

# Superior Foot & Ankle Care Center



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## Welcome To Our October Newsletter!

Welcome to the October edition of our newsletter! With the change in seasons, it's important to pay extra attention to your foot health as you adjust to new weather and activities. Whether you're gearing up for outdoor hikes or cozying up indoors, we're here to help you keep your feet in top shape this season!



Speaking of Fall activities, soccer and football season are in full force! You can find Dr. Ornelas out on the soccer pitch every Saturday coaching both Amelia's and Gavin's teams again. You'll find Dr. Foley at the Rose Bowl cheering on our beloved UCLA football team! Go Bruins!

We are excited to announce our October promotion! For those patients suffering from heel pain, neuromas or tendonitis, we are offering our radial pulse wave treatment for \$400/5 sessions (normally \$500/5 sessions). Patients that purchase this package can also receive our medical grade over the counter orthotics for \$50. Radial pulse wave treatment is perfect for patients who do not want injections as this is a non-invasive treatment that is performed in the office. Please make an appointment to discuss this treatment option and get started today!

Looking forward to the end of the year, we would also like to announce our November/December promotion. We will be offering our **custom orthotics** for \$450. For those patients that have received a pair of custom orthotics from our office within the past 6 months, a 2nd pair will be \$275. Hurry in before the end of the year as prices for both 1st and 2nd pairs of custom orthotics will increase in January.

We appreciate you taking the time to read this month's newsletter! Until next time, stay active, stay healthy, and take care of your feet!

Cheers!

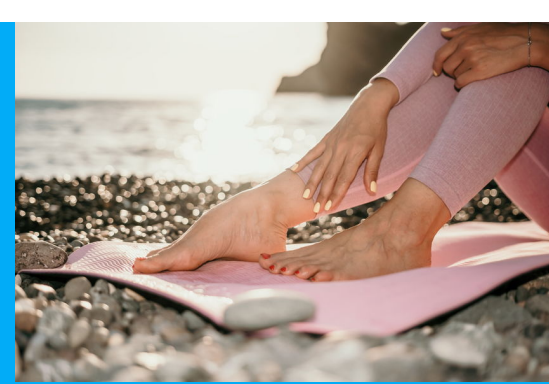
-Dr. Ornelas & Dr. Foley



Each night in the United States, an estimated 600,000 people live on the streets. This October, we want to show that even a small act of love, such as donating a pair of socks, can make a big difference in the lives of our neighbors who are homeless. Our office is joining the "Socktober" movement and hosting a sock drive to benefit the **Long Beach Rescue Mission** in downtown Long Beach. Please bring a new pair of men, women or children's socks to your next appointment. We have a bin in the waiting room for the donation. At the end of the month, we will be delivering our collected socks to the Long Beach Rescue Mission. Socks may seem small, but their impact is huge! Share the warmth this #Socktober!

## FEATURED ARTICLES

### The Link Between Breast Cancer and Foot Health



October is Breast Cancer Awareness Month, which means it's time to talk about the connection between foot and breast health. From cancer survivors to those undergoing treatment, breast cancer affects the feet in many ways, which can be an unnecessary burden for anyone affected.

[Click Here to Read More](#)

### Ankle Deep in Leaves? Don't Fall Behind on Foot Health!

Fall is a fitting name for the season that covers the ground in piles of leaves, but what that means for our foot health is an increased risk of injury. Our yards are not frozen in time like the winter; the grass gets new divots, driveways crack, and sticks, acorns, and other obstacles weren't there the last time you skimmed the pool on a nice summer day.

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## MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

[Read More Here](#)



## RECIPE OF THE MONTH

# Spaghetti Salad

This hearty, flavorful spaghetti salad is perfect as a side dish or entree.



### Ingredients:

- 1 package (16 ounces) thin spaghetti, halved
- 3 medium tomatoes, diced
- 3 small zucchinis, diced
- 1 large cucumber, halved, seeded and diced
- 1 medium green pepper, diced
- 1 medium sweet red pepper, diced
- 1 bottle (8 ounces) Italian salad dressing
- 2 tablespoons grated Parmesan cheese
- 1 1/2 teaspoons sesame seeds
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon paprika
- 1/4 teaspoon celery seed
- 1/8 teaspoon garlic powder
- Chopped fresh parsley, optional

### Directions:

1. Cook spaghetti according to package directions; drain & rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber, & peppers.
2. Combine the next 7 ingredients; pour over salad and toss to coat. Cover and refrigerate for at least 2 hours. If desired, sprinkle with parsley.

Recipe courtesy of [Tasteofhome.com](https://www.tasteofhome.com)

## THIS MONTH IN OCTOBER

### INTERESTING DATES

OCTOBER							
SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	2 Rosh Hashanah
							4 World Animal Day
							11 Yom Kippur
6	7	8	9	10	11	12	13 Breast Cancer Awareness Day
13	14	15	16	17	18	19	14 Columbus/Indigenous Peoples' Day
20	21	22	23	24	25	26	21 Back to the Future Day
27	28	29	30	31			31 Halloween

### HISTORICAL FACTS

- October 1, 1890 – Establishment of Yosemite National Park**  
Yosemite became a national park under an act signed by President Benjamin Harrison, preserving its stunning natural landscapes and setting a precedent for the national park system in the U.S.
- October 4, 1927 – Mount Rushmore Construction Begins**  
Sculptor Gutzon Borglum began work on the Mount Rushmore monument in South Dakota, which features the faces of four U.S. presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.
- October 24, 1929 – Black Thursday (Stock Market Crash)**  
The U.S. stock market crashed on what became known as "Black Thursday," marking the beginning of the Great Depression, a decade-long economic downturn that affected many countries worldwide.
- October 28, 1962 – Cuban Missile Crisis Ends**  
The Cuban Missile Crisis, a 13-day confrontation between the United States and the Soviet Union over Soviet missiles in Cuba, ended when the USSR agreed to dismantle its missiles in exchange for the U.S. agreeing not to invade Cuba.

[Book Your Appointment Today!](#)

**Superior Foot & Ankle Care Center**  
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