



e Newsletter

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“
Always friendly and was
very helpful with my
problem. Great for
surgery as well.
”

Sherry G.

Stress-Free Feet

Mehndi, otherwise known as henna, is a paste associated with positive spirits and good luck. Henna is applied to both the hands and the feet as a means of cooling the nerve-endings of the body, preventing the nerves from tensing up.

Indian Wedding tradition calls for a Mehndi ceremony to be held the night before the wedding as a way of wishing the bride good health and prosperity as she makes her journey on to marriage.

The Mehndi Ceremony is organized by the bride's family bringing together the female components of each side. While Mehndi is mainly for females, male relatives are invited to join in on the party that comes after the bride has completed her henna. The core significance of applying Mehndi is to utilize its natural medicinal herbal remedies, cooling the body and relieving the bride of any stress before her big day.

Dr. Jordan Bean Joins Pueblo Ankle & Foot Care

We are excited to add Dr. Bean to our already outstanding team of physicians.

Dr. Bean was born in California and moved to Arizona when he was 13 years old. He attended high school at Agua Fria High School, where he excelled in academics, cross country and track. He earned the U.S. Army Reserve National Scholar/Athlete Award for his graduating class of over 450. He also earned his Eagle Scout award during high school. Dr. Bean then went to Brigham Young University (BYU) where he completed his undergraduate education. He served a 2 year service and proselyting mission for his church in the northern coasts of Peru, where he became fluent in Spanish. He played in the Marching Band and Pep band at BYU and served as a volunteer EMT on campus.



Dr. Bean then went to Podiatry school in Arizona and subsequently to central Pennsylvania for his 3 year surgical residency. He became board-qualified in both forefoot and reconstructive rearfoot and ankle surgery by the American Board of Foot and Ankle Surgeons. Dr. Bean conservatively and surgically treats all conditions of the foot and ankle including foot and ankle fractures, sprains, bunions, hammertoes, diabetic foot care, wounds, Charcot Neuroarthropathy, limb salvage and infections. Dr. Bean is deeply committed to providing evidence-based and personalized care for all his patients.

The greatest thrill in his work is seeing pain relief and improvement for his patients. He has volunteered at homeless shelters, tutoring organizations and Special Olympics events. Dr. Bean finds fulfillment providing compassionate care to his patients. When not in the office, Dr. Bean likes to be on his feet participating in activities such as running, basketball, ultimate frisbee, mountain biking and hiking with his wife and four young boys. He is excited to be in Pueblo where his family can settle and grow.

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

8 Ways to Take Better Care of Senior Feet

Although good foot care is important at any age, older feet have specialized needs. After all, they've walked many miles already and it's natural for some wear and tear to occur, leaving senior patients more vulnerable to certain podiatric issues. Being proactive in foot health and preventive care can go a long way to keeping feet healthy and enabling you to live an active life for many years to come. Below are some tips to help:



1. **Practice good daily foot care.** Washing feet with soap and water, drying completely, and always wearing clean socks will help prevent common foot infections. Applying a rich moisturizer before bed will help compensate for changes in oil secretions which can leave the skin on your heels and sole dry and susceptible to painful cracks.continued on page 3

Filthy Rich Feet

Buying insurance for the possessions we value most is common practice for those of us who want to protect our most important assets, but how many of us value our own feet enough to take out a policy on them?

Some famous athletes and performers depend on their feet for their great success, so it is only financially reasonable that they make sure their feet are covered! Here are some instances:

- **Cristiano Ronaldo** - During the peak of his career at Real Madrid, soccer star Cristiano Ronaldo had his legs, feet, and toes insured for over \$100 million!
- **Lionel Messi** - Lionel Messi is reported to pay two different insurance companies between \$300,000 and \$450,000 every year to insure his legs, ankles, and feet will be taken care of in the event of an injury!
- **David Beckham** - David Beckham's legs, ankles, and feet were insured for a cool \$195 million, NOT including an additional policy that was taken out in case his ad-worthy face was disfigured!
- **Michael Flatley** - The internationally known dancer, known for his quick feet in tap dancing routines, has insured his feet for a whopping \$40 million!
- **Charlie Chaplin** - Another famous performer, Charlie Chaplin insured his feet for \$150,000, which was a fortune during the 1920s!
- **Fred Astaire** - The singing and dancing legend insured each of his lower limbs for \$75,000!

....continued on page 2 8 Ways to Take Better Care...

2. **Check your shoe size.** It's quite common for our feet to get larger as we age. More weight and decreased fat pads can cause feet to spread necessitating a larger size. Wearing shoes that are too small for your feet is not only uncomfortable, but can also spur the progression of bunions, hammertoes, and other deformities.
3. **Take care of toenails.** Keep nails trimmed straight across with no rough edges that can snag on socks or slippers. Don't cut nails too short or you may invite an ingrown toenail to form. If you can't manage caring for your toenails on your own ask your podiatrist for help.
4. **Avoid weight gain.** Extra pounds mean extra strain on your feet and an increased risk for many foot problems.
5. **Manage medical conditions.** Systemic diseases such as diabetes, heart disease, and arthritis can have a detrimental effect on your feet. Follow doctor's instructions for keeping these issues under control to protect the health of your feet as well.
6. **Eat a healthy diet.** What you put into your body most definitely affects how your feet perform. Eating foods rich in calcium and vitamin D can help keep bones strong—something that's particularly important for your feet which support the weight of your entire body. Eating a wide variety of fruits and vegetables can help reduce inflammation—a common symptom of many foot disorders.
7. **Keep the blood flowing.** Another concern for seniors is circulation. Regular exercise, not sitting or standing in one position for too long and elevating your feet above the level of your heart can all help. Ask your podiatrist about the benefits of massage and compression stockings if you have poor circulation.
8. **Listen to your feet.** If they hurt or you experience other unusual symptoms don't delay contacting your podiatrist to get them evaluated.

Prep Now for Sandal Season

It may seem like summer is a far way off, but it will be here before you know it. During winter months when feet are more covered up it's easy to ignore unsightly podiatric conditions. Many of these types of foot problems, however, take time to correct so start now dealing with the disorders listed below.



Bunions, Hammertoes and Claw Toes

Toe deformities are usually caused by biomechanical defects in the structure of the feet, the tendency for which is often genetic.

These are all progressive conditions, meaning they will only get worse, not better overtime. In addition to being unattractive in appearance, toe deformities can make wearing shoes extremely uncomfortable and lead to secondary conditions like corns and calluses. When the deformity is severe, the podiatrist may recommend surgery to correct the problem and realign the toe. There are also many conservative treatment options when toe deformities are in their early stages that can slow the progression of the disorder and increase comfort.

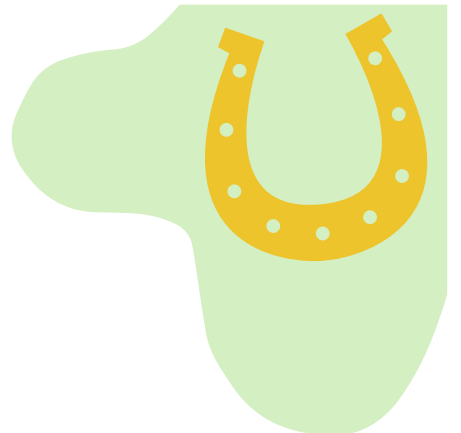
Fungal Toenails

Many people avoid wearing open-toed shoes because of toenails that are thick, discolored, or crumbling at the edges—the typical symptoms of fungal toenails. Toenail fungus is notoriously stubborn and can take a considerable time to eradicate. In some cases, it may be accompanied by a bacterial or yeast infection as well. Podiatrists have a variety of treatment options including anti-fungal medications both oral and topical and laser therapy.

Warts

Warts can occur anywhere on your feet, but they most often appear on the soles. They can develop as a single wart or a cluster of several warts together. Sometimes tiny black dots are visible in the center of the wart. In addition to being ugly, warts can be painful when you walk depending on where they are on your foot. Although there are many folk remedies for warts, these are largely ineffective and can harm your feet. Many over-the-counter products contain acids and harsh chemicals which can damage healthy tissue surrounding the wart. After diagnosing the type of wart, your podiatrist will prescribe the most effective treatment for removing it.

Contact your foot doctor if you have any of the above disorders or another unsightly foot condition that you would like taken care of before summer is here.



**DEAL OF THE MONTH
MARCH**

*It's a "click your heels"
kind of a deal!*

**SECOND PAIR OF CUSTOM
MADE ORTHOTICS \$250**

Must have been previously casted.



Trivia

Missing toenails can grow back.

- A. True
- B. False

Answer: A. True

Explanation:

Depending on why the nail fell off, you could expect to have a brand new one in 6 months to a year.

Foot Funnies



Q: Why do leprechauns hate running?

A: They'd rather jig than jog.

Video of the Month: Pain in the Ankle Versus Pain in the Heel



Recipe of the Month Hearty Black Bean Quesadillas

These quesadillas are an easy vegetarian snack or light meal that are filling, flavorful, and freezer-friendly!

Ingredients

- 1 15oz. can black beans
- 1 cup frozen corn
- 1/2 cup red onion
- 1 clove garlic
- 1/4 bunch fresh cilantro (about 1/2 cup chopped)
- 2 cups shredded cheddar cheese
- 1 packet taco seasoning
- 10 flour tortillas (7-inch diameter)



Instructions

1. Drain the black beans and add them to a bowl along with the frozen corn (no need to thaw)
2. Finely dice the onion, mince the garlic, and roughly chop the cilantro.
3. Add the onion, garlic, cilantro, shredded cheddar, and taco seasoning to the bowl with the beans and corn. Stir until everything is evenly combined and coated in seasoning.
4. Place a half cup of the filling on one side of each tortilla and fold over. Cook the quesadillas in a skillet over medium heat on each side until brown and crispy and the cheesy filling has melted. Slice into triangles then serve.
5. To freeze the quesadillas, stack the filled and uncooked quesadillas with a piece of parchment paper between each quesadilla. Place in a freezer bag and freeze for up to three months. To reheat either microwave (for a soft quesadilla) or cook in a skillet on low heat (make sure to use low heat so that the filling has time to thaw and melt before the outside burns).

Recipe courtesy of budgetbytes.com



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Meet our Doctors



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