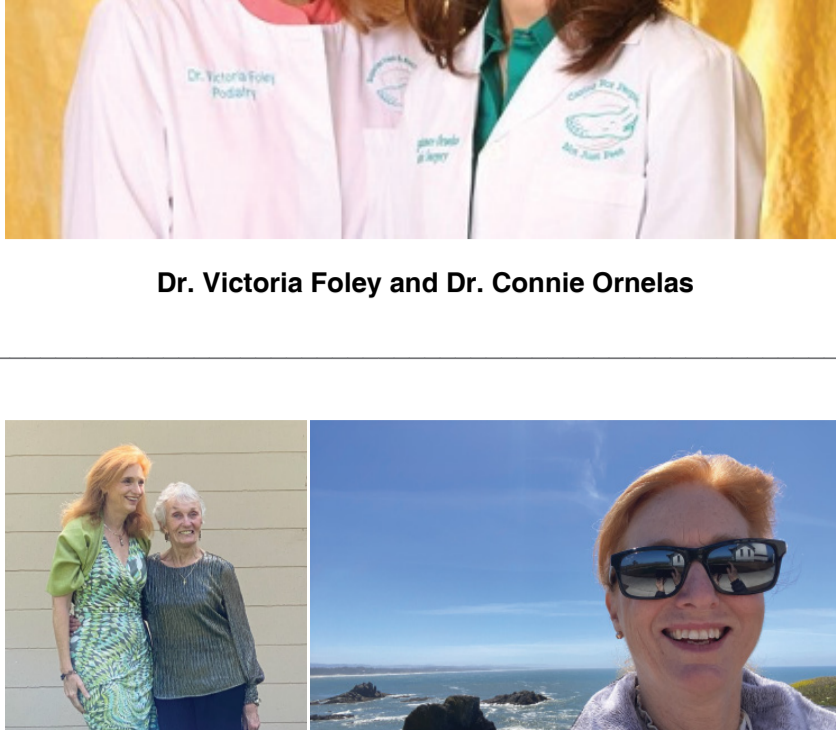


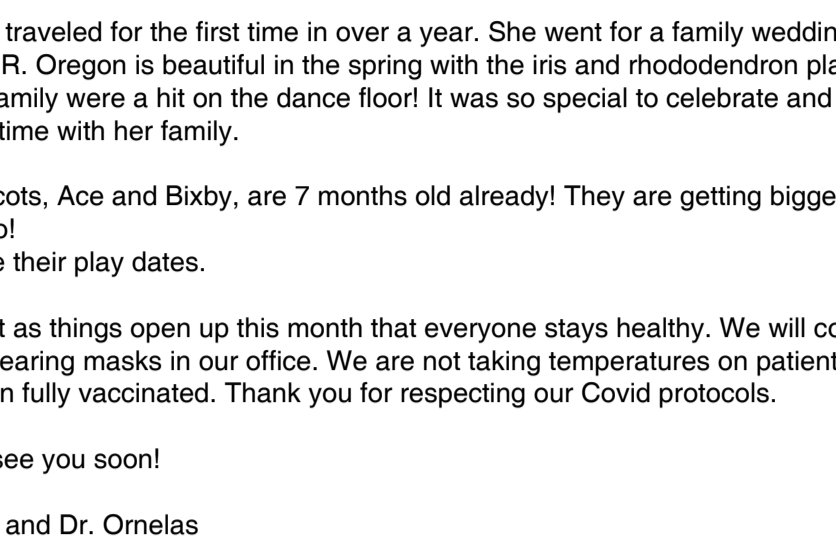


## In This Issue...

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Dr. Victoria Foley and Dr. Connie Ornelas



It was award season for Superior Foot and Ankle Center. We were voted best of Long Beach 2021! It is an honor to have our patients vote for us. Thank you very much for your trust in our care. That is why we stay in private practice.

Dr. Foley traveled for the first time in over a year. She went for a family wedding in Salem, OR. Oregon is beautiful in the spring with the iris and rhododendron plants. Her and her family were a hit on the dance floor! It was so special to celebrate and spend precious time with her family.

