

# Superior Foot & Ankle Care Center



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## Welcome To Our February Newsletter!

With February in full swing, now is the perfect time to show your feet some love! February in California means crisp mornings, sunny afternoons, and plenty of opportunities to stay active. Whether you're hiking, walking along the coast, or simply enjoying the outdoors, your feet work hard every day. This month, we're sharing tips to keep them healthy to ensure you're ready for all your adventures ahead.



Speaking of adventures, Dr. Foley just returned from an amazing trip to San Miguel de Allende, Mexico. This Colonial-era town known for its charming cobblestone streets, stunning architecture, and global food scene was the perfect place to explore and unwind with her family.

Just before this trip, Dr. Ornelas and Dr. Foley got together to cheer on their beloved UCLA basketball team at the new Intuit Dome. The Bruins pulled out the last-minute win over the Gonzaga Bulldogs. The energy in the dome was palpable. The highlight of the game (especially for Amelia and Gavin) was getting featured on the jumbotron!!!

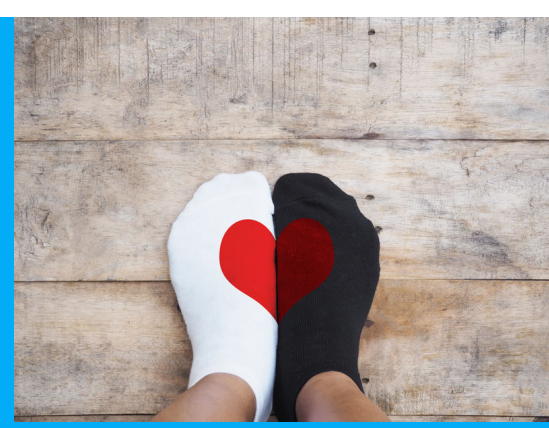
Here's to a healthy and active February!

Sincerely,

Dr. Ornelas & Dr. Foley

## FEATURED ARTICLES

### The Connection Between Heart Health and Your Feet: A February Focus



February is American Heart Month, a time to raise awareness about heart disease and promote heart health. An often overlooked yet vital connection is the relationship between your heart and your feet! Understanding this link and the clues that our foot health can give us in terms of our cardiovascular system could help us maintain better overall health.

[Click Here to Read More](#)

### Love Your Feet: Essential Self-Care Tips for Healthy Feet

February's focus on love and self-care has us thinking that our feet deserve some of the attention too! Although often left out of the equation, it's never too late to start implementing foot care into your routine. With a few simple tips, you can ensure your feet remain strong, comfortable, and pain-free.



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## MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

[Read More Here](#)



## RECIPE OF THE MONTH



### SHEET PAN SALMON & ASPARAGUS WITH POTATOES

Sheet Pan Salmon and Asparagus with Potatoes is a great way to get a serving of protein and heart-healthy Omega-3s. Everyone in your family will love this dish for its flavor, and you'll love it for its ease of cooking and cleanup.

#### INGREDIENTS:

- 4 salmon fillets
- 1 pound asparagus, ends trimmed
- 2 pounds baby red or gold potatoes, quartered
- 3 tablespoon olive oil
- 2 teaspoons Italian herb blend, see note
- 1 teaspoon garlic powder
- 2 tablespoon butter, melted
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian herb blend
- 1/2 lemon, thinly sliced
- salt and pepper to taste

#### INSTRUCTIONS:

1. Preheat oven to 400 degrees. Toss potatoes with 2 tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in a preheated oven for 10 minutes.
2. Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, Dijon mustard, and 1/2 teaspoon remaining Italian herb blend. Brush onto salmon fillets.
3. Drizzle asparagus with the remaining 1 tablespoon olive oil, season with salt and pepper to taste, and place lemon slices between the asparagus spears.
4. Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

Recipe Courtesy of [icremedelacrumb.com](http://icremedelacrumb.com)

## THIS MONTH IN FEBRUARY

### INTERESTING DATES

FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

- 2 Groundhog Day
- 4 World Cancer Day
- 9 Super Bowl Sunday
- 14 Valentine's Day
- 17 President's Day
- 20 National Love Your Pet Day
- 27 Polar Bear Day

### HISTORICAL FACTS

- ★ **February 2, 1887:** The first Groundhog Day was celebrated in Punxsutawney, Pennsylvania, a lighthearted tradition forecasting the arrival of spring.
- ★ **February 4, 2004:** Facebook was launched, revolutionizing how people connect and communicate globally.
- ★ **February 14, 1929:** Valentine's Day celebrated globally with love and friendship, becoming a day of joy for millions.
- ★ **February 22, 1980:** The "Miracle on Ice" occurred when the U.S. hockey team defeated the Soviet Union at the Winter Olympics.
- ★ **February 27, 1827:** The first Mardi Gras celebrations were held in New Orleans, establishing a tradition of vibrant parades and festivities.

[Book Your Appointment Today!](#)



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