



WE KEEP YOU WALKING (239) 430-FOOT

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In This Issue...

- ✓ Ouch! My Heel Hurts!
- ✓ Tips for Helping Seniors Regain Their Balance
- ✓ Recipe of the Month: Beet and Goat Cheese Arugula Salad

Learn More About Orthotics: Their Benefits and Functionality Will Surprise You!

When you hear the word "orthotics," what image jumps into your mind? An orthopedic device that helps prevent or correct a foot deformity? An appliance to help reduce an elderly person's risk of falling? A shoe insert to realign the leg and relieve knee pain from osteoarthritis?

Well, custom-fitted orthotics do all that and much more!

What Are Custom-Made Orthotics?

There are many types of shoe inserts available at pharmacies and other retail establishments. Off-the-shelf inserts are sold by shoe size or can be trimmed to fit, and are relatively inexpensive with no waiting period.

Store-bought inserts are, however, generic. Your feet are **not** generic! Instead, they have their own physiology and unique needs.

Custom-fitted orthotics are completely individualized as they are not based just on your foot size. These unique devices are made precisely to the shape and form of your fit and will fit and support only you. Custom-made orthotics are the way to go to address your specific foot requirements.



Orthotics Address a Wide Variety of Foot Problems

Custom-fitted orthotics can help many different foot issues, including:

- Heel pain
- Bunions
- Corns and calluses
- Flat feet

...continued on page 2

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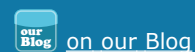
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Sat: Closed

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....continued from page 1 **Learn More About Orthotics....**

- High arches
- In- and out-toeing
- Hammertoe and claw toe
- Forefoot pain
- Neuropathic ulcerations

Many foot problems arise from biomechanical issues caused by muscle weakness, joint problems or poor shoe choices. These issues put extra strain on the feet as well as higher up in the body, causing shin splints as well as knee, hip and lower back pain.

Orthotics can help resolve foot problems and those resulting from poor foot biomechanics.

Orthotics Help Athletes Stay in the Game

Athletes in virtually every sport – well, maybe not swimming! – as well as those who enjoy any type of workout can benefit from custom-made orthotics.

Because orthotics work with your specific foot type, they will improve your comfort, maintain appropriate alignment of your lower limbs and increase your efficiency. They also reduce the chance of a lower-limb injury to keep you in the game longer.

Whether you are a runner or walker or enjoy sports like basketball, tennis, dancing, climbing and biking, custom orthotics can enhance your performance while reducing pains and aches and lowering your risk of an overuse injury. Please come in to our office to discuss how orthotics can help you today!

Do You Know How To Identify Skin Cancer on the Feet?

Yes, your feet are susceptible to skin cancer just like the rest of your body.

Not all skin cancers are caused by the sun's harmful UV rays, so skin cancer can develop even in spots that are not touched by sunlight. Skin cancers found on the feet are more often caused by viruses, chemical exposure, chronic inflammation or even inherited traits.



Watch for these symptoms of the 3 types of skin cancer that can be found on the foot:

Malignant melanoma. Melanomas can be found on the top of the feet as well as the soles, and even beneath the toenails. The danger of melanoma is that it can spread deeper into the skin and then the blood vessels and lymphatic system, and then on other places in the body. Look for the ABCD's of melanomas:

....continued on page 3

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....continued from page 2 **Do You Know How To Identify...**

- Asymmetry, or sides that don't match
- Borders that are uneven or ragged
- Color changes
- Diameter where the lesion is wider than 6 mm – the size of a pencil eraser.

Basal cell carcinoma. Basal cell is often caused by sun exposure and so is less often seen on the feet. This is one of the least aggressive cancers, only rarely spreading beyond the skin. The carcinomas may look like white bumps or patches that crust over and sometimes ooze.

Squamous cell carcinoma. This is the most common form of skin cancer to appear on the feet. Squamous cell carcinoma begins as a small, scaly bump that can look inflamed. The cancer can be itchy and may resemble a plantar wart, eczema, an ulcer or a fungal infection.

When To Contact Your Foot and Ankle Physician

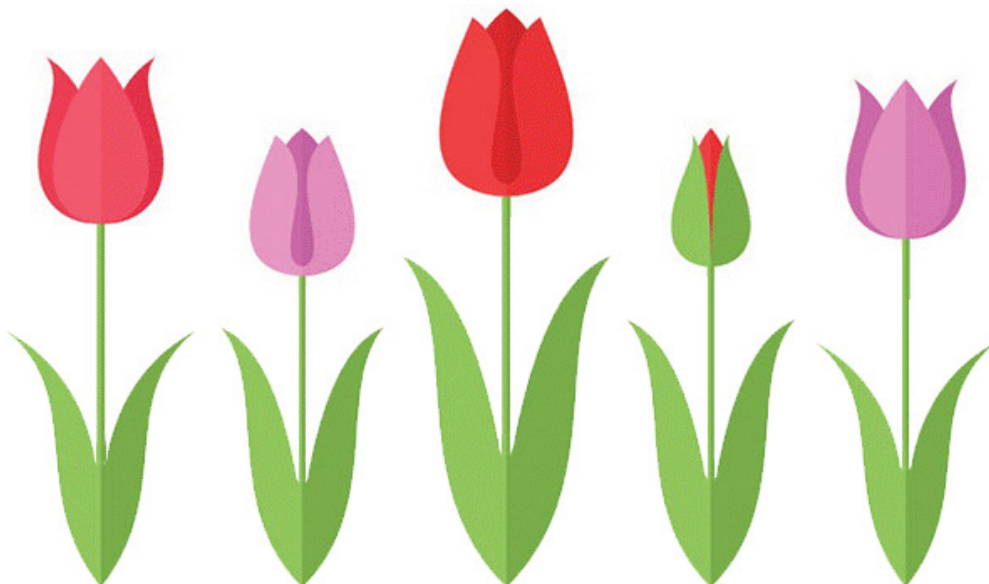
We have the special skills necessary to identify skin cancers of the foot. If you notice anything unusual on the skin of your feet or ankles, please come in for an exam. Early detection is critical for both benign and malignant skin cancers.

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History FootNote

Cobblers took foot pads made of matted animal hair and added leather materials to the insides of shoes, creating the first arch supports.

Celebrity Foot Focus

Kristen Bell and Scarlet Johansson are just two of the many celebrities who wear orthotics to compensate for the discomfort of super-high heeled shoes.

Foot Funnies



Why couldn't the two feet get along? Because they both thought they were right.

Trivia

Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.

- A. True
B. False

Answer: **A. True**

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shooting pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuroma-prone.

Recipe of the Month

Grilled Tilapia with Mango Salsa

This sweet and spicy salsa goes beautifully with a white fish like tilapia. Make sure your mango is very ripe. Mangos are a good source of potassium, vitamin A and beta-carotene.

Ingredients

- 1/3 cup extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon fresh minced parsley
- 1 clove garlic
- 1 teaspoon dried basil
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 (6 ounce) tilapia fillets
- 1 large ripe mango, peeled, pitted and diced
- 1/2 red bell pepper, diced
- 2 tablespoons minced red onion
- 1 tablespoon chopped fresh cilantro
- 1 jalapeno pepper, seeded and minced
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- Salt and pepper to taste



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Directions

Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl and pour into a re-sealable plastic bag. Add the tilapia fillets, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.

Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro, and jalapeno pepper in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper and refrigerate until ready to serve.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

Recipe courtesy of Allrecipes.com

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