



 Newsletter

May 2022



In This Issue...

- Neuropathy and Your Feet
- 5 Myths about Arthritis
- Deal of the Month
- Video of the Month: Why do I have sensitive feet?
- Recipe of the Month: One-Pan Chicken Pomodoro

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Smooth Sailing

If you've ever smoothed over rough, dry skin on your feet, you probably have used a pumice stone. Pumice is a natural, non-toxic mineral and one of the softest abrasives on earth, so it's safe to use on the body as a gentle exfoliant. But what exactly is pumice?

Pumice is a volcanic rock that is produced when lava with high water and gas content is thrown from a volcano. The light, rocky mineral is formed because of lava cooling and hardening.

Three-quarters of all pumice that is produced annually is used in lightweight construction materials like concrete. The remaining pumice produced is used in horticulture, landscaping, and abrasives. