



Superior Foot & Ankle Care Center

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Newsletter

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Our Office

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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

What Is Causing Your Heel Pain?

One of the most common complaints that we hear at our office is heel pain. Anyone can suffer from heel pain and there are many possible causes.

Two of the most common causes are plantar fasciitis and heel spurs. These are related – sort of. Read on to learn how:

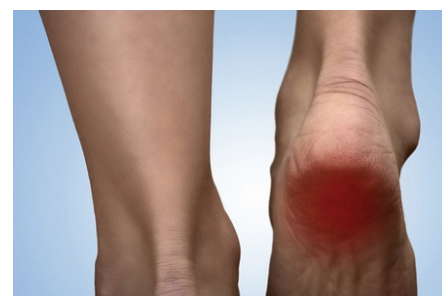
Plantar Fasciitis

The plantar fascia is a thick band of tissue that runs along the bottom of the foot and connects the heel bone to the toes. When this tissue becomes inflamed due to tiny tears, plantar fasciitis is the result.

Plantar fasciitis usually is most painful first thing in the morning when you get out of bed. The pain can be severe but will ease up as you walk more and can feel worse after exercise.

Risk factors that can increase your risk of plantar fasciitis include:

- Age (between ages 40 and 60)
- Being overweight
- Stressful activities such as running, jumping and aerobic dance
- Being flat-footed or having an extra-high arch
- Standing on hard surfaces for long periods



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To treat plantar fasciitis, we will begin with conservative methods such as anti-inflammatory medications, stretching and strengthening exercises, wearing a night splint to keep the fascia stretched out and custom-fitted orthotics to redistribute pressure more evenly.

If the pain does not respond to conservative approaches, we will discuss injections or surgery with you.

Heel Spurs

A heel spur is bony calcium growth on the underside of the heel bone that can reach as much as one half-inch. A heel spur can cause heel pain, but not always – only 5% of patients with heel spurs will experience pain.

Heel spurs are often associated with plantar fasciitis. Because the heel spur usually is not painful, the heel pain can be treated without removing it.

Heel spurs are caused by foot muscle and ligament strains or stretching of the plantar fascia and are commonly seen in athletes who run or jump. Risk factors include running on hard surfaces, wearing shoes without arch support or that are badly worn, obesity and walking gait abnormalities.

If a heel spur is painful, treatments are similar to those for plantar fasciitis.

Other Causes of Heel Pain

There are many other conditions and diseases that can cause heel pain including sprains and strains, fractures, tendonitis, bursitis and arthritis.

Be sure to visit us for an accurate diagnosis as to what is causing your heel pain. We will develop a treatment plan specific to your condition to heal your heel pain fast.

Take the Right Steps to Stop Foot Odor

Our feet are little engineering miracles. Each foot has 26 bones, so the two of them contain 25% of all the bones in our bodies!

Here's another big number – 250,000! That's how many sweat glands are in a pair of feet. No wonder they sweat so much!

Sweat by itself doesn't smell. Rather, it's the dark, damp environment that our feet usually live in with socks and shoes that can trap odor-causing bacteria.



Blame the bacteria that love to hang out on your sweaty feet and multiply. Some people have extra-sweaty feet – called hyperhidrosis – where bacteria really thrive and create excessive foot odor.

How to Stop Smelly Feet

It's easy – reduce the sweating and you'll reduce the foot odor and discourage bacteria:

- Wash your feet every day with soap.
- Dry thoroughly after washing, especially between the toes.
- Apply over-the-counter anti-fungal powder to further dry the feet.
- Wear socks that wick away moisture such as wools and special athletic knits. Change your socks every day and even mid-day if they get damp.
- Alternate your shoes, letting them dry out for a whole day.
- Spray shoes lightly with a disinfectant spray to kill germs, and then let dry in the sun.
- Wash sneakers regularly and let dry completely before wearing.
- Wear shoes made of breathable materials such as leather or canvas. Avoid plastic shoes.

