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Find Us



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Treat Yourself to an At-Home Pedicure

With all of the precautions being taken for the coronavirus, many of us are spending more time at home. Why not treat yourself to a home pedicure? Although the experience may be different from going to the salon, it can still be relaxing and has the added benefit of being free from the risk of athlete's foot and fungal toenails that can be present in public places. (NOTE: If you have diabetes, it's best to leave toenail care to your podiatrist to prevent possible injury and infection.)



Start by finding a comfortable place to sit and set the scene by lighting a scented candle and putting on some soothing music. Now you're ready to get started!

....continued on page 2

History FootNote

The first shoe dates back to 3,500 BC. Made of a single piece of leather, it was recently found in present-day Armenia.

Celebrity Foot Focus

Foot and leg tattoos seem to be trending among celebrities like Miley Cyrus, Charlize Theron, Katy Perry and Rihanna. Since feet have less padding provided by muscle, thereby bringing the bones and tendons closer to the surface, getting a foot tattoo is generally more painful than a regular tattoo.

Do the Prep Work

First, remove any old polish with nail polish remover. Then use nail clippers to trim your nails. Cut toenails straight across but not too short or you run the risk of an ingrown toenail developing. File nails smooth, moving the file in one direction, not back and forth. Do not round the edges.

A Soothing Soak

Ah, this is the good part! Fill a basin with warm water up to your ankles. Put some smooth stones at the bottom for a massaging effect. Add about ½ cup of Epsom salts, the juice of one lemon, a little bit of shampoo and a few drops of essential oil if you have some. Soak feet for 15 to 20 minutes. Dry your feet completely.

Scrub and Moisturize

Apply cuticle cream or cuticle remover around the base of your toenails. Then use a pumice stone or a foot file to remove dead skin around the heel and ball of your foot. Push back cuticles gently. Wipe feet with a towel and apply a foot or face scrub (or make your own with sugar and olive oil) to your feet and ankles. Gently rub the scrub all over, including between your toes. Rinse off the scrub and apply a thick moisturizer to your feet and massage in for as long as you like. Massage stimulates the nerves and improves circulation (and it feels wonderful). While you scrub and massage, look your feet over for any changes or abnormalities. If you spot something suspicious—lumps, bruising, swelling, changes in skin or nails—be sure to let your podiatrist know. Many are currently offering telemedicine options.

Get Your Glam On

Now you're ready to apply a cheery spring color. For long-lasting results, apply a clear base coat, two coats of color and a clear topcoat. Allow nails to dry completely between coats. Enjoy your beautiful feet and nails!

Memorial Day History

Memorial Day is the day specifically set aside to honor soldiers who died protecting our great country. It's also the official start of summer. The holiday has a somewhat complicated history. Congressman John Alexander Logan from Illinois is given the official credit for establishing Memorial Day. He was a Major General in the Civil War and afterward returned to Congress and also became the first Commander-in-Chief of the Grand Army of the Republic, a Union veterans group whose purpose was to perpetuate the memory of those who lost their lives fighting in the Civil War. In May of 1868, he issued an order designating May 30, 1868, as the day to decorate graves and that this custom should continue annually.



Below are some other interesting historical facts about this holiday.

- Although Logan gets the official nod, Memorial Day was originally known as Decoration Day and got its start from the custom of people decorating the graves of Civil War soldiers with flowers.

....continued on page 3

Fun Foot Fact

Your feet have 250,000 sweat glands—that's more than anyplace else on your body! These glands are capable of producing up to ½ pint of perspiration a day.

Foot Funnies



How does a frog feel with a broken foot? UnHoppy

....continued from page 2 Memorial Day History....

