



Superior Foot & Ankle Care Center

3747 Worsham Avenue, Suite #201
Long Beach, California 90808

562-420-9800

Newsletter

February 2019

Our Office

3747 Worsham Avenue
Suite # 201
Long Beach, CA 90808
Tel : +1 (562) 420-9800

Office Hours

Mon: 8:30 AM - 5:30 PM
Tue : 8:30 AM - 5:30 PM
Wed : 8:30 AM - 6:30 PM
Thu : 8:30 AM - 5:30 PM
Fri : 8:30 AM - 5:30 PM

* Closed for lunch
12:30 PM - 1:30 PM

Request an Appointment

Find Us



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Dr. Victoria Foley and Dr. Connie Ornelas

We hope you have all been staying safe and dry in this rainy weather. As much as a nuisance the rain can be it has been a nice change of scenery for us. Perhaps all this rain will help out our state with our drought issues. A lucky number of you have probably taken advantage of the incredible snow conditions in our local mountains. What a treat! It is true we Californian's are quite spoiled with our weather. It won't be long until our typical 70 degree weather returns.

Listen to Your Feet! Symptoms of Heart Disease and Other Health Conditions

If you have foot pain or other unusual sensations such as numbness in your feet or toes, or if you notice changes in the appearance of your feet, you may **not** be experiencing a foot-related disease or injury. Why? Because your feet are often the first place where symptoms of **other** health conditions can appear.

American Heart Month: Can Feet Show Symptoms of Heart Disease?

American Heart Month, celebrated each February, is the perfect time to consider atypical symptoms that may signal heart disease.



Some of these signs of heart disease appear in the feet first!

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History FootNote

In World War II, thousands of U.S. recruits were turned down because of flat feet. Today, if someone has “asymptomatic” flat feet, meaning no chronic pain or other symptoms, he or she may enlist in the military.

Celebrity Foot Focus

Having flat feet is not a deal-breaker for a runner like Olympic champion Săid Aouita. Haile Gebrselassie, often considered the greatest long-distance runner of all time, and Alan Webb, U.S. record holder for the fastest mile run, overcame flat feet by training barefoot.

- Hair loss on your toes may signal peripheral arterial disease, also known as PAD. This condition restricts blood in the leg's arteries which can result in heart disease.
- Cold feet can also be a sign of PAD as well as thyroid dysfunction. If poor circulation has you suffering cold hands and feet, talk to your doctor.

Signs of Other Conditions that Appear in the Feet

- A persistent wound or open sore on your foot that isn't healing may be a sign of diabetes. An untreated ulcer on the bottom of your foot may lead to an amputation.
- Peripheral neuropathy, or nerve damage beginning in the feet, is another sign of diabetes that causes numbness or a feeling of “pins and needles.” Please come see us promptly if you have any numbness in your feet.
- If you notice that a toenail has begun to change color, thicken or separate from the skin, you may have a fungal infection. Those with autoimmune diseases or individuals taking medications such as corticosteroids are at a higher risk of fungal nail.
- Gout is a type of arthritis and the first symptom may be a painful, enlarged big toe. This arthritis causes excess uric acid to build up, forming a painful crystal in the
- Psoriasis, a common skin condition, or psoriatic arthritis can cause your toenails to look pitted or to develop horizontal lines, or to appear discolored, crumbling or thickening.
- Chronic iron deficiency or anemia can cause your toenails to look sunken or have spoon-like indentations.
- Raynaud's disease is a disorder of the blood vessels that cause toes and fingers to become numb and turn blue when exposed to colder temperatures.

You can see that many of these diseases and conditions are serious health issues. If you experience any of these symptoms in your feet or toes, be sure to give us a call!

What Shoes to Wear Based on Your Foot Arch Type

Did you know that the type of arch in your foot has a lot to do with the right kind of shoe that you should wear? Your arches are very important for movement propulsion as well as for weight-bearing, bringing flexibility and stability to your foot.



3 Types of Foot Arches

- **Medium or neutral arches** are usually biomechanically efficient.
- **Low arches**, also called **flat feet**, happen when the arches don't properly form during childhood or from an injury.
- **High arches** are often hereditary and can't absorb shock as well as neutral arches.

It's easy to determine which type of foot arch you have: With wet feet, step onto heavy paper such as a brown shopping bag. If the outline of your foot shows about half of the arch area filled in, then you most likely have a neutral arch. Those with flat feet will see the complete outline of your foot, while individuals with high arches will see little if any image contact in the arch area.

Choosing the Right Shoe for Your Arch Type

Wearing the proper shoes and sandals for your arch type is very important in preventing muscle and ligament strains, overuse injuries like plantar fasciitis and stress fractures.

