



PASCO-HERNANDO FOOT & ANKLE

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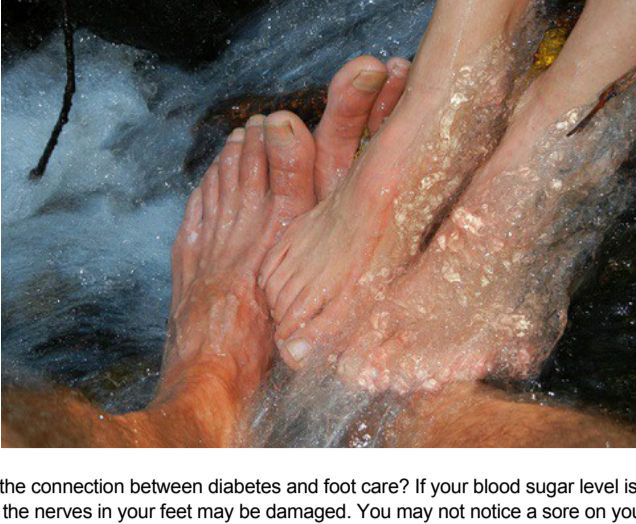
Newsletter

Fall 2015



Offices/Hours See Below

Foot Care Vitally Important for Those with Diabetes



What's the connection between diabetes and foot care? If your blood sugar level is out of control, the nerves in your feet may be damaged. You may not notice a sore on your foot because you can't feel it so it may become infected.

At the same time, diabetes may cause a blockage in the artery that goes to your feet. Reduced blood supply means that your immune system can't help heal the sore by sending white blood cells to the rescue. The result? An undetected sore or blister gets worse and becomes infected and even may cause a toe or foot to be amputated.

Foot Care is Critical for Individuals with Diabetes

If you or a family member has diabetes, be sure to do all you can to prevent foot problems from becoming serious. Here are a few tips that are easy to add to your routine:

- Wash and dry feet thoroughly each day, then apply lotion – but not between the toes.
- Examine feet daily. Look for cuts, sores, blisters, corns, calluses, ingrown toenails and cracked skin.
- Cut toenails straight across and don't cut the cuticles.
- Always protect your feet – don't go barefoot. Wear comfortable loose socks and keep them dry. Shoes should be sturdy, roomy in the toes and comfortable with no rough surfaces inside.

November is Diabetes Awareness Month and a perfect time to highlight the importance of foot care for those with this disease. November is also the 75th anniversary of the American Diabetes Association.

Be sure to contact us quickly if you observe any unusual problems with your feet such as sores or wounds, pain or numbness, calluses, redness or blackening, ingrown toenails or infections. Treating small problems promptly reduces the risk of developing serious complications.

All about Heel Pain



Let's face it: we take our heels for granted. They are a complex combination of bone, muscles and tendons. Along with the ankle, the heel works to distribute tremendous forces when running and walking.

But we certainly pay attention when our heels hurt. Persistent heel pain is not normal and has many causes:

Plantar fasciitis. The plantar fascia ligament stretches along the bottom of the foot from the heel bone to the toes. Overuse or walking, running or standing on hard surfaces like concrete can cause the ligament to become inflamed and painful. Pain is usually worst when first getting out of bed in the morning.

Heel spur. This abnormal bone growth on the heel bone causes pain during standing or walking. Individuals with plantar fasciitis often develop heel spurs.

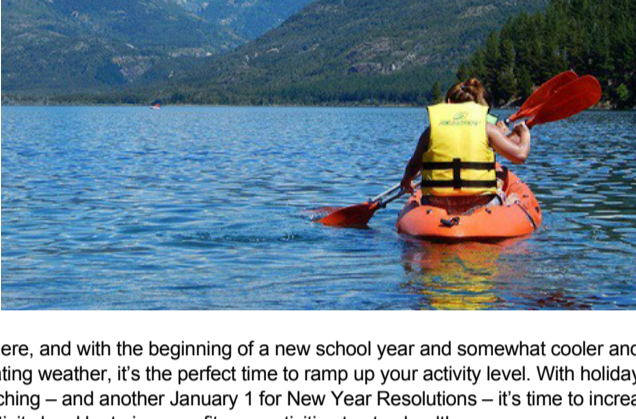
Achilles tendonitis or rupture. This tendon is located at the back of the heel and overuse can result in painful inflammation. A ruptured or torn tendon must be treated immediately.

Bursitis. Inflammation of the bursa, small sacs that cushion the bones, muscles and tendons in joints, can cause heel pain.

Stress fracture. Tiny cracks can appear in bones subjected to excessive stress.

There are many other causes for heel pain but they all have one thing in common: the need for a professional evaluation. Call our office for an appointment and we will quickly diagnose your heel pain problem and discuss treatment options. There is no reason to live with chronic heel pain!

Stay Active and Healthy this Fall



Fall is here, and with the beginning of a new school year and somewhat cooler and more invigorating weather, it's the perfect time to ramp up your activity level. With holidays approaching – and another January 1 for New Year Resolutions – it's time to increase your activity level by trying new fitness activities to stay healthy.

- Keep your workout outdoors to enjoy fall temperatures. But walking or running doesn't have to be at the high school track: discover new park trails for a welcome change of scenery.
- If you're burnt out on walking, running and biking, try kayaking at a nearby lake or in-line skating.
- Share your workout. Bring a friend along for conversation and encouragement. Get a group together for a friendly basketball pick-up game.
- Exercise can be fun too. Take your dog to a nearby park or beach to toss a ball or Frisbee.
- Chores count. Raking leaves and cleaning out gardens get the heart pumping and increase flexibility.
- Learn a new skill. Investigate classes at a nearby YMCA, fitness club or senior center. Try boxing, yoga, tai chi and Zumba.
- Be safe in shorter daylight hours. Carry a flashlight and wear shoes and clothing with reflective strips.

