



Superior Foot & Ankle Care Center

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

562-420-9800

Newsletter

September 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

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Dr. Victoria Foley and Dr. Connie Ornelas



September feels like a new beginning with the kids going back to school. Amelia was very excited to begin in a new classroom with a new teacher. Gavin wanted to go too but he is not quite ready.

The other exciting part of September is COLLEGE FOOTBALL. We are proud to be Bruins!

Sincerely,
Dr. Foley and Dr. Ornelas

Plantar Warts: Annoying Growths That Need Professional Treatment

Plantar warts are not just annoying growths on the bottoms of your feet – they can be extremely painful when standing or walking.

A plantar wart most often comes from the human papillomavirus, or HPV. This virus can enter the body when there is a tiny cut or break in the skin of the feet. Although not very contagious from person to person, the virus thrives in moist, warm environments like public pools, gyms, locker rooms and spas.

Many plantar warts go away by themselves, but if you have a persistent one that is really painful, please see a podiatrist for a diagnosis and treatment.

One word of caution for those with diabetes: If you notice anything unusual during your daily foot exam, for example, a cut, scrape, puncture wound or wart, please make an appointment with us right away to prevent worsening of the problem.

Symptoms and Risks for Plantar Warts

To spot a plantar wart, look for a small, rough, grainy growth on the sole of the foot. A callus may have developed over the spot where a wart has grown inward.

When the wart gets larger, it will cause tenderness or pain with weight-bearing.

Anyone can pick up a plantar wart, but they are most likely to affect teenagers, children and those with weakened immune systems.

Treating Plantar Warts

It's best to seek treatment for a plantar wart. Left untreated, the pain when weight-bearing may cause you to alter your normal gait or posture unconsciously. This change may lead to muscle or joint discomfort.

We have several treatments for plantar warts:

- Medication with salicylic acid to peel the wart away. This prescription-strength topical medicine will remove the wart layers slowly.
- Cryotherapy or freezing. We will numb the area first, and then apply liquid nitrogen to the wart, which will freeze it away.
- Minor surgery to cut away the wart. After numbing the area, we will destroy the wart or cut it out.

You Can Help Prevent Plantar Warts

Reduce your risk of these painful warts by:

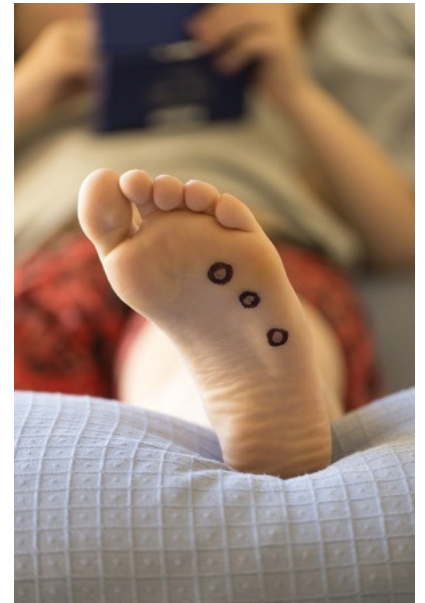
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History FootNote

The Bata Museum in Toronto is the only North American museum dedicated to shoes. More than 1,000 shoes and artifacts are displayed regularly covering 4,500 years of footwear.

Celebrity Foot Focus

Standing "pigeon-toed" on the red carpet – Gwyneth Paltrow started it and celebrities Katie Holmes and Amal Clooney have followed.



- Wash your hands thoroughly after touching a wart, even your own.
- Wear flip-flops or shower shoes whenever you are in a locker room or swimming pool.
- Wash feet daily. Keep dry with clean socks every day and alternate your shoes.
- Don't scratch or pick at warts to avoid spreading them.

Foot Funnies



How does a frog feel with a broken foot? Un-Hoppy.

Trivia

"But the days grow short, when you reach September" Is a line from which famous song?

- A. September Song
- B. Farewell To Summer
- C. Back To School
- D. The Autumn Melody

Answer is A.

September Song by Frank Sinatra

Add a Foot Exam to Your Back-to-School Activities

Fall back-to-school activities include buying a new backpack and filling it with supplies as well as school shoe shopping. Your child may also have had a new haircut and that all-important eye exam.

We'd like to add another item to the back-to-school checklist: A comprehensive foot exam.



Little feet change rapidly and sometimes have problems that may not be evident to parents. Strong, healthy feet allow your child to walk, play and run and can also prevent some back and leg problems in later life.

Make it a September tradition in your family to get a professional foot and ankle evaluation for your child.

Here are some of the items that we check in a pediatric foot exam:

- Weight-bearing gait assessment to make sure that your child is walking properly.
- Range of motion for foot and ankle.
- Toenails check for ingrown nails and nail fungus as well as deformities such as hammertoe and claw toe.
- Arch issues such as high arches or flat foot.
- In-toeing or out-toeing.
- Skin assessment to check for warts, calluses, athlete's foot,
- Muscle strength evaluation.

Foot Exams Are for the Whole Family

You don't have to be going back to school to care about your feet! We recommend an annual foot exam for all ages, and twice a year or even more frequently for those with diabetes.

As Benjamin Franklin said, "An ounce of prevention is worth a pound of cure." One way to prevent foot and ankle problems is to visit your professional podiatrist regularly. We will catch potential problems quickly and work out a treatment plan just for you.

Child's In-Toeing and Out-Toeing

Do your child's feet seem to point inwards or outwards while walking? In-toeing and out-toeing are common children's foot abnormalities. Often parents that we meet with are concerned about these conditions. However, in most cases, they usually resolve with no special treatment by the time the child reaches 8 years.

In-toeing, also known as being "pigeon-toed," occurs when the toes point towards each other. Out-toeing, where the toes point away from each other, is less common. Both conditions usually are observed as soon as the child begins to walk. However, they may begin later.

In-toeing and out-toeing can come from:

- An inherited family trait
- The position of the child in the womb before birth
- Sleeping or sitting in certain positions for long periods

Treating In-Toeing and Out-Toeing

Based on the type of in-toeing that we diagnose and the degree of rigidity, your baby may wear a cast or special shoes to help correct the deformity. Surgery may be indicated especially if the problem persists to an older age and causes an abnormal gait or frequent tripping.

Flat feet are not related to out-toeing, but sometimes a child will have both conditions. Out-toeing rarely requires treatment as it usually is painless and resolves on its own. Surgery can resolve problems like limping, pain and kneecap problems.

Make an appointment for an exam if you are concerned with your child's gait. We're here to put your mind at ease.

Recipe of the Month Cumin Pumpkin Soup

Here's a great soup for a cool autumn night. Garnish the soup with popcorn and pumpkin seeds for added crunch.

Ingredients

- 1 (15-ounce) can pumpkin
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup low-fat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish



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Directions

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat; remove bay leaves and season to taste with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.

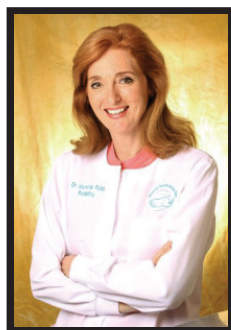
Recipe courtesy of FoodNetwork.com

HELP US GROW EVEN MORE

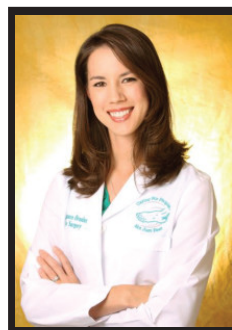
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Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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