



# PASCO-HERNANDO FOOT & ANKLE

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Newsletter

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## Office/Hours [See Below](#)

### In This Issue...

- Celebrate National Foot Health Awareness Month
- Walk Your Way to Better Health
- Recipe of the Month: Tiktok Green Goddess Salad

## Celebrate National Foot Health Awareness Month



April is National Foot Health Awareness Month and a great time to focus on the many ways you can be proactive in the health of your feet. But first, let's look at how amazing your feet are! Consider the following:

- The average person will walk a total of about 115,000 miles throughout a lifetime. That's the equivalent of walking around the world more than 4 times!
- Your feet contain 52 bones, 66 joints, 214 ligaments, and 38 muscles and tendons.
- There are more nerve endings in your feet per square centimeter than any other part of your body.
- During a typical day of walking the forces exerted on your feet can total hundreds of tons or the amount of a fully loaded cement truck.
- Your feet are home to 250,000 sweat glands capable of producing as much as half a pint of perspiration daily.

### Taking Care of Your Amazing Feet

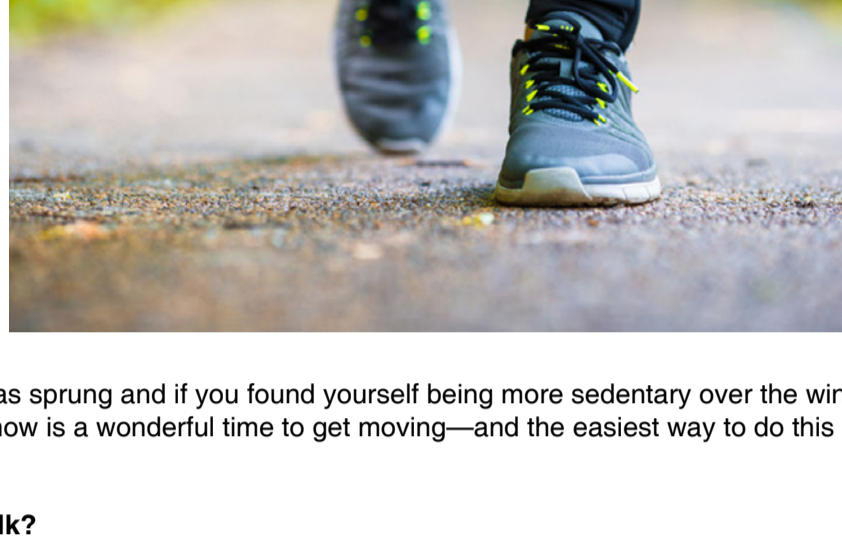
Here's another statistic: 75% of all Americans will develop foot problems at some point in their lives. Fortunately, there are many ways that you can protect the health of your feet and prevent many common podiatric problems.

The health of your feet starts with the health of the rest of your body. Your habits play a big part in the condition of your feet. These lifestyle choices will help you protect your feet:

- **Maintain a nutritious diet.** Your food choices are important in helping you stay at an appropriate weight. Obesity and being overweight are risk factors for many podiatric disorders such as flat feet and plantar fasciitis. Avoiding foods that are high in saturated fats and cholesterol will also help your heart disease and diabetes—two diseases that can pose medical threats to your feet.
- **Don't smoke.** Smoking impedes circulation.
- **Be physically active.** Exercising 3 or more times a week and just trying to be more active in your daily life brings big benefits to your feet. It helps maintain flexibility, fights excess weight gain, and improves circulation.
- **Deal with foot pain promptly.** Don't put off getting podiatric care for foot pain or other unusual symptoms you notice in your feet. When caught in the earliest stages, most foot and ankle disorders are more easily treated and with less invasive measures.

Ask your podiatrist for more ways to improve your podiatric health. Take care of your wonderful feet and they will take you where you want to go for many years to come!

## Walk Your Way to Better Health



Spring has sprung and if you found yourself being more sedentary over the winter months now is a wonderful time to get moving—and the easiest way to do this is walking.

### Why Walk?

Walking is one of the best fitness activities you can do, and it offers many benefits:

- Increases physical fitness
- Helps weight loss or maintain an appropriate weight
- Reduces your risk for diseases such as hypertension, heart disease, diabetes, and arthritis
- Boosts circulation
- Improves mood and is a stress buster

It's also an activity that doesn't require an elaborate effort and accommodates most people because:

- You can do it whenever you want and wherever you are
- It can be done alone or socially with others
- It doesn't require any expensive equipment

### Tips for Starting a Successful Walking Program

Ready to get started? Below are a few things to keep in mind to get your walking plan off on the right foot:

**Start with the right shoes**—the one piece of equipment needed for walking is a good pair of walking shoes that fit properly. If you have a chronic podiatric issue such as bunions, Achilles tendon problems, or heel pain talk to your podiatrist about styles that may best accommodate your condition. Your foot doctor may also recommend a custom orthotic to make walking more comfortable. A reputable fitness shoe store should be able to help fit you with a pair of shoes that will suit your feet.

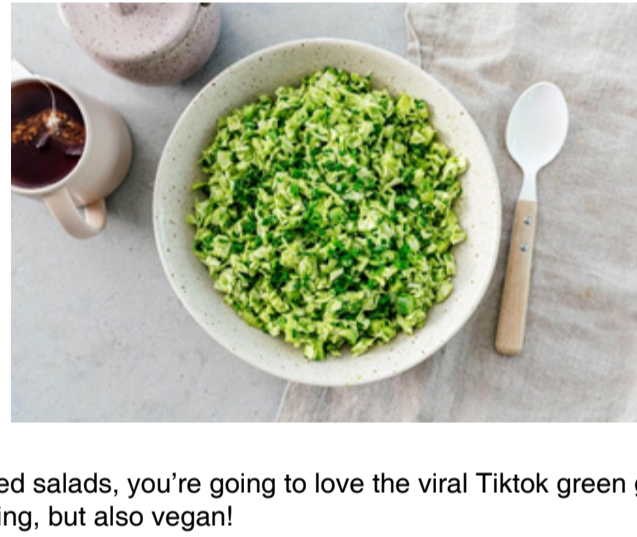
**Set realistic goals**—the best programs start slow and gradually increase in intensity and distance walked. Aim for at least 3-5 days a week with some necessary rest periods. Choose an area that's flat and free of debris to walk. Put walking dates on your calendar like you would any other appointment.

**Stay motivated**—It's easy to start enthused but over time your motivation may wane. Consider a walking buddy to help you stay on track. Plan small rewards for yourself when you meet a goal such as walking a certain number of minutes or miles.

Before you know it walking will be a part of your weekly routine that you won't want to miss, and you'll be on your way to reaping the many benefits of this popular fitness activity.



## Recipe of the Month Tiktok Green Goddess Salad



If you love chopped salads, you're going to love the viral Tiktok green goddess salad that is not only satisfying, but also vegan!

### Salad Ingredients

- 1 small cabbage finely diced, or iceberg lettuce
- 3-4 small Persian cucumbers finely diced
- 1 bunch green onions sliced
- 1/4 cup chives finely sliced

### Green Goddess Dressing

- juice of 2 lemons
- 1/4 cup olive oil
- 2 tbsp rice vinegar
- 2 cloves garlic
- 1 small shallot
- 1 cup fresh basil
- 1 cup spinach
- 1/3 cup nutritional yeast
- 1/4 cup walnuts
- 1 tsp salt

### Instructions

1. Finely dice or chop up all the vegetables and toss in a large bowl.
2. In a blender or food processor, add the dressing ingredients, liquids first: lemon juice, olive oil, rice vinegar, shallot, basil leaves, spinach, nutritional yeast, and salt. Blend until smooth.
3. Add the dressing to the bowl with the diced vegetables and mix well. Enjoy on its own, on tacos, as a side with protein, or scooped up with tortilla chips!

Recipe courtesy of iamafoodblog.com



## National Walking Day

National Walking Day is observed on the first Wednesday of April every year, but even if the day has passed, you can still celebrate. Put on your most comfortable shoes and start a walking routine. Just thirty minutes of walking every day can have a great impact on overall health, and help prevent diseases such as cancer, diabetes, and heart disease. So, ask a friend to keep you company or put a podcast on, and get to stretching those legs and improving your mood.

Here are some ways to help you started walking more regularly:

1. Park further away than you would normally. Whether you're going shopping, eating out, or just going to work, parking a bit further away from your destination is a great way to get your steps in. You can also do it if you use public transportation. Just get off one or two stops earlier than your usual stop.
2. Instead of catching up with your friends over a coffee or a drink, invite them to join you for a stroll in the park.
3. This is a hard one but try to skip the elevator for the stairs.
4. If you live close to the center of your town, leave the car at home, and do your errands on foot.
5. Encourage your family to start walking as well by taking a family stroll after dinner instead of sitting in front of the TV.

## Now That's a Long Walk

The average moderately active person takes around 7,500 steps/day. If you maintain that daily average and live until 80 years of age, you'll have walked about 216,262,500 steps in your lifetime.

Doing the math, the average person with the average stride living until 80 will walk a distance of around 115,000 miles, which is the equivalent of walking about 4.4 times around the Earth, right on the equator.

## Foot Funnies

**Q: Why did they call the new dance "The Elevator"?**  
**A:** It has no steps.

## 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

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

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