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History FootNote

After noticing that his dog could run easily across ice without slipping, Paul Sperry of New Haven invented modern boat shoes in 1935. With a knife, he cut slits called siping into the soles. His waterproof “top-siders” are still popular today with a tread that grips a wet deck.

Celebrity Foot Focus

Adrian Grenier, star of *Entourage* and *The Devil Wears Prada*, is recovering from a broken foot. The outdoor enthusiast hurt his foot while rock climbing.

Foot Funnies



Why does a giraffe have such a long neck? Because it has smelly feet.

Trivia

What is the longest metatarsal bone?

- A. 1st
- B. 2nd

Answer: B

The second metatarsal bone is a long bone in the foot. It is the longest of the metatarsal bones, being prolonged backward and held firmly into the recess formed by the three cuneiform bones.

....continued from page 2 Take the Right Steps to....

- Go barefoot whenever possible, but always protect your feet from injury and from outdoor bacteria.
- Soak your feet in warm water with 3 tablespoons of baking soda or 2 bags of black tea.

If you still suffer from excessive foot odor, please ask us how we can help.

Choose the Right Summer Shoe for Comfort in Each Activity

Summer means outdoor activities for the whole family! When planning summer fun, make sure that you tote along the right gear and that means footwear too.



Here are some of our favorite sports and activities with the recommended shoes for each:

- Send the kids off to camp with sturdy sneakers and water shoes.
- Invest in a pair of good hiking boots for tackling tough terrain. Be sure to wear them a few times to break them in before hitting a big trail.
- Tuck a pair of flip-flops in your travel bag for protection at public pools, spas, locker rooms and showers. These will help you avoid the funky fungi and bacteria that lurk in these damp, warm places.
- If you enjoy boating, wear rubber-soled shoes with a heavy tread for sure footing on slippery deck surfaces.
- Sport sandals are great for anyone in the outdoors. Typically, they have a sole that is like a light hiking shoe but provide plenty of air in the sandal-like upper. Sport sandals are lightweight and very comfortable for extended amusement park walking.

Choose athletic shoes carefully too – they are all not made alike! The side-to-side action in tennis requires shoes with lateral stability that help you move in all directions. Basketball shoes must have high rise ankle support with thicker soles to help cushion jumps. Even running and walking shoes have different characteristics to avoid injury and keep your feet comfortable.

Invest in yourself and your children by providing sturdy and high-quality footwear for each activity. A store specializing in athletic footwear can help.

Recipe of the Month

Raw Corn and Radish Salad with Spicy Lime Dressing

A simple lime dressing flavored with jalapeños and honey accents this popular summer vegetable that is at the height of the season. Maybe most crucially though...it can be made without turning on a stove!

Ingredients

- 2 tablespoons fresh lime juice
 - 1 small jalapeño, seeded and coarsely chopped
 - 1 1/2 teaspoons honey
 - 1/4 teaspoon cumin
 - 1/4 cup vegetable oil
 - Kosher salt and freshly ground pepper
 - 4 cups fresh corn kernels (from 4 ears)
 - 6 medium radishes, halved and thinly sliced crosswise
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....continued from page 3 **Recipe of the Month**

- 1/2 cup coarsely chopped flat-leaf parsley
- 1/4 small red onion, thinly sliced

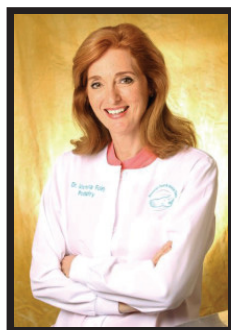
How to Make It

1. In a blender, puree the lime juice, jalapeño, honey and cumin. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, transfer to plates and serve.

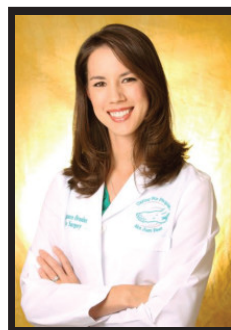
Recipe courtesy of Food & Wine



Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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