



# PASCO-HERNANDO FOOT & ANKLE

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Newsletter

Summer 2022



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

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### Vacation Pack List: 7 Items Your Feet Will Need



Summer vacations are a great opportunity to kick back and relax or explore new places. However, nothing derails summer fun faster than a foot problem. A few simple items added to your suitcase won't take up much space but could save the day for your feet. Don't forget the seven items below:

1. **Moleskin**—nothing stops a vacation day in its track like a blister. Depending on the location, a blister can prevent you from walking altogether. Self-adhesive moleskin can be cut to fit any spot at the first sign of irritation and will protect your skin until you can change your shoes.
2. **Water bottle**—stay hydrated to reduce uncomfortable swelling in legs and ankles.
3. **Nail clippers and emery board**—a jagged nail can catch on socks or bedding and tear, creating a painful wound that's open to infection and unsightly in sandals.
4. **Mini first aid kit**—pack bandages and antibacterial ointment to deal with small scrapes or cuts. If you have weak ankles, include an ace bandage in case of an ankle twist while walking or hiking.
5. **Walking shoes**—even if your plan is to spend most of your vacation lounging poolside, a supportive, comfortable pair of walking or athletic shoes is a good addition to your vacation shoe wardrobe. If nothing else, you can wear them on travel days which are usually active whether you're running through the airport or just loading and unloading the car. They will also come in handy if there is an opportunity for a sightseeing tour, shopping excursion or pick up game of beach volleyball.
6. **Flip Flops**—although not recommended for extended wear, flip flops or shower shoes will keep your feet covered in public places like pools, changing areas and seaside restrooms. This means they won't come in contact with fungi and viruses responsible for common foot infections like toenail fungus, athlete's foot and warts which are transmitted by direct contact.
7. **Sunscreen**—you'll likely have this in your bag already but consider this a reminder to apply to your feet whenever you'll be outside wearing sandals (not just on pool and beach days). Skin on your feet is just as susceptible to sun damage as the skin on the rest of your body.

If despite your best preventive efforts, you still wind up with a foot injury or infection, be sure to deal with it promptly and follow up with the podiatrist when you get home.

### Enjoy an Active Summer with Your Family



Longer days, nice weather and time off from school mean more opportunities for families to spend time together outdoors. Incorporating some physical activities into your family fun time has several benefits:

- Improves overall physical health and reduces the risk of many diseases
- Helps with weight control
- Keeps young athletes conditioned, reducing the risk of sports injuries at the start of the fall sport season
- Develops a healthy lifestyle habit

#### Tips for Success

Making physical activity a regular part of your family life won't "just happen." The tips below will increase the chances that your active summer fun won't fade away with the summer season.

#### Start with Proper Footwear

Make sure everyone in the family has a pair of athletic shoes for the activities you choose to do. Check to be sure they fit properly. You may be hoping to stretch your children's sneakers to the end of the summer but if they are too tight, physical activities are likely to be painful and unappealing. Look for signs of wear as well such as smoothed out soles and stretched heel counters as these could lead to ankle sprain and other sports injuries.

#### Take an Activity Poll

Studies show exercise regimens are more likely to be long lasting if you like the activity you're doing. Find out what each member of your family is interested in. Diverse interest could mean trying something different every week from tennis to biking to hiking. This will give everyone an opportunity to explore a variety of activities that can be done in different settings throughout the year. Giving each family member a say increases their investment in the plan!

#### Make a Date

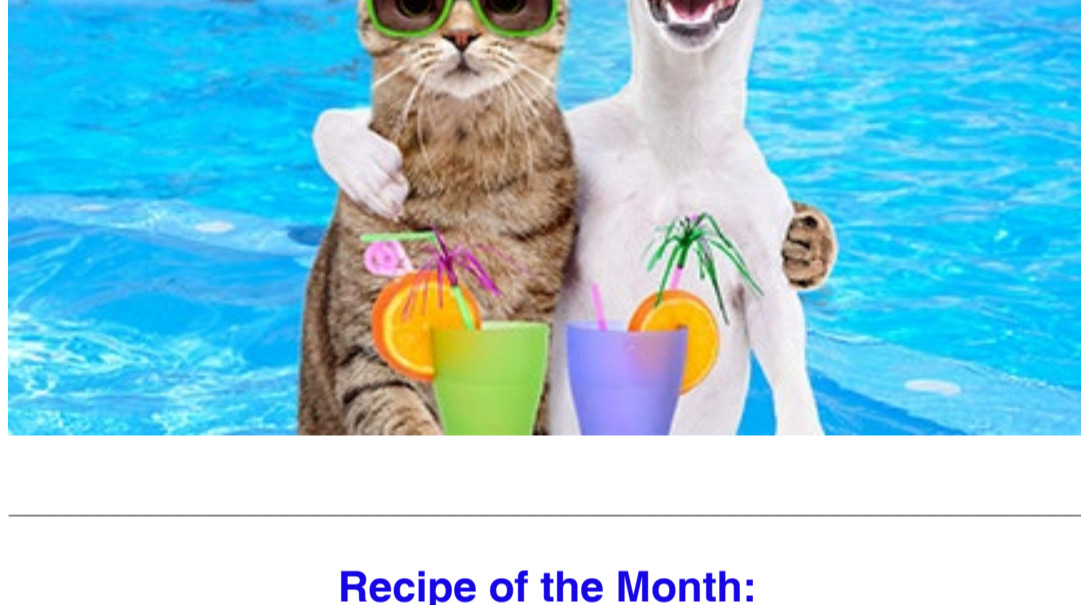
The best of intentions come to nothing without an action plan. Schedule your family physical outings and put them on the calendar like you would any other appointment. If possible, make it a weekly day like every Friday afternoon or Saturday morning. This will help enforce the habit and make it easier to continue in the fall even if you have to transition to a different day and time.