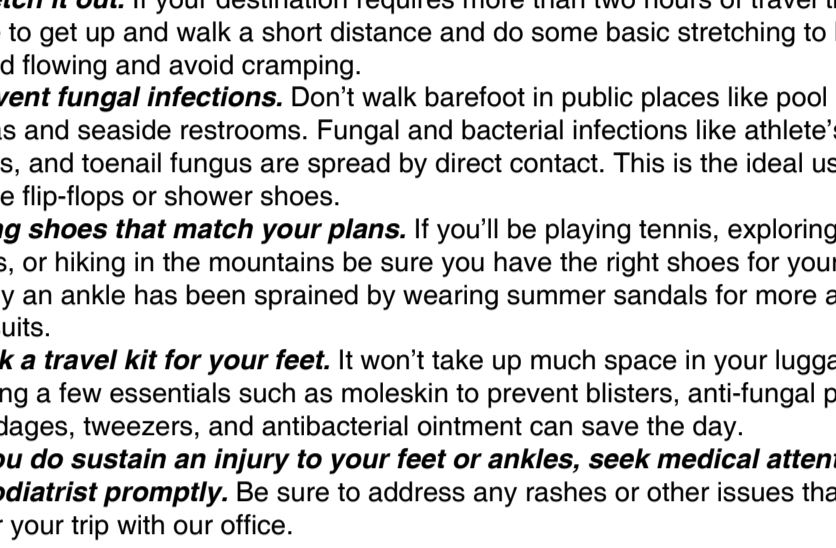
Our mascots, Ace and Bixby, are 7 months old already! They are getting bigger and faster, too! They love their play dates.

Hope that as things open up this month that everyone stays healthy. We will continue to require wearing masks in our office. We are not taking temperatures on patients that have been fully vaccinated. Thank you for respecting our Covid protocols.

Hope to see you soon!

Dr. Foley and Dr. Ornelas

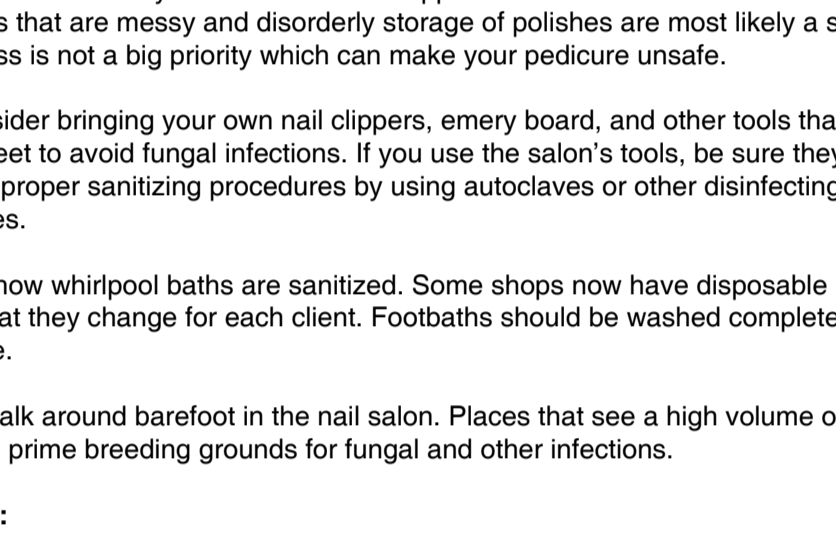
## Vacation Tips for Healthy Feet



As the Coronavirus situation continues to improve and more and more people get vaccinated, people everywhere are excited to be planning summer vacations again. Below are some tips to help prevent foot pain or other podiatric problems from throwing a wrench into your summer fun.

- **Choose comfortable shoes for travel days.** Whether you're traversing airport concourses to catch your flight or taking a road trip, start your vacation off right by wearing shoes that you know fit and don't cause blisters or pain. Avoid flip-flops as these, while comfy, provide no support or protection and can lead to an injury before your trip even begins.
- **Stretch it out.** If your destination requires more than two hours of travel time, be sure to get up and walk a short distance and do some basic stretching to keep the blood flowing and avoid cramping.
- **Prevent fungal infections.** Don't walk barefoot in public places like pool lounging areas and seaside restrooms. Fungal and bacterial infections like athlete's foot, warts, and toenail fungus are spread by direct contact. This is the ideal use for those flip-flops or shower shoes.
- **Bring shoes that match your plans.** If you'll be playing tennis, exploring ancient ruins, or hiking in the mountains be sure you have the right shoes for your activities. Many an ankle has been sprained by wearing summer sandals for more active pursuits.
- **Pack a travel kit for your feet.** It won't take up much space in your luggage but having a few essentials such as moleskin to prevent blisters, anti-fungal powder, bandages, tweezers, and antibacterial ointment can save the day.
- **If you do sustain an injury to your feet or ankles, seek medical attention from a podiatrist promptly.** Be sure to address any rashes or other issues that crop up after your trip with our office.

