



## 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

## Listen – Your Feet Are Trying to Tell You Something!

If your feet could talk, what do you imagine they might say to you?

Think about it – your feet are subject to punishing stress every single day of your life! From walking, to working out and playing sports, to dancing and working and even just a good tickle – our feet are our foundation and main mode of transportation too.

All too often, we ignore our feet and expect them to keep going and going ... just like the Energizer Bunny! But if our feet could talk and tell us what they really need, what do you think they would say?



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## History FootNote

Tinea pedis, or athlete's foot, became epidemic in America in the early twentieth century, stimulated by modern socks and shoes that generated warm and moist environments that kept the fungus alive.

## Celebrity Foot Focus

Actor Kristen Stewart walked the Cannes Film Festival barefoot to protest its "no flats" rule.

- **"We hurt!"** Listen to us! When our heels or toes are painful, or we feel inflamed or swollen, or even feel cold or a little numb – that could signal a problem. Don't ignore us – take us to an experienced foot doctor for an evaluation.
- **"Check us every day."** Even small changes in our shape, color, skin texture, or any type of damage may be a sign of a serious issue. This is especially true if we have diabetes. Take a few minutes to check us thoroughly every day.
- **"What are you thinking with these tight shoes?"** C'mon, we have to be comfortable to do our job properly! Our toes need plenty of room to wiggle and move around. Please invest in some sturdy shoes with wide toe boxes – no pointy toes!
- **"We look great in high heels, but they are doing a number on us."** Wearing high heels jams our toes into a too-narrow space and can cause lasting and even permanent problems like bunions, hammertoes and metatarsalgia (pain in the ball of the foot). High heels can throw off our balance causing fractures and sprains and can even lead to knee and back problems! Please wear high heels only for special occasions.
- **"Use a straight edge to trim our toenails!"** An at-home pedicure is fine, but cutting our nails too closely or rounding them at the corners can cause painful ingrown toenails.
- **"That slightly grimy nail salon? Just say no!"** Please, do your homework! Check out any nail salon in advance and look for implements that are sterilized after each use; sanitized basins; super-clean floors and chairs; all posted state and local permits and licenses. We don't want to come home with a fungal or bacterial infection.

What are your feet trying to tell you? Listen carefully, and then call us for a prompt evaluation, professional diagnosis and an effective treatment plan created just for you.

## How to Prevent Athlete's Foot

If you have noticed an itchy, red rash between your toes, you may have athlete's foot, the most common type of fungus that can appear on your feet. This unpleasant and uncomfortable infection can exhibit a rash and also small, red blisters, dryness, and scaling. Advanced cases can appear as leaky ulcers or sores.



Athlete's foot is caused by a fungus that also causes ringworm and jock itch. This particular fungus loves damp, warm environments like your socks and the insides of your shoes. It is also contagious, and you can pick it up in public showers, locker rooms, and swimming pools.

Because athlete's foot is so contagious, it spreads from person to person and you can even contract the fungus from another person's towel or shoes.

The most effective treatment for athlete's foot is prescription-strength medication, oral or topical or both. Please call us if your rash has turned into leaky sores, if it has spread to your hands or groin, or if the rash just won't go away.

### Preventing Athlete's Foot

There are steps you can take on a regular basis to reduce the risk of the athlete's foot fungus:

- Never go barefoot in hotel rooms, pools, gyms, showers and locker areas. Protect your feet with shower shoes or flip-flops.
- Keep feet dry to avoid the moist, warm environment that fungi love. Avoid wearing plastic and rubber shoes that have little ventilation.
- Wear sandals when you can to air out your feet.
- Wash your feet on a daily basis with a mild soap and dry completely, especially between the toes.
- Wear socks made of natural fabrics or those that wick moisture away from the skin.
- Change socks every day and alternate wearing different shoes so they dry out completely.
- Don't share towels, linens or shoes with anyone who may have athlete's foot.

### Foot Funnies



If athletes get athlete's foot, what do astronauts get?

Missile-toe!

### Trivia

**Which can be a symptom of athlete's foot?**

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All of the above

**Answer: E. All of the above.**

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.

**HELP US GROW!**

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The graphic features a beach scene with a starfish and coral in the foreground. Social media icons for Facebook, Blogger, Twitter, and Google Reviews are placed on the sand. The background shows a blue sky and ocean waves.

## Recipe of the Month

# Spicy Sriracha Shrimp

Spark up the grill with shrimp marinated in a few simple ingredients that when combined creates a warm, lasting, and assertive heat without being overbearing. Pile them on a platter and watch them disappear!

### Ingredients

- 1/3 cup Sriracha
- 1/3 cup olive oil
- 1 teaspoon Worcestershire Sauce
- 3 cloves garlic, crushed
- 1 handful cilantro, roughly chopped, plus more for garnish
- 1 teaspoon sugar
- Salt
- Freshly ground black pepper
- 2 pounds large shrimp (16 to 20 count), peeled and deveined

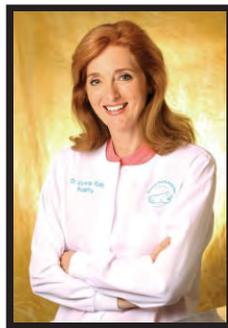


### Directions

1. Mix together the Sriracha, olive oil, Worcestershire sauce, garlic, cilantro, and sugar. Season aggressively with salt and pepper. Put in a 1-gallon plastic bag, add the shrimp, and mix together in the bag. Marinate in the fridge for 2 to 4 hours. Or longer.
2. Heat a grill. Skewer the shrimp (4 to 6 shrimp per skewer) and grill until pink and delicious, 2 to 3 minutes per side.
3. Remove the shrimp from the grill, slide the shrimp from the skewer using a fork, and pile on a serving platter. Sprinkle with finely chopped cilantro, and throw a few toothpicks in a few shrimp. Watch them disappear.

*Recipe courtesy of Food52*

## Meet our Doctors



**Dr. Victoria M. Foley**



**Dr. Constance Ornelas**

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