



e Newsletter

September 2022



Here for Your Enjoyment - Our Monthly Newsletter

Multiple Pulitzer Prize-winning authors and highly sought-after editors were tasked with creating this masterpiece of literature. Even before we sent it to you, a trophy from the National Newsletter Society of the World (NNSW) was awarded to those associated with the project amid hails of "BRAVO" and "Encore." We here at Pueblo Ankle and Foot Care amazed ourselves at how hilarious the joke of the month is. Five-star restaurants are petitioning for the rights to the recipe of the month. Following the festivities, a hush fell over the office as our TEAM collectively pressed the "Enter" key on the computer sending this newsletter to your inbox for your reading pleasure. It truly has been an amazing experience getting this newsletter to you, and we hope you enjoy reading it as much as we enjoyed making it!

Our Offices

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"Really a great experience. First I arrived and did not wait long to see the tech whom took x-rays. I was then taken to the examination room and Dr Marble arrived in less than 5 min. We discussed my issues and x-rays and he made a determination and course of action.

What was really great was Dr. Marble educated me on how to select good shoes, exercises, and He has a Good sense of humor. I left feeling confident of a good plan of attack to solve my foot issues. Dr Marble followed up the next day to see if I had any questions and check how I was doing. Highly recommended for anyone with foot pain."

-SCOTT S.

How to Fall-Proof Your Home

In September, we celebrate Falls Prevention Awareness Week. Falls are the second leading cause of unintentional death worldwide and people over 60 are at the greatest risk. Non-fatal falls, however, can still have devastating consequences, such as broken bones and head injuries. Longer term repercussions may include depression, anxiety, and fear of future falls, which could lead to limited social interaction and isolation.



While your home is typically thought of as a safe haven, it's where six out of ten falls occur. Below are some tips for reducing fall risk from room to room:

Entryway:

- Increase lighting on walkways and stairs
- Repair loose stones and/or broken concrete

Bedrooms:

- Make sure there is a clear and well-lit path to the nearest bathroom
- Avoid long bedspreads that hang onto the floor around the bed

Bathroom:

- Install grab bars around the toilet and in the shower
- Apply no-slip strips to the tub and shower floor

Other areas in the home:

- Keep frequently used items within easy reach
- Install handrails on both sides of staircases, and increase lighting with switches at both the top and bottom of the stairs
- Remove throw rugs, low lying plants, stacks of magazines, and other tripping hazards
- Be sure electrical, phone, and computer cords are not in walking pathways
- Don't wear slippers or shoes that are stretched out or have tears or holes in them
- Store flashlights in the bedroom, living room, and kitchen in case of a power outage
- Keep your cell phone with you at all times, or consider a life alert system so you can easily call for help if you do fall

How Your Podiatrist Can Help

Foot pain is a factor that increases your risk of falling. If your feet hurt or burn, you may alter the way you walk, causing you to lose your balance and take a tumble. Always get foot pain evaluated promptly and ask your podiatrist to assess your fall risk. Gait and balance play a key role in fall prevention, and your podiatrist can direct you to resources that can help reduce your chances of falling.

History FootNotes

•The Bata Museum in Toronto is the only North American museum dedicated to shoes. More than 1,000 shoes and artifacts are displayed regularly covering 4,500 years of footwear.

•Speaking of shoe sizes...did you know shoe sizes were originally measured in barleycorns? This unit of measurement originated in the United Kingdom during the 14th century and is still being used around the world today. Based on the length of a grain of barley, each shoe size adds a third of inch, corresponding to the fact that there are three barleycorns in an inch.

Ouch! Why Do My Feet Hurt?

When fall rolls around, this is a question many podiatrists hear from their patients. We'd like to answer that question with a few questions of our own to help you track down potential sources of foot pain now.



1. What have you been wearing on your feet during the summer?

For patients who have spent the summer in flip flops or walking around barefoot, your feet may be having a difficult time getting back into regular, closed-in shoes. Traditional flip flops, although a summer favorite for their ease of wear, provide no arch support and are wide open on the sides. This encourages feet to flatten and spread, hence making fitting them back into your fall shoes a bit uncomfortable or even painful. Going barefoot and wearing flat shoes can also result in heel pain.

Foot Funnies



How does a frog feel with a broken foot? Un-Hoppy.

2. When's the last time you had your feet professionally measured?

Feet can get bigger as you age. Gravity and wear and tear on muscles, tendons and fat pads all combine to make your feet larger than they might have been a decade ago. Most people, however, continue to buy the shoe size they've always been. Some studies indicate that up to 90% of people wear shoes that are actually too small for their feet. Get measured at a reputable shoe store and upgrade your size if necessary.

3. How active were you this summer?

If your summer was particularly sedentary or very active, that may affect how your feet are feeling now. New exercise routines might even require new shoes specifically designed for the activity you are doing. If you've been working from home and are now heading back into the office more regularly, your feet may be unprepared for the increased amount of walking.

4. Have you had a significant change in weight?

Weight gain can add more fat to your feet and increases the load, causing them to spread. This may require you to seek out a larger size shoe. Conversely, if you lose a large amount of weight, your foot may go down a size or become narrower. Wearing shoes that are too large can also result in foot pain and injury.

If your feet are hurting this fall, it's important to find out why by consulting a professional. Make an appointment with your podiatrist to get to the root cause of your foot pain and identify the appropriate treatment.



**DEAL OF THE MONTH
SEPTEMBER**

*Put a little "pep" in
your step*

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

Must have been previously casted.

From My Blog

What kind of shoes for plantar fasciitis



[Click here](#)



Trivia:

"But the days grow short, when you reach September" Is a line from which famous song?

- A. September Song
- B. Farewell to Summer
- C. Back To School
- D. The Autumn Melody

Answer is A.

September Song by Frank Sinatra cartoon series.

Recipe of the Month

Chicken with Brussels Sprouts and Apple Cider Sauce

This simple oven roasted chicken recipe soaks up tons of flavor and the fruit and veggies cook simultaneously on another rack, making this dish a snap to prepare.

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar



Directions:

1. Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the Brussels sprouts, apples, red onion, and rosemary sprigs with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.

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2. Meanwhile, heat 1 tablespoon butter in a large ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper, and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.
3. Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1 tablespoon butter and the vinegar: season with salt and pepper.
4. Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken.

Recipe courtesy of Food Network Magazine



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