#### Have Fun

Most of all, enjoy this family time together! Forming a positive association with exercise will help it stay a priority for everyone.

If anyone experiences foot or ankle pain during or after exercise, make an appointment with the podiatrist to get it evaluated and treated promptly.

### Happy Summer



### Recipe of the Month: Baked Cod with Lemon, Garlic, Capers, and Rosemary



#### Ingredients:

- 12, 4-ounce wild-caught cod fillets (skinless)
- 3 TBSP rosemary leaves (minced)
- 8 cloves garlic (minced)
- 2 lemons (thinly sliced)
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil
- 1/2 cup capers (drained)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

#### Directions:

1. Preheat oven to 350°F.
2. Lightly brush both sides of cod fillets with some olive oil and season with salt and pepper. Line cod fillets in a single layer within the baking dish.
3. In a small bowl, mix remaining olive oil, lemon juice, capers and minced garlic and pour over top of cod.
4. Place a lemon slice on top of each cod fillet. Bake for 8-10 minutes, or until fish is cooked to an internal temperature of 145°F.

Serves 12 / Serving size:

Recipe Courtesy of Homebase



### History FootNotes

- The first high heels appear on a 9th-century Persian ceramic bowl. More practical than attention-getting, they helped keep horseback riders' feet anchored in their stirrups.
- Norwegian shoemaker Niis Tveranger created **loafers** in 1930. Modeled after Iroquois moccasins, loafers got their name from photos of Norwegian farmers wearing them in local cattle loafing pens. American students inserted pennies in the front slots in the 1950's, creating **penny loafers**.
- Around 1960, newborn footprints, along with a mother's fingerprints, became part of the hospital's records as a requirement by states to help prevent mix-ups in hospital nurseries. Now however, instead of ink and paper, it is done digitally with a series of photographs that are saved in a secure database.

### Celebrity Foot Focus

The celebrity imprints in front of the TCL Chinese Theatre ImaX are part of Hollywood legend. But did you know they are not always handprints and they are not always human? In 1938, ventriloquist Edgar Bergen pressed the tiny feet and monocle on one of his dummies into cement. Roy Rogers brought his horse (Trigger) to his 1949 imprint, as did Western actors Tom Mix and Gene Autry. Additionally, Don Knotts and Dean Jones helped the Volkswagen Beetle car from "The Love Bug" roll its tires across the wet cement in 1977.

### Foot Funnies

😄 Watch out for that foot doctor – if you give him an arch, he'll take a foot.

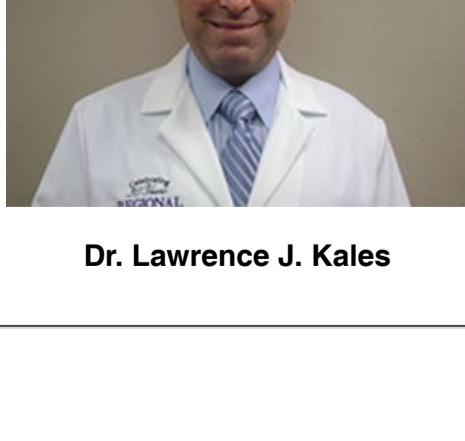
### Trivia:

All of these countries celebrate their Independence Day in July except which one?

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

Answer: B (Iceland Independence Day is celebrated every year on June 17)!I help to enhance the habit and make it easier to continue in the fall even if you have to transition to a different day and time.

### Meet our Doctors



Dr. Lawrence J. Kales

### Our Offices

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### Office Hours

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

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