

Our Offices

Pueblo Colorado

1619 North Greenwood
St. #300
Pueblo, CO 81003
Phone: (719) 543-2476
Fax: (719) 543-2479

Pueblo West Colorado

729 E Spaulding Ave
Pueblo West, CO 81007
Phone: (719) 543-2476
Fax: (719) 543-2479

Find Us



Blog

In This Issue...

- Resolve to Take Better Care of Your Feet this Year
- Do's and Don'ts for Avoiding Ankle Sprains
- Understanding Your Health Care Costs
- Video of the Month: Foot problems from quarantine and going back to school
- Deal of the Month
- Recipe of the Month: Sheet Pan Meatballs with Crispy Turmeric Chickpeas



*All the staff are very
professional and friendly.
They take good care of their
patients. Would recommend to
family and friends.*

B. PADILLA

Resolve to Take Better Care of Your Feet this Year

With the New Year comes new resolutions to improve various aspects of our lives. This year why not consider adding a few ways to be more proactive in the health of your feet to your list? Preventing foot and ankle problems and good basic podiatric care has a big payoff: your feet will stay pain-free and enable you to live the active life you love! Below are some resolutions to consider:

Invest in Good Shoes—the number one way to protect your feet from many common disorders is by wearing shoes that are well-made and fit properly.

....continued on page 2



History Foot Note

Since the first Inauguration of George Washington in 1789, the procession to the Inaugural ceremonies has provided an occasion for much celebration. In fact, the Inaugural parade that now follows the Swearing-In Ceremony first began as the procession, when military companies, bands, the President's cabinet, elected officials, and friends escorted the President-elect to the Inauguration.

Although most presidents rode to their Inaugurations in a carriage (or later, an automobile), Thomas Jefferson and Andrew Jackson both walked to their Swearing-In Ceremonies.

Today, after the Swearing-In Ceremonies, the new president participates in a parade down Pennsylvania Avenue. President Jimmy Carter started an informal custom in 1977 when he became the first to set out by foot for more than a mile on the route to the White House.

Mr. Carter's walk with his wife, Rosalynn, and 9-year-old daughter, Amy, became a tradition that has been matched in ceremony if not in length by the presidents who followed.

Foot Funnies



What was the most popular dance in 1776?

Indepen-dance

....continued from page 1 Resolve to Take Better Care..

If you have any chronic foot conditions, such as bunions or flat feet, ask your podiatrist for recommendations of the best types of shoes for you. Soft, flexible material in the toe box, adequate arch support, moderate heels, cushioned insole, and no-slip treads are some key features to look for.

Commit to Regular Self-Exams—getting into the habit of looking over your feet daily from top to bottom will help you spot any irregularities promptly. Changes in skin or nail color, lumps or growths, bruising, swelling, redness, and cuts or wounds that seem slow to heal may all signal the onset of a foot problem. Nearly all conditions are most easily resolved when caught in their early stages.

Keep Feet Clean and Dry—washing your every day with warm soapy water and drying them completely is one of the best ways to keep fungal infections away. It's also important that feet not sit in sweaty socks. Use a foot powder in the morning or an antiperspirant to help keep moisture down.

Take Care of Toenails—trim toenails straight across but avoid cutting them too short. This allows the skin to fold back over the nail and can result in ingrown toenails. For this reason, you should also not file toenails with rounded edges. If you are a diabetic patient, consider asking the podiatrist to handle nail care to avoid possible injury and infection.

Listen to Your Feet—if feet hurt, stop the activity that is causing the pain and contact your podiatrist. Pain is your feet and ankle's way of telling you that something is wrong. Putting off seeking evaluation and treatment could result in a more serious issue.

Do's and Don'ts for Avoiding Ankle Sprains

Winter temperatures mean slippery conditions that greatly increase the risk for ankle sprains and falls. While you can't control the weather, you can take steps to minimize your chances of sustaining an ankle-twisting injury. Follow the do's and don'ts below:



Do: pay extra attention to the surfaces where you are walking. Dark pavement may indicate black ice. Snowy sidewalks may make the curb difficult to see. Look for well-cleared paths and walkways that have been visibly treated with salt or sand.

Don't: wear shoes that are inappropriate for the conditions. Skinny heels and fashion boots without a non-slip tread are no match for sleet, ice, snow, or even rain. Always wear shoes with wide, low heels and gripping bottoms when the weather is bad. If you are attending an event that requires more fashionable footwear, bring it with you and change when you arrive.

Do: leave extra time when the weather is inclement. If you are rushing, you're more likely to not see an obstacle or slippery spot and take a tumble.

Do: consider keeping a small, sealable sandwich bag filled with some sand or cat litter in your winter coat pocket. If you come to a slick spot that you must cross, sprinkle the sand in front of you for better traction.

Don't: neglect to get ankle sprains evaluated. If you do twist your ankle it's important to have your podiatrist examine your ankle and assess how serious the sprain is. Ankle sprains can be deceptive—how much pain you are experiencing does not necessarily correlate with the severity of the sprain. If your podiatrist prescribes physical therapy be sure to complete the full course, even if your ankle stops hurting. The number one reason for repeated sprains and chronic weak ankles is not fully rehabilitating an earlier sprain.

Celebrity Foot Focus

President-elect Joe Biden is on the mend after suffering hairline fractures in his right foot while playing with his dog. The injury was discovered in a scan and it will likely require him to wear a boot for several weeks.

Fractures are a concern generally as people age, but Biden's appears to be a relatively mild one based on his doctor's statement and the planned treatment. At 78 he will be the oldest president when he's inaugurated in January.

President-elect Biden is not the only politician to sustain an injury or endure an accident while in office.

- Despite winning two national championships as a member of the University of Michigan football team, former President Gerald Ford was remembered by many as being a klutz. In a famous incident President Ford tripped and fell on a rainy day down the slippery steps of Air Force One while holding his wife Betty's hand, perhaps giving credence to his legacy of clumsiness.

- In 1992, President George H.W. Bush fell suddenly ill and collapsed (after throwing up at his seat) during a state dinner being given for him at the home of the Japanese Prime Minister

- In January 2002, former President George W. Bush was enjoying some pretzels on the couch in his bedroom during a Baltimore-Miami NFL playoff game. A piece of a pretzel got lodged in his throat, causing him to choke and pass out briefly. He fell and his glasses cut and bruised his cheek.

- President Obama needed 12 stitches after he was hit in the lip by an errant elbow during a pickup basketball game with a group of family and friends visiting for the Thanksgiving holiday.

UNDERSTANDING YOUR HEALTH CARE COSTS



PREMIUM:

The amount you pay for your health coverage, usually each month. This doesn't count toward your deductible or out-of-pocket maximum.

OUT-OF-POCKET COSTS:

Any amount you pay out of your own pocket for services, not including your monthly premiums.

DEDUCTIBLE:

An amount you pay for covered services each year before your plan starts paying. (Not all plans have deductibles.)

For Example: Your plan has a \$500 deductible. You pay the full charges for covered services up to \$500. After you reach this amount you pay just a copay or coinsurance for each visit.



YOU PAY



INSURANCE PAYS

| COPAY | |
|-------|-------|
| \$20 | |
| | \$100 |

COINSURANCE:

A percentage of the charges that you pay for covered services.

For Example: If a procedure is \$200 and your coinsurance is 20%, you pay just \$40. Insurance covers the rest (\$160)



YOU PAY



INSURANCE PAYS

| OUT OF POCKET MAXIMUM | |
|-----------------------|----------|
| \$0 | THE REST |



YOU PAY



INSURANCE PAYS

| DEDUCTIBLE | |
|------------|-----|
| \$500 | \$0 |

COPAY:

The set amount you pay for covered services.

For Example: A doctor visit costs \$120. You pay a \$20 copay when you visit the doctor. Insurance covers the rest (\$100)



YOU PAY



INSURANCE PAYS

| COINSURANCE | |
|-------------|-------|
| \$40 | |
| | \$160 |

OUT OF POCKET MAXIMUM

This is the most you'll pay for covered services each year.

If you reach your maximum, you won't pay out-of-pocket costs for covered services for the rest of the year.

FOR MORE INFORMATION FOR YOUR HEALTH INSURANCE PLAN, PLEASE REFER TO YOUR BENEFITS BROCHURE/AGENT.

Video of the Month: Understanding Your Health Care Costs



Trivia

What part of your body is more likely to get frostbite?

- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

A promotional graphic for 'Professional Biofreeze' with a teal background and yellow brushstroke accents. It features the 'Pueblo Ankle & Foot Care, PLLC' logo, the text 'DEAL OF THE MONTH', and 'Professional Biofreeze' in a large, teal script font. Below this, it says 'Mix and match with a roll-on, tube or spray.' and '2 FOR \$20'. At the bottom, it states 'Reap the benefits from topical pain relievers with no side-effects.' and shows a circular image of three Biofreeze products: a roll-on, a tube, and a spray bottle.

Pueblo
Ankle & Foot Care, PLLC

DEAL OF THE MONTH

Professional Biofreeze

Mix and match with a roll-on, tube or spray.

2 FOR \$20

Reap the benefits from topical pain relievers with no side-effects.

Recipe of the Month

Sheet Pan Meatballs with Crispy Turmeric Chickpeas

This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper

MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup panko, or another plain, dry breadcrumb
- 1/4 cup plain yogurt
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

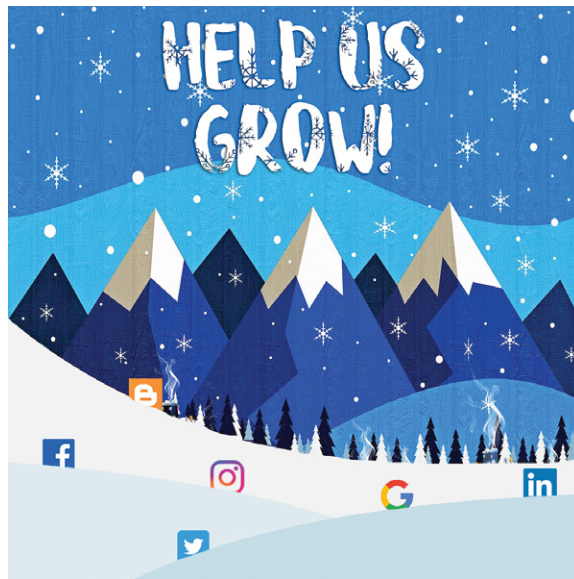


TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.



Pueblo Colorado

1619 North Greenwood
St. #300
Pueblo, CO 81003
Phone: (719) 543-2476
Fax: (719) 543-2479

Pueblo West Colorado

729 E Spaulding Ave
Pueblo West, CO 81007
Phone: (719) 543-2476
Fax: (719) 543-2479

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.



Powered by Blue Orchid Marketing

Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Dr. Sarah Thompson

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