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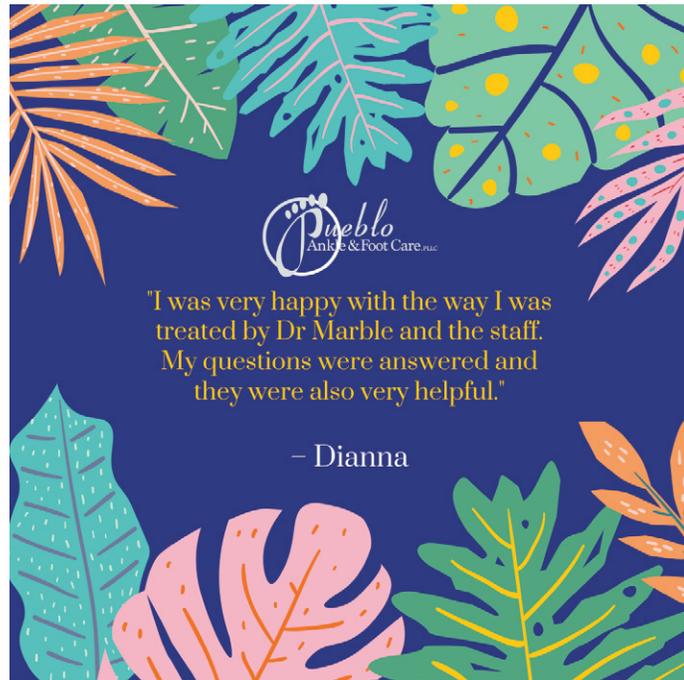
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5 Tips for Walkers and Runners

There's been an uptick in the number of people who are choosing walking and running as their exercise of choice as a result of COVID 19. For many people who were staying at home, regular fitness and sports activities had to be changed. Walking and running were readily available and easy to do without expensive equipment or a home gym.



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Foot Funnies



What has a foot at each end and a foot in the middle?
A yard stick

Trivia

The world's first one opened in Coney Island, New York on June 16th, 1884. The world's first what?

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

Answer D

Contact your podiatrist immediately if:

- You see any signs of infection: open wounds that are not healing, pus or discharge, redness, streaks of red and the feeling of heat around a wound and a fever
- You notice unusual symptoms in your feet such as swelling, rashes, discoloration, lumps, bruises, etc. that may indicate a problem is developing

Seek podiatrist care for:

- Routine foot and nail care—don't attempt to do at home what the podiatrist normally does unless your foot doctor directs you to do so
- Warts, ingrown toenails, and other common conditions that could lead to injury or infection if self-treated

Continue:

- Daily care regimens—including cleaning your feet, using foot powder to prevent excess sweating and nightly moisturizing
- Regular self-examinations of your feet to look for changes or abnormal symptoms
- All usual precautions such as wearing shoes to protect feet from cuts and puncture wounds, avoiding exposing feet to direct heat and not sharing items that touch another person's feet
- Managing blood sugar levels through diet, medication and regular exercise as directed by your physician

Video of the Month: Restless Leg Syndrome (RLS)



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Recipe of the Month Banana Bread

Google Trends tell us that more people are searching for banana bread recipes during quarantine than any other food. There are lots of reasons why -- It is comfort food that is easy to make, uses fruit that otherwise may be going to waste, gives us a sense of accomplishment at a time when we're stuck at home, and it fills the home with the smell of homemade baked goods. We thought you might enjoy this article from TheKitchn.com explaining all the reasons banana bread wins as the number one baked good during this time. The article also has links to a variety of recipes to try. Here's one we enjoy:



Ingredients

- 10 tablespoons plus 1 teaspoon butter
- 1 cup mashed ripe bananas (about 2 large bananas)
- 1/2 cup sour cream
- 2 large eggs
- 1 1/2 teaspoons vanilla
- 2 cups cake flour
- 3/4 cup plus 2 tablespoons sugar
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup toasted, chopped walnuts or pecans, optional

Preparation

1. Preheat the oven to 350 degrees F.
2. Lightly grease a 9 1/4 by 5 1/4 by 2 1/2-inch loaf pan with 1 teaspoon of the butter.

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3. Puree the bananas, sour cream, eggs, and vanilla in a food processor. Sift the cake flour, sugar, baking soda, baking powder and salt into the bowl of an electric mixer fixed with a whisk attachment. Add the remaining 10 tablespoons butter and mix on medium-low speed until blended, about 30 seconds. Add the banana mixture in 3 batches, scraping the sides of the bowl and mixing on medium speed between each addition. Fold in the nuts if desired.
4. Pour into the loaf pan. Bake until lightly browned and bread bounces back to the touch, about 1 hour 10 minutes. Remove from the oven and cool for 10 minutes before turning out onto wire rack to cool completely.

Recipe courtesy of Emeril



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Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau



Dr. Sarah Thompson

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