



e Newsletter

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Find Us



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"I HAVE BEEN TREATED
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TO GET YOU IN AS
SOON AS POSSIBLE!!"

ALICIA



Holiday Gifts for Your Feet

If you're making your holiday gift list and checking it twice don't forget to add a little something special for your feet. They've certainly made all the chores and festivities of the season possible. Wondering what might be on your feet's wish list? Here are a few suggestions:

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History Foot Note

Shoes are important things, and not just for practical reasons. Many traditions around the world involve them. Read on for fun facts about traditions and customs around the world – and the role that footwear plays.

- Japanese samurai warriors wore shoes made from bear fur, believing that the animal's strength would transfer to whoever wore the shoes.
- An old American Indian custom is to poke holes in the tops of an infant's shoes to let any bad spirits escape.
- A Greek custom is to burn old shoes during the Christmas season; this prevents carrying misfortune into the new year.
- In Europe shoes were good luck charms in buildings; often they were deliberately hidden in walls or chimneys.
- In Islamic countries removal of shoes before entering a mosque is required; that way the unclean world is not brought into holy ground.
- When there is a death in the family, Jewish tradition states walking into the woods and throwing away the deceased relative's shoes. Today, many still believe the shoes must be destroyed or thrown out, rather than given to another person.
- An old English custom says that if you do not give shoes to a poor person at least once in your life, you will be forced to walk barefoot in the next life. Therefore, giving shoes to the poor at Christmas is a modern-day tradition.

....continued from page 1 **Holiday Gifts for Your....**

Custom Orthotics—If your podiatrist has recommended custom orthotics to help relieve pain and discomfort from plantar fasciitis, tendonitis, arthritis, or another podiatric condition then this is a present your feet will truly appreciate. If your insurance company covers one pair of orthotics and you are experiencing a significant reduction in foot or ankle pain you may want to splurge on a second pair to wear in a different kind of shoe. Custom orthotics are more expensive than over-the-counter inserts but, because they are made from a model of your exact foot, they are more effective and longer lasting.

New Walking or Athletic Shoes—Exercise is great for your feet. It keeps them flexible, improves circulation, and helps keep your weight down which reduces strain on your feet. Athletic shoes do have a lifespan, however. Even if they look fine, after 300-500 miles the inner support and cushioning begin to wear down. Ask your podiatrist for features to look for in a sport shoe if you have a chronic condition like flat feet or a bunion.

Anti-Fatigue Mat—Does your job or your work at home find you standing in one place for a long time? If so, an anti-fatigue mat may be just what your feet need. These thick, padded mats cause your feet to make tiny micro-adjustments due to the sponginess of the mat which helps improve circulation and reduces the foot pain people who stand for long periods typically experience.

Foot Massage—Foot massages can have health benefits and they just feel so good! Treat yourself to a professional foot massage or do it yourself with a rich moisturizer. Soak the lotion tube in warm water first for an additional spa treatment.

Of course, one of the best gifts you can give your feet is regular podiatric checkups and not putting off getting foot and ankle pain evaluated. The presents you give to your feet will truly become the gifts that keep on giving as they'll enable you to be mobile and do all the activities you love to do during the holidays and beyond!

**Pueblo Ankle and
Foot Care Guarantee:
We will see any emergency
foot and ankle condition
same day**

National Sock Day

National Sock Day on December 4th recognizes the rarest of all bonds, the pairing of matched socks. When they manage to find each other, wash after wash, dry after to dry, it's time to celebrate! But what if the unforeseen happens and you have a bunch of mismatched single socks? Here are simple uses for spare socks:

- Store shoes in spare socks while traveling
- Protect breakable items in socks during a move
- Use knee-high socks to keep windshield wipers from freezing before a storm
- Store small game pieces in them
- Absorb fridge odors with a spare sock filled with coffee grounds or baking soda
- Make ice packs more tolerable
- Catch drips from oil or sauce bottles by placing a section of sock around the bottle
- Dust blinds with a spare sock

Don't Slip Up This Winter

We're officially into the snow, sleet, and ice season and that means an increased risk of ankle sprains and other injuries from falls. The do's and don'ts below offer some tips and tricks for preventing a cold weather slip or fall.



Do: wear warm gloves so you can keep your hands out of your pockets. This will ensure that your hands are available to grab onto something if you start to slide or to brace yourself if you do fall. Keep a pair in all your winter outerwear pockets so you're never without them.

Don't: over carry. Yes, it's the holiday season and you've got tons of shopping to do but don't carry so many items at once that you can't see the path in front of you. A few extra trips to the car to drop off packages is a safer way to go.

Do: scope out the best path before you walk. Take a moment to examine your route options when deciding how to get into a store or your office. Look for the clearest walkways and those where you can visibly see salt or sand has been spread. Be wary of pavement surfaces that look a bit shiny as they could have an icy sheen forming as temperatures drop.

Don't: wear your party shoes to an event. Most dress shoes are not designed to navigate slippery terrain. It's best to wear snow boots or other shoes that have a gripping tread to get to your festivities and then change into your festive footwear when you arrive.

Do: keep a little kitty litter in a zippered sandwich bag in your pocket. This can be your secret anti-slip weapon! If there's no way around a patch of pavement that looks slushy or slippery, sprinkle the litter in front of you as you walk for extra traction.

If you do suffer a slip or fall be sure to get your feet and/or ankles checked by the podiatrist as soon as possible if you have pain, swelling, or bruising after the incident.

Video of the Month: Why do I have sensitive feet?





DEAL OF THE MONTH

Biofreeze SPECIAL

MIX AND MATCH WITH ROLL-ON, TUBE OR SPRAY.

2 FOR \$20

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



Trivia

If your heel hurts, it's most often due to a condition known as Plantar Fasciitis.

- A. True
- B. False

If you answered A, you're right! Heel pain is the No. 1 reason people see a Foot Specialist and it is usually caused by Plantar Fasciitis, an inflamed ligament on the bottom of the foot. The plantar fascia ligament attaches to the heel bone and becomes inflamed when micro-tears are produced.

Foot Funnies



Q: Did you hear the joke about the gym sock?

A: You don't want to. It stinks.



Recipe of the Month

Beef and Broccoli Over Zucchini Noodles

This lighter version of a Chinese takeout classic is packed with veggies and is low in carbs. You can make "noodles" out of zucchini at home with a special "spiralizer" tool or use a vegetable peel to create ribbons.

Ingredients

- 1 cup no-salt-added beef broth
- 1 tbsp corn starch
- 2 tbsp lower sodium soy sauce
- 2 cloves minced garlic
- 1 tbsp fresh minced ginger
- nonstick cooking spray
- 2 tsp toasted sesame oil
- 1 medium onion sliced
- 1 lb. sliced sirloin beef
- 4 heaping cups fresh or frozen broccoli florets
- 2 small zucchinis (spiralized into noodles, or 4 cups prepared zucchini noodles)
- 2 tbsp sesame seeds



Directions

1. In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.
2. Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
3. Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
4. Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.
5. Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
6. Stir in sesame seeds and serve.

Recipe courtesy of the American Diabetes Association

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