## Do's and Don'ts for Summer Pedicures



It's the time of the year to show off pretty painted toenails in strappy sandals. While some people love to treat their feet to a professional pedicure, others may feel more secure with a home pampering session. Below are some do's and don'ts to ensure that your pedicures are safe as well as attractive.

### At the Salon:

**Do:** Use a reputable salon that is licensed by your state cosmetology board or health department. Most nail salons will have their certificate prominently displayed.

**Don't:** Stick around if you notice the salon appears unclean. Floors that are not swept, restrooms that are messy and disorderly storage of polishes are most likely a signal that cleanliness is not a big priority which can make your pedicure unsafe.

**Do:** Consider bringing your own nail clippers, emery board, and other tools that are used on your feet to avoid fungal infections. If you use the salon's tools, be sure they are following proper sanitizing procedures by using autoclaves or other disinfecting techniques.

**Do:** Ask how whirlpool baths are sanitized. Some shops now have disposable plastic inserts that they change for each client. Footbaths should be washed completely after every use.

**Don't:** Walk around barefoot in the nail salon. Places that see a high volume of barefoot traffic are prime breeding grounds for fungal and other infections.

### At Home:

**Do:** Use a foot bath, preferably with a massage/whirlpool feature to soak feet and soften skin first. Add a few drops of essential oil in a pleasing scent for a "spa effect."

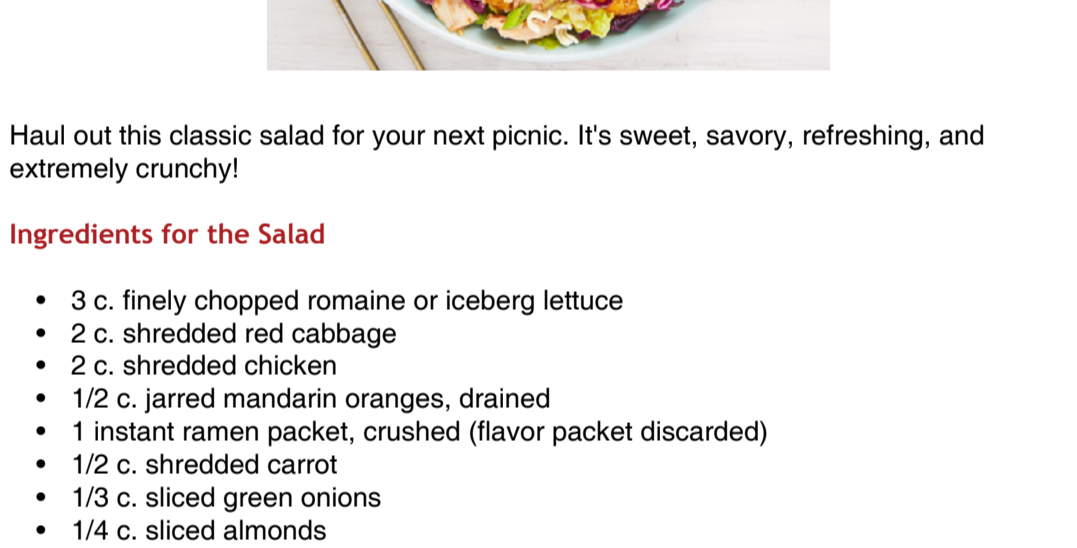
**Don't:** Try to cut off calluses with razors or sharp implements. It's safer to use an exfoliator and a pumice stone or scrubber on your heels and the bottom of your feet to remove dead skin.

**Don't:** Use clippers, cuticle cutters, or other pedicure tools that are used by other members of your household or friends. These can transmit fungi and bacteria and spread infections.

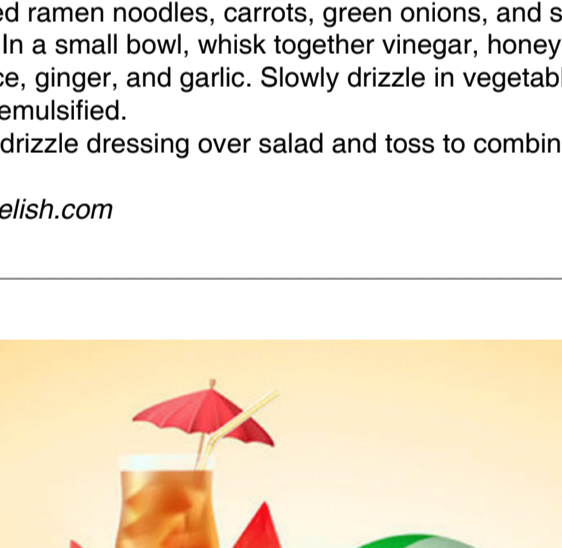
**Don't:** Cut toenails with rounded edges and avoid cutting nails so short that the surrounding skin can overlap the nail. This can lead to the development of an ingrown toenail. Always file nails straight across.

**Do:** Massage a rich, emollient moisturizer into your feet before applying the polish. Not only does this feel amazing, but it also helps improve circulation. Wipe nails with a little nail polish remover to take lotion off nails so the polish will adhere better.

If you have diabetes, talk to us about your pedicure needs. Diabetic patients must be especially careful to avoid cuts or nicks and ingrown nails that can lead to more serious wounds and infection.



## Recipe of the Month Crunchy Mandarin Orange-Chicken Salad



Haul out this classic salad for your next picnic. It's sweet, savory, refreshing, and extremely crunchy!

### Ingredients for the Salad

- 3 c. finely chopped romaine or iceberg lettuce
- 2 c. shredded red cabbage
- 2 c. shredded chicken
- 1/2 c. jarred mandarin oranges, drained
- 1 instant ramen packet, crushed (flavor packet discarded)
- 1/2 c. shredded carrot
- 1/3 c. sliced green onions
- 1/4 c. sliced almonds

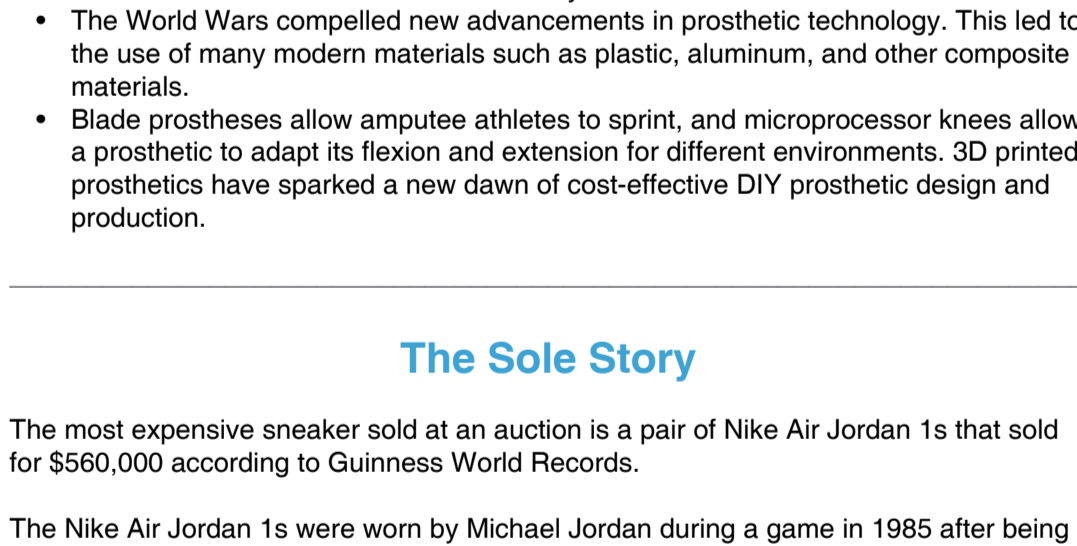
### Ingredients for the Dressing

- 3 tbsp. rice wine vinegar
- 2 tbsp. honey
- 1 tbsp. sesame oil
- 1 tbsp. hoisin sauce
- 2 tbsp. soy sauce
- 1 tsp. minced ginger
- 1 clove garlic, minced
- 1/4 c. vegetable oil