Whatever you choose to do, keep moving! Regular exercise reduces stress and boosts energy. You'll even sleep better. Staying active strengthens muscles and helps maintain bone strength. Stay active to stay healthy in the fall and year-round.

Top Picks for Fall Vacations



Fall is a great time to travel. The crowds have gone and you can find great off-season prices. So dust off your suitcases and take your pick of these top fall vacation spots:

Leaf-Peeping

New England shines in the fall with cool, crisp air and fabulous colors. Go big as in Boston or seek out tiny, tucked-away villages in Vermont. Time your visit using the New England [Fall Foliage Map](#).

But New England doesn't have an exclusive on wonderful fall foliage. The Southeast, Midwest and Western areas abound with leaf-peeping opportunities. You can find more information and foliage reports [here](#).

For Football Fans

Does your family love football? Why not start a quest to visit each U.S. professional stadium? Follow your favorite team on a road trip or just pick an intriguing destination like Denver for the Broncos or the Colts in Indianapolis. It's a fun way to see the country and satisfy your sports passion.

National Park Lodges

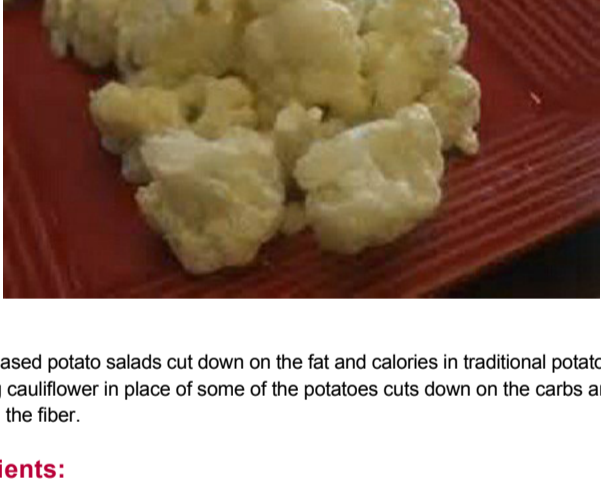
If you love the outdoors, stay at a lodge in our national parks:

- Yosemite's Ahwahnee Lodge has architecture inspired by Native American and Art Deco Styles.
- At El Tovar you'll stay right on the rim of the Grand Canyon.
- Your room at Volcano House in Hawaii Volcanoes National Park may come complete with a view of ... a volcano!
- Check the timing of its famous geyser by staying at the Old Faithful Inn in Yellowstone National Park.
- If you prefer a more secluded beach vacation, visit the Greyfield Inn in Georgia's Cumberland Island National Seashore.

You can find these and more at the National Parks [website](#).

Recipe of the Month

Cauliflower and Potato Salad



Vinegar based potato salads cut down on the fat and calories in traditional potato salad, and using cauliflower in place of some of the potatoes cuts down on the carbs and increases the fiber.

Ingredients:

- Cooking spray
- 4 Cups cauliflower florets, roughly chopped
- 5 red potatoes, cut into 1 inch chunks (equals 4 cups cut)
- 1/2 Cup balsamic vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey
- 1/4 Cup chopped fresh parsley
- 1/4 Cup minced red onion
- 1 red bell pepper, seeded and diced

Directions:

Preheat oven to 375 degrees. Coat a baking sheet with cooking spray. Lay cauliflower and potatoes in a single layer on the baking sheet and coat the vegetables with cooking spray. Roast for 45 minutes until vegetables are golden brown and tender.

In a large bowl, whisk together the balsamic vinegar, olive oil, Dijon mustard, honey and parsley. Add red onion, bell pepper and hot potatoes and cauliflower right out of the oven. Toss well to coat.

Refrigerate salad until cooled (at least 1 hour). Stir again before serving.

Recipe courtesy of American Diabetes Association



We want to spread the word about our great service!
FOLLOW US on Twitter!
LIKE US on Facebook!
CHECK OUT our weekly blogs!
And feel free to share our posts with your friends.
THANK YOU from all of us for your support and friendship.

Trivia:

1. How many steps does the average toddler take in a minute?

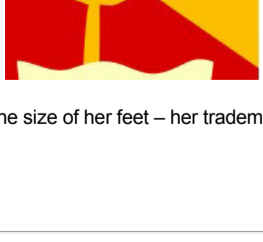
- A. 1,000 steps
- B. 176 steps
- C. 500 steps
- D. 250 steps

Answer: B. 176 steps

History FootNote

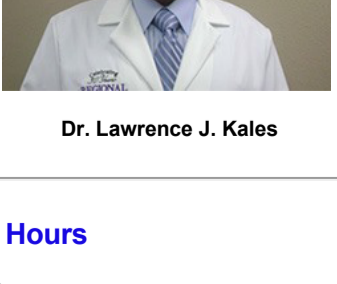
Hippocrates developed a foot scraper in ancient Greece to remove corns and calluses. It was the origin of today's surgical scalpels.

Celebrity Foot Focus



Audrey Hepburn did not like the size of her feet – her trademark ballet slipper shoes were size 10 1/2.

Meet our Doctor



Dr. Lawrence J. Kales

Our Offices and Hours

Bayonet Point Location
7117 State Road 52
Hudson, Florida 34667
Phone: 727 868-2128

Spring Hill Location
5327 Spring Hill Drive
Spring Hill, Florida 34606
Phone: 352 683-5799

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