



PASCO-HERNANDO FOOT & ANKLE

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Newsletter

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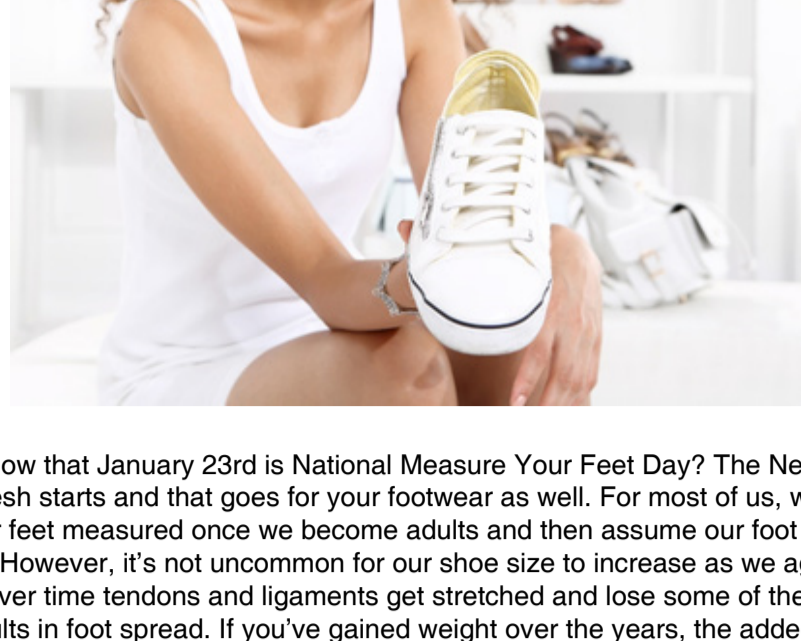


Office/Hours [See Below](#)

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Start the New Year with New Shoes



Did you know that January 23rd is National Measure Your Feet Day? The New Year is a time for fresh starts and that goes for your footwear as well. For most of us, we stop getting our feet measured once we become adults and then assume our foot size stays the same. However, it's not uncommon for our shoe size to increase as we age. It's because over time tendons and ligaments get stretched and lose some of their elasticity which results in foot spread. If you've gained weight over the years, the added strain to the lower extremities can also cause your foot size to increase.

Shoe Shopping Savvy

Here are a few tips for your shoe shopping trip:

- Plan to shop later in the day or evening. This is when your feet will be at their largest and this will help ensure that you get shoes that will feel comfortable all day long.
- Get both feet measured. Many people have one foot that is larger than the other—always buy shoes that will fit the bigger foot.
- Bring or wear the type of sock that you plan to wear with the shoes you are purchasing.
- Look for quality construction and features that will help prevent foot pain. These include good arch support, cushioned insoles, heel cups, and a sturdy tread. For dress shoes, choose styles with a roomy toe box and keep heel height to a maximum of two inches.
- Try on both shoes. If your podiatrist has prescribed a custom orthotic make sure it fits comfortably inside the shoes you're considering. Take your time and walk around the store to make sure the shoes don't pinch, rub, or irritate any part of your foot. Throw out the idea of a "breaking in" period. Shoes should be comfortable from the moment you purchase them.

Don't Wait

It's been estimated that as many as 90% of people are wearing shoes that are the wrong size for their feet. Improperly fitting shoes is one of the primary causes of many common foot problems including blisters, flat feet, plantar fasciitis, bunions, hammertoes, and ingrown toenails. If you have a chronic foot problem talk to your podiatrist about shoe styles and features that will best accommodate your unique foot.

Make a New Year's Resolution to Take Good Care of Your Feet!



If you are like most of us, you have made a resolution or two for the New Year. We have one to add to your list: Take better care of your feet!

Those two hard-working feet will take you a long way through your lifetime and need attention to keep them in tip-top shape. Here's how:

- Check your feet every day. Look for any damage such as cuts, punctures, cracked skin or fungal infections. Don't forget between the toes and your soles!
- Wash your feet daily with warm, soapy water and a soft sponge or washcloth. Be sure to dry carefully, especially between the toes.
- After washing, moisturize your feet with a rich, emollient lotion or cream. This will keep your skin smooth and prevent cracking that can let in damaging bacteria.
- Empty out your shoe closet and donate shoes and boots that are too tight, too narrow or worn out. Use a few of those holiday gift cards to upgrade your shoe wardrobe. Shop late in the day when feet are largest and select shoes with a flatter heel and plenty of toe wiggle room.
- Keep your feet well-protected. Avoid going barefoot and limit wearing flimsy flip-flops to pools and the beach. Opt instead for sturdy sandals, and don't forget to apply sunscreen. Wear moisture-wicking socks in cooler or wet weather.
- Treat yourself to a professional pedicure, but vet the nail salon thoroughly in advance. Look for the proper license postings. Check the foot baths and equipment for cleanliness and make sure that all implements have been sterilized and are taken from new packaging.
- Add some simple feet, toe and ankle stretching exercises to your daily routine to maintain flexibility.

We wish you - and your feet - a happy and healthy 2022!



Recipe of the Month Panko-Crusted Salmon



Resolution for the New Year...eat more fish. A serving of salmon (3 to 4 ounces) is about 200 calories. It's very low in saturated fat and a good source of protein. It's also one of the best sources of vitamin B12, is rich in potassium and high in other nutrients like iron and vitamin D.

Ingredients

- 2/3 cup panko (Japanese dried bread flakes)
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- Four 6- to 8-ounce salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Directions

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
4. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.

Recipe courtesy of FoodNetwork.com & Ina Garten



Dimensions Please!

January 23rd is National Measure Your Feet Day. This year was created as an opportunity to give feet a little **more** attention. People rarely think about their feet, but they are a vital part of everyday life and require as much, if not more, care as any other body part.

The story behind Measure Your Feet Day originates in ancient Iceland. Ancient Icelanders spent most of their free time participating in activities that involved their feet. When spring arrived, a time known for extreme rainstorms in Iceland, the natives would run into their huts and celebrate the rain by measuring their feet. From there, it became known throughout the world, and Measure Your Feet Day became a thing beyond Ancient Iceland.

Measure Up!

Accurately measuring your foot is all possible thanks to the Brannock Device. The Brannock Device is the standard foot measuring tool for the world's footwear industry. But few people can call the device by name, much less identify its inventor, Charles Brannock.

Brannock was born into the shoe business. His father Otis helped found the Park-Brannock Shoe Co. in Syracuse, New York. As a Syracuse University student, Charles wanted to find the best way to measure the foot. He played around with the idea for a couple of years and finally built a prototype using an Erector set. In 1926 and 1927, Brannock patented the device and created a company to build it.

Before the Brannock Device, the only available option was a primitive block of measured wood. The Brannock Device dramatically improved the accuracy of a foot measurement, to 95-96 percent correct. There are now models for men, women, children, athletic shoes, and ski boots.

Foot Funnies

- Q: Why isn't your nose 12 inches long?
A: Because then it would be a foot

Trivia

What part of your body is more likely to get frostbite?

- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. This makes skin and tissue more likely to freeze.

Meet our Doctors



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Thursday: 8:00am - 5:00pm

Friday: 8:00am - 5:00pm

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