### Directions

1. Make salad: In a large bowl, toss together lettuce, red cabbage, chicken, mandarin oranges, crushed ramen noodles, carrots, green onions, and sliced almonds.
2. Make dressing: In a small bowl, whisk together vinegar, honey, sesame oil, hoisin sauce, soy sauce, ginger, and garlic. Slowly drizzle in vegetable oil, whisking constantly until emulsified.
3. Before serving, drizzle dressing over salad and toss to combine.

Recipe courtesy of [delish.com](#)



## History Foot Note

Breakthroughs in prosthetic design are helping to improve the world for amputees. Neuroprosthetics and entirely brain-controlled devices are making the dream of fully replacing a missing limb closer than ever.

The use of prosthetics began before the advent of writing, and that's based on only a few fragments that have been uncovered. Improvements have allowed for the replacement of a simple wood or iron artificial leg with sophisticated devices that come closer to mimicking biological function. Here's a brief history:

- The earliest example of a prosthesis ever discovered is a big toe, belonging to a nobleman in Egypt, and dated to between 950-710 BC. The big toe was particularly important to an Egyptian because it was necessary to wear the traditional Egyptian sandals.
- A prosthetic leg dating to around 300 BC was discovered in a tomb in China and was constructed of poplar wood with a horse hoof for a foot.
- Knights who lost limbs were fitted with iron artificial legs that would allow them to ride their horse, but otherwise provided little function.
- Ambroise Paré was an accomplished barber/surgeon and anatomist who was the official royal surgeon for four French Kings. He was the first to develop an above-knee prosthetic with an adjustable harness and a hinge-knee with lock control – both of which are still used today.
- The World Wars compelled new advancements in prosthetic technology. This led to the use of many modern materials such as plastic, aluminum, and other composite materials.
- Blade prostheses allow amputee athletes to sprint, and microprocessor knees allow a prosthetic to adapt its flexion and extension for different environments. 3D printed prosthetics have sparked a new dawn of cost-effective DIY prosthetic design and production.

## The Sole Story

The most expensive sneaker sold at an auction is a pair of Nike Air Jordan 1s that sold for \$560,000 according to Guinness World Records.

The Nike Air Jordan 1s were worn by Michael Jordan during a game in 1985 after being made exclusively for the legendary NBA Chicago Bulls player.

The seller, Jordan Geller, also holds the record for the largest collection of sneakers and/or trainers with 2,389 pairs.

## Foot Funnies

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

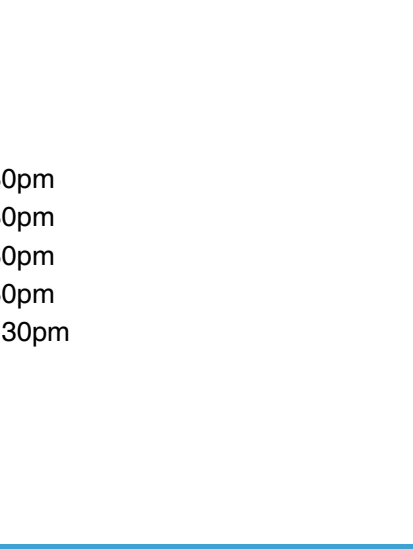
## Trivia

The world's first one opened in Coney Island, New York on June 16th, 1884. The world's first what?

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

**Answer: D**

## Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

## Follow us...



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## Our Office:

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Tel: +1 (562) 420-9800

## Office Hours:

Monday: 8:30am – 5:30pm  
Tuesday: 8:30am – 5:30pm  
Wednesday: 8:30am – 5:30pm  
Thursday: 8:30am – 5:30pm  
Friday: 8:30am – 12:30pm  
**\* Closed for lunch 12:30pm – 1:30pm**

[www.doctorvikki.com](http://www.doctorvikki.com)

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