



WE KEEP YOU WALKING (239) 430-FOOT

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Persistent Toenail Problems Won't Heal by Themselves

All too often we take our feet for granted until we need help with a foot or ankle problem.

This is especially true for our toenails. Except for regular trimming or pedicures, we usually ignore these very important parts of our feet. But you never know what problem may be hiding under your favorite shade of nail polish!



It's a good idea to check your toes every day. This is especially important for patients with diabetes as a small issue with your foot or toenails can quickly worsen into a dangerous problem.

Here are some problems that everyone should watch for:

Ingrown Toenails

This very common problem occurs when the corner or side of your toenail grows right into the skin and soft flesh of the toe. The area will be painful and may be red, swollen and show signs of infection. Ingrown toenails are caused by rounding the nail when you trim it instead of cutting straight across. Wearing shoes that crowd the toes because they are too tight or too narrow can make the problem worse.

Ingrown toenails must be treated professionally. Without proper treatment, the infection can get worse and possibly affect the underlying bone. Please call us if you observe any symptoms of an ingrown toenail. *...continued on page 2*

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Toenail Fungus

A fungal infection on any of your toenails will cause a change in the nail color and the nail may thicken and crumble at the edge. Toenail fungus loves a moist, warm environment like the inside of your shoes.

Although an over-the-counter treatment may appear to fix the problem, the nail fungus almost always comes back. A podiatrist's diagnosis and treatment are essential for complete healing.

Brittle Toenails

Toenails may become brittle from trauma or from repeated exposure to solvents like nail polish remover. A brittle nail is vulnerable to breaking, splitting or peeling in layers. Other causes of brittle nails include fungus, certain medical conditions, nutritional deficiencies, and psoriasis.

You can reduce the symptoms of a brittle nail by taking good care of your nails. Trim them carefully and moisturize frequently. Please let us know if your symptoms persist.

Choose the Right Shoes for Your Exercise Routine

The right athletic shoe can make a big difference in success with your chosen exercise or sport. Investing in separate, specific shoes for each activity will really pay off. Here are some quick guidelines:



- **Running.** Runners need extra cushioning in the heel and forefoot to handle the great impact that hits the feet with every step. The right running shoe has a built-up heel for those who land on the ball of the foot, while runners who strike with heel or midfoot should look for less build-up on the heel.
- **Walking.** Walkers don't need as much cushioning in the forefoot which can add weight to the shoe. As walkers strike the ground first with the heel, having heel cushioning is essential. Look for a lighter shoe that still provides adequate cushioning.
- **Tennis.** This sport involves lateral movements with frequent stops, starts, and turns. Choose flat shoes with lots of support, cushioning and traction.
- **Basketball.** Look for shock-absorbing midsoles with lots of ankle support and traction for quick, sharp movements on the court.
- **Hiking.** Your hiking shoe depends on the terrain, and choices range from supportive sandals for well-maintained trails, to mid- or high-cut hiking boots if you are carrying a light backpack, to heavy mountaineering boots with stiff midsoles.
- **Cycling.** Whether indoor or out, look for shoes specifically designed for bicycling as these are lighter, have good ventilation and stiff soles to transfer power to the pedals.

When shopping for athletic shoes, visit a specialty sporting shoe store for the best selection and advice. Shop later in the day when feet are largest and bring along your own socks.

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Make Your Athletic Socks Work for You

Socks are important! More than just padding or cushioning, they actually serve as a barrier between the shoes and the feet. A good pair of socks can prevent foot problems like blisters, calluses and fungal infection, as well as absorb some of the impacts on the feet and ankles and reduce soreness after working out.



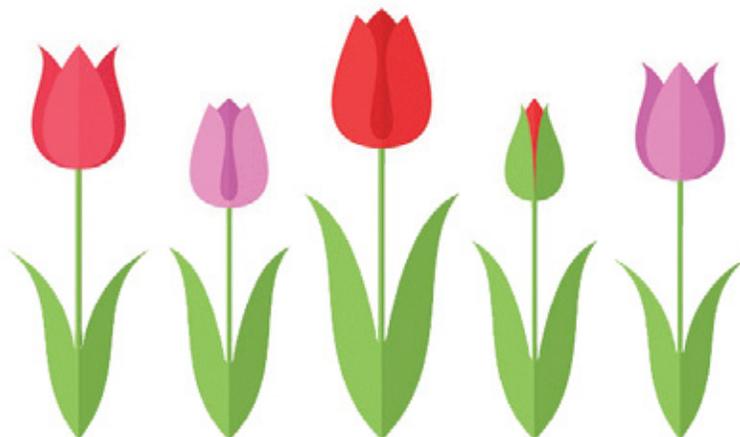
But it's essential to have well-fitting socks too. If they are too tight, they will trap moisture that can lead to toenail fungus and athlete's foot. Socks without enough cushioning are problematic, especially for athletes who do a lot of jumping or running on pavement.

Here are a few considerations when choosing comfortable socks that pair well with your activity:

- Always try socks on before purchasing.
- Shop at a specialty sports footwear store and ask a staff member which socks fit your exercise of choice.
- Opt for a high thread count for greater protection and to repel moisture.
- Look for socks with cushion sole support and a reinforced heel and toe.
- Buy the right size - your toes should reach the seam and the heel padding should be in the right place to protect your heel.
- Ask about socks that will wick away moisture and cause less irritation and friction.

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History FootNote

In 1920, 7-time Boston Marathon winner Clarence DeMar ran in thin shoes with crepe-rubber soles and leather uppers weighing less than 10 ounces.

Celebrity Foot Focus

Many celebrities choose running to keep in shape including Will Ferrell, Reese Witherspoon, Sean "Diddy" Combs, and Mario Lopez.

Foot Funnies



Did you hear about the two podiatrists who opened offices next door to each other? They were arch rivals.

Trivia

A swollen joint in your big toe is an indication of

- A. Fungus
- B. Ingrown Toenail
- C. Gout
- D. Bunion

Answer: **C**

Recipe of the Month

Healthy Sicilian Cauliflower Rice

Studded with raisins, lemon zest and pine nuts, this fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon recipes.

Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped



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Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet, and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of the Food Network

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