We are happy to announce our 3rd Anniversary at Douglas Park. It feels like we just moved here! It is a wonderful location which is easy to get to and has plenty of free parking. It might look a little different each time you come by for an appointment due to a few new neighbors that just moved in. Columbia Pediatrics, Laser Care Specialists, Long Beach Gastroenterology Associates, Memorialcare Outpatient Surgical Center of Long Beach, and Waltzman Plastic Surgery have just opened their doors down the block. It is great to have more doctors in Douglas Park!

We want to congratulate all of our patients and friends that ran in the Long Beach Marathon and ½ Marathon on Oct. 9. It was a grueling race due to record hot temperatures!

Bunions: a Painful Condition that Can Be Relieved

Bunions are not just for women who wear tight, pointy shoes. Every day at our practice we see men and women of all ages who are suffering from the pain of bunions.

Sometimes the bone or tissue of the big toe pushes against the next toe because of your gait, arthritis, shoe choice, an injury or even genetics.

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Bunions: a Painful Condition that Can Be Relieved

This misalignment causes a bump, or bunion, to form on the joint. Sometimes a corn or callus will form because of excessive rubbing on shoes.

Relieving Bunion Pain

It's best first to try conservative or non-invasive treatments including:

• Choose shoes with lots of room in the toe box and avoid high heels.
• Apply ice to reduce inflammation and soreness.
• Anti-inflammatory medications like ibuprofen and naproxen can reduce inflammation.
• A cortisone injection will help relieve pain and swelling.
• Custom fitted orthotics or padded shoe inserts will help redistribute foot pressure and prevent growth of a bunion.

Surgery May Be Indicated in Extreme Cases

We will discuss a surgical solution with you if conservative treatments have not worked and your ability to walk or enjoy normal activities is still limited.

There are many types of bunion surgery, but the goal is to return your toe to its correct position to relieve pain. We will discuss all options with you based on your unique situation. Bunion surgery is usually an outpatient procedure.

With many options available, there is no need to suffer from the pain of bunions. Call us today to schedule an evaluation appointment.

Avoiding Foot and Ankle Injuries

The average person walks about 7,500 steps each day. Over a lifetime, those steps add up to more than 100,000 miles or about four times around the world!

Adding in exercise and other activities, it's easy to see how important it is to do everything we can to prevent harm to our feet and ankles. Some injuries are unavoidable but you can decrease your risk with these tips:

• Select the right athletic shoes for your foot type and specific sport.
• Warm up and do a few gentle stretches before beginning exercise.
• Condition your muscles by beginning slowly and gradually increasing activity duration.
• Avoid running on uneven or gravelly surfaces. Dirt or cushioned tracks are better for feet and legs than concrete or asphalt.
• Listen to your body and stop or modify activity if feet or ankles become painful.

Consult a Foot Doctor for Lasting Pain or Discomfort

Even though you take precautions, you may still experience a foot injury. Mild injuries can be treated with the R.I.C.E. method:

• Rest the sore area and take a break from activity.
• Ice your foot with a cold pack to reduce swelling. Apply the ice for 10-20 minutes at least 3 times each day.

Recipe of the Month

**Spaghetti Squash Skins**: A Low Carb Alternative to Pasta

**Ingredients**

- 1/2 medium yellow onion, diced
- 1 small spaghetti squash (approx. 5-6 cups raw)
- 1/2 cup low fat cheddar cheese
- 1 cup broccoli florets
- 1 cup canned black beans, rinsed and drained
- 1/4 cup cheddar cheese
- 1 teaspoon olive oil

**Directions**

1. Preheat oven to 375 degrees F.
2. Meanwhile, heat olive oil in cast iron skillet and sauté onions, peppers, garlic, and mushrooms together until softened.
3. Stir in broccoli and cook for a few minutes to brighten green in color. Stir in black beans; remove from heat.
4. Transfer to a bowl. Microwave for 7-8 minutes; allow to cool.
5. Once spaghetti squash is cool enough to touch, carefully use a fork to scrape out spaghetti squash strands and toss spaghetti squash with cooked veggies and 1/4 cup cheddar cheese.
6. Pour spaghetti squash mixture into spaghetti squash skins and top with remaining cheese.
7. Bake in the oven at 375 degrees F for 8-10 minutes until cheese melts.

Recipe courtesy of: MyFitnessPal.com
Avoiding Foot and Ankle Injury

- **Compress** or wrap the area firmly but not too tightly with an elastic bandage.
- **Elevate** your leg on pillows as often as possible, and try to get it above your heart.

If your pain is severe or if you develop tingling in the foot or any signs of infection, come in to see us right away for professional diagnosis and treatment.

**Fall is a Great Time to Stay Active and Healthy**

The weather is beginning to cool down and the days are getting shorter - fall is here! With more invigorating weather it's the perfect time to get moving and get exercising, so try some new fitness activities to maintain good health.

- Are you burnt out on your current walking, biking or running routine? Try something new like in-line skating or kayaking.
- Try to stay outdoors to enjoy cooler temperatures and foliage changes. Look beyond your local high school track for a change of scenery at nearby park trails.
- Chores count! Get your heart pumping by raking out leaves and increase flexibility while pulling weeds.
- Bring along a friend for encouragement and conversation. Get a group together for a basketball pick-up game challenge.
- Have fun with your dog by tossing a Frisbee or ball.
- Stay safe as the days get shorter by carrying a flashlight and wearing reflective strips on clothing and shoes.
- Learn something new! Check out classes at your local fitness club, YMCA or senior center like Zumba, tai chi and boxing.

The important thing is to keep moving to boost energy and reduce stress. Regular exercise helps you sleep better, maintains bone strength and strengthens muscles. Fall is a great time to make an investment in your health by staying active and healthy.

**Tucy’s Tales**

Tucy is still at the beach this fall. She does not like the heat! With the record hot October we are having she prefers to be by the ocean breeze.
Recipe of the Month
Vegetarian Spaghetti Squash Boat

Ingredients

• 1 small spaghetti squash (approx. 5-6 cups raw)
• 1 teaspoon olive oil
• 1/2 medium yellow onion, diced
• 1/2 medium red bell pepper, diced
• 1 tablespoon minced garlic
• 1/2 teaspoon Italian seasonings
• 1 cup sliced mushrooms
• 1 cup broccoli florets
• 1 cup canned black beans, rinsed and drained
• 1/2 cup low fat cheddar cheese
• Salt and pepper to taste

Directions

Preheat oven to 375 degrees F.

Cut spaghetti squash in half from top to bottom. Scoop out seeds and place flesh side down in large microwave safe bowl. Microwave for 7-8 minutes; allow to cool.

Meanwhile, heat olive oil in cast iron skillet and sauté onions, peppers, garlic, and mushrooms together until softened. Season to taste with salt, pepper, and Italian seasonings.

Stir in broccoli and cook for a few minutes to brighten green in color. Stir in black beans; remove from heat. Once spaghetti squash is cool enough to touch, carefully use a fork to scrape out spaghetti squash strands and transfer to a bowl.

Toss spaghetti squash with cooked veggies and 1/4 cup cheddar cheese.

Pour spaghetti squash mixture into spaghetti squash skins and top with remaining cheese.

Bake in the oven at 375 degrees F for 8-10 minutes until cheese melts.

Recipe Courtesy of: MyFitnessPal.com

Meet our Doctors

Dr. Victoria M. Foley
Dr. Constance Ornelas

To Sign Up for Our Newsletter, Visit Our Web Site at: www.doctorvikki.com