



# PASCO-HERNANDO FOOT & ANKLE

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Newsletter

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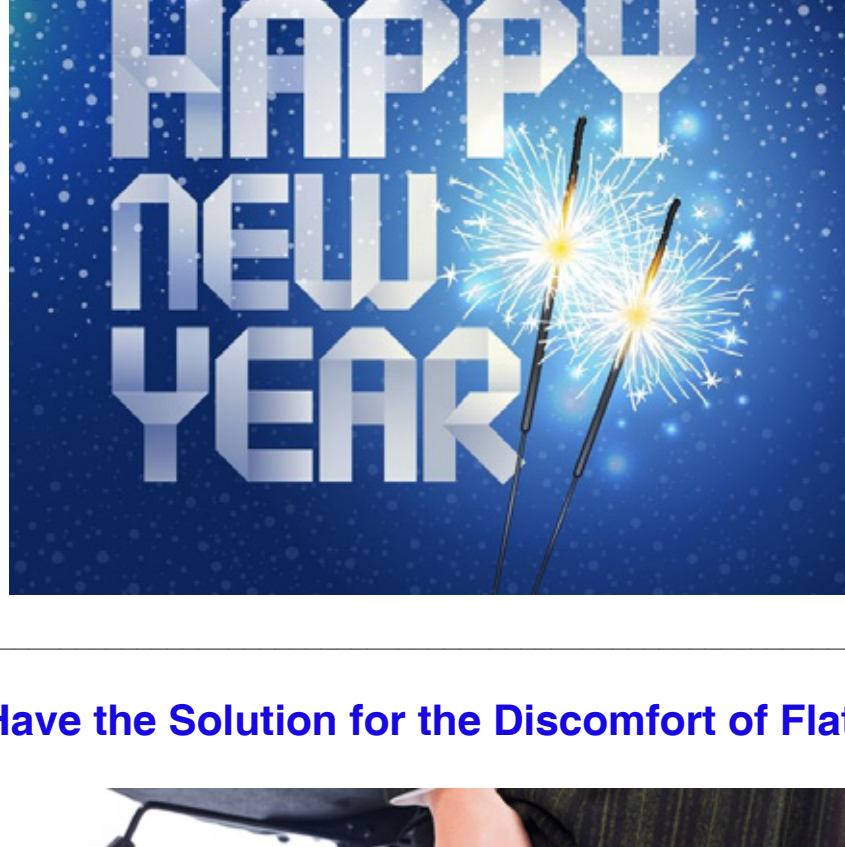


## Office/Hours [See Below](#)

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## Warm wishes for a happy, healthy and prosperous new year!



## We Have the Solution for the Discomfort of Flat Feet



Do you have flat feet? There is an easy test that you can take. Just wet your feet and then stand on a bathroom tile or concrete sidewalk, or any flat surface that will show your footprint. If you can see the shape of your whole foot rather than just a portion, then you have flat feet.

The foot's arch has several important jobs, including absorbing lots of force during weight-bearing activities like walking and running. When the tendons that help form the arch pull together the right way, the foot will show a moderate arch. However, in those with flat feet, the arch collapses with weight-bearing so the entire sole is in touch with the ground.

Many of those with flat feet are born with this condition and it tends to run in families. Other causes include damaged tendons, rheumatoid arthritis, nerve problems and trauma such as a fracture. Weakened tendons, for example caused by pregnancy or the wear and tear of aging, can also cause flat feet.

### Symptoms and Treatment for Flat Feet

Many individuals with flat feet have no symptoms, but others experience:

- Pain and aches in the heels and arches
- Feet that tire easily
- Difficulty standing on the toes
- Leg, hip and back pain
- Swollen soles

If you have no pain, you can continue your normal activities but avoid participating in high-impact sports like basketball and running on hard surfaces.

However, if you are experiencing pain and you must limit your activities, we can give you relief. Non-invasive therapies that will reduce pain and other symptoms from flat feet include:

- Resting
- Icing the area
- Stretching exercises
- Physical therapy
- Anti-inflammatory medication, with your doctor's permission
- Custom orthotics to support the arch

If your pain is severe or the foot is damaged, we will discuss surgical solutions with you.

### A Word About Children and Flat Feet

It's very common for a baby's feet to be flat. You'll see the arches begin to develop by age 2 or 3.

You should, however, keep an eye on your child's feet and watch for any gait changes such as limping or walking clumsily. Excessive fatigue or pain during long walks may be a warning sign that something is wrong.

If you have any concern about your child's feet, walking habits or arch development, we'd be happy to help!

## 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 2018!



## Recipe of the Month Vegetarian Black Bean Chili with Ancho and Orange



The holidays are over and it's time to think healthy comfort food. This one fits the bill!

### Ingredients

- 2 tablespoons canola oil
- 1 medium onion, cut into 1/4-inch dice
- 1 medium red bell pepper, cut into 1/4-inch dice
- 4 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 tablespoon ancho chile powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne
- Kosher salt
- Pepper
- One 15-ounce can crushed tomatoes
- Three 15-ounce cans black beans, rinsed and drained
- 1 tablespoon honey
- 1 teaspoon finely grated orange zest plus 2 tablespoons fresh orange juice
- Cilantro leaves, for garnish
- Greek yogurt, for serving

### Directions

In a large saucepan, heat the oil. Add the onion and bell pepper and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Stir in the garlic, tomato paste, chile powder, cumin, oregano and cayenne and season with salt and pepper. Cook, stirring, for 1 minute. Add the crushed tomatoes, black beans, honey, 1/2 teaspoon of the orange zest and 2 cups of water and bring to a simmer. Cover and cook over low heat, stirring occasionally, until all the flavors meld and the liquid is slightly reduced, about 20 minutes. Stir in the orange juice and season with salt and pepper. Divide the chili into bowls and garnish with cilantro leaves and the remaining 1/2 teaspoon of orange zest. Serve with yogurt.

Recipe courtesy of [foodandwine.com](http://foodandwine.com)

## History FootNote

Throughout history, flat feet were seen as a sign of poor health and low class, while those with high arches were viewed as being of a higher class and more vigorous.

## Celebrity Foot Focus

Angelina Jolie suffers from flat feet and probably wears custom-fitted orthotics to keep her comfortable in her very active life.

## Foot Funnies

What is the foot surgeon's favorite Olympic event? Arch-ery!

## Trivia

To prevent stinky feet, you should use:

- A) Jasmine
- B) Black Tea
- C) Rosemary
- D) Cake batter

Answer: B. Tannic acid from tea closes sweaty pores, dries the feet, and reduces odor. Dr. Oz recommends soaking your stinky feet in strong, tepid black tea for 30 minutes a day.

## Meet our Doctor



Dr. Lawrence J. Kales

## Our Offices and Hours

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

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