00pm

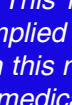
Tuesday: 8:00am - 5:00pm

Wednesday: 8:00am - 5:00pm

Thursday: 8:00am - 5:00pm

Friday: 8:00am - 5:00pm

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