- Those with a **neutral arch** can wear just about any type of shoe that fits well and doesn't cramp the toes. This also includes athletic shoes.
- Individuals with **flat feet** should look for comfortable shoes that provide stability to the arch as well as the heel areas. Custom orthotic shoe inserts may supply the additional shock absorption that is needed. Look for shoes that have added cushioning and that help control foot balance and reduce friction.
- If you have **high arches**, you need a supportive and cushioned shoe but also one that is flexible without a lot of motion control. Walking shoes that are too rigid can cause foot pain and blisters.

Please visit us and have us assess your foot arch and discuss the best shoes for your individual feet.

Foot Funnies



What do you get when you play the piano with your feet? Footnotes

Trivia

How long have humans been wearing shoes?

- A. About 10,000 years
- B. About 30,000 or 40,000 years
- C. Over a 1 million years

Answer: B. About 30,000 or 40,000 years

Our ancestors knew going barefoot was rough on their feet. They may have worn foot coverings earlier, but they started wearing shoes for support toward the end of the Old Stone Age. Researchers base this on fossil evidence: Shoes changed the way people walked; toes were used less and, as a result, became smaller.

Pamper Your Valentine with Out-of-the-(Shoe)Box Gift Ideas!

Cupid with his bow and arrow is the classic symbol of Valentine's Day. But, although his image is romantic, we bet that Cupid could have used some relief for his tired and consistently bare feet!

Instead of the same old boring flowers and candy, consider these foot-related gift ideas that will tickle the feet of your favorite Valentine:

- Keep your favorite toes warm and comfy with a new pair of fluffy slippers. You can even find slipper socks with heated inserts!
- Make a basket of foot-pampering treats. Tuck in aromatic foot scrub, a pumice stone, foot butter, rich lotion or cream along with a new set of pedicure tools.
- A pedicure at a favorite salon or spa is always a welcome indulgence.
- Craft a foot care travel kit for your favorite traveler. Include foot care essentials such as lotion, nail clippers, emery board, sunscreen, small bandages, anti-fungal powder, blister pads and antibiotic cream.
- Upgrade sports shoes with a gift certificate at a high-quality athletic footwear store.
- Foot jewelry! How about an anklet with a meaningful charm?
- Swap worn-out socks for warm and soft premium-quality pairs.



Remember – when your Valentine's feet are happy, you are happy too!

Recipe of the Month Chicken and Broccoli Twice-Baked Spaghetti Squash

This recipe proves spaghetti squash is made for the twice-baked treatment - it's not just for potatoes! The squash gets roasted, blanketed in a creamy sauce with chicken and broccoli, and topped with cheese before taking a turn under the broiler for a golden brown crust.

Ingredients

- 1 medium spaghetti squash (2 1/2 to 3 pounds)
- 1 cup broccoli florets
- 2 cups 2% milk
- 1 clove garlic, smashed
- 4 ounces Neufchatel cheese (or 1/3 less fat cream cheese)
- 1/4 cup grated Parmesan
- 1 1/2 cups shredded mozzarella
- 1/4 cup Greek yogurt
- Kosher salt and freshly ground black pepper
- 2 cooked chicken breasts, diced (use rotisserie chicken for a shortcut)



Directions

1. Preheat the oven to 400 degrees F.
2. With a sharp knife, carefully cut about four 1/2-inch slits in the squash to allow steam to escape while it cooks. Put the squash on a baking sheet and roast for about 1 1/2 hours. Let the squash cool for about 20 minutes on the baking sheet.
3. Meanwhile, bring a pot of water to a boil and prepare an ice water bath. Blanch the broccoli briefly in the boiling water then transfer to the ice bath to cool. Drain and set aside.

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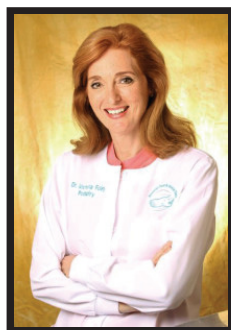
....continued from page 3 **Recipe of the Month**

4. Cut the squash in half lengthwise and use a spoon to scoop out the seeds. With a large fork, pull the squash fibers away from the outer peel (use a towel to hold the squash in place if necessary). Reserve the squash and the outer peel.
5. Preheat the broiler.
6. Put the milk and garlic in a saucepan over medium-high heat and heat until it just begins to simmer, about 3 minutes. Reduce the heat to medium, add the Neufchatel cheese, Parmesan and 1 cup of the mozzarella and stir until melted. Turn off the heat, stir in the yogurt and season with salt and pepper. Remove the garlic. Add the squash, chicken and broccoli and toss to coat. Divide the mixture between the reserved squash peels. Top with the remaining 1/2 cup mozzarella.
7. Place the stuffed squash onto a baking sheet and broil until the cheese is melted and bubbly, a few minutes.

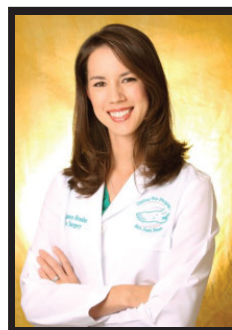
Recipe courtesy of Katie Lee



Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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