- According to the U.S. Department of Veteran Affairs, approximately 25 locations have claimed to be the original site of the observance.
- In 1966 President Lyndon Johnson and Congress declared Waterloo, NY as the birthplace of Memorial Day. In that place a ceremony was held on May 5, 1866, honoring local veterans who had died in the Civil War. Businesses were closed and residents flew their flags at half-staff.
- The holiday was officially signed into law by President Lyndon B. Johnson on June 28, 1968, to take effect on January 1, 1971.
- From 1868 to 1970 Memorial Day was May 30th. It is now celebrated the last Monday in May.
- The red poppy that is seen and worn prominently on Memorial Day got its start from a poem, "In Flanders Field." It was written by WWI Lieutenant Colonel John McCrae when he watched many soldiers, including a close friend, die in Belgium where clusters of the red flowers were growing. Moina Michael, a professor at the University of Georgia, inspired by the poem started making the flowers and selling them as a fundraiser for veterans. She eventually lobbied to have it made the official national emblem of remembrance which occurred in 1920.

May is Skin Cancer Awareness Month

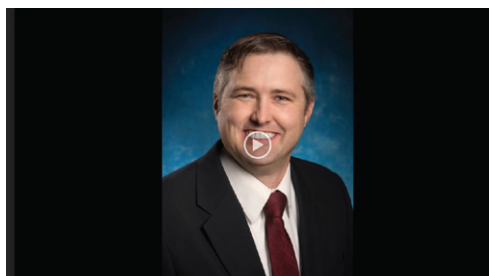
Over 5 million cases of skin cancer are diagnosed in the United States each year and your feet are not immune to this disease. About 90 percent of nonmelanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. The good news is that most of these cases are preventable. Healthy habits and early detection are the keys. Below are some ways to protect your feet.



- Avoid sunburn by being aware of the exposure that the skin on your feet is getting to the sun. While it's obvious when you're spending a day at the beach or pool, don't forget that even being out for a few hours shopping leaves skin vulnerable if you are wearing sandals.
- Apply a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher for everyday use. If you are going to spend a significant period outdoors, use a water-resistant sunscreen with an SPF of 30 or higher.
- Put sunscreen on 30 minutes before going out. Don't forget to reapply every two hours and after swimming or if you are sweating excessively.
- Try to find shade from 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- The primary reason skin cancers on the feet go undetected is because they're unexpected. Examine your feet regularly and report any new or changing moles or freckles to your podiatrist or dermatologist immediately. Be sure to check between your toes and your toenails. The Skin Cancer Foundation reminds you to think: NEW, CHANGING or UNUSUAL when looking at marks on your skin.

These simple steps can save your life.

Video of the Month: What Pregnancy does to Your Feet



Trivia

Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.

- A. True
- B. False

Answer: A. True

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shooting pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuroma-prone.

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MAY 2020

DEAL OF THE MONTH



Recipe of the Month California Veggie Sandwich



Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.continued on page 5

Ingredients

Pickled Vegetables:

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

Dressing and Assembly:

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

Special Equipment:

- 2 heatproof 1-qt. glass jars

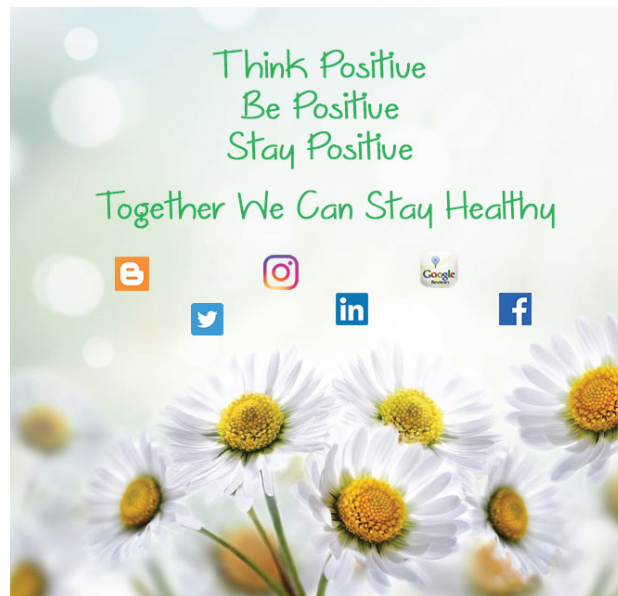
Recipe Preparation

Pickled Vegetables:

1. Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool. Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

Dressing and Assembly:

1. Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
2. Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
3. Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.



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Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau



Dr. Sarah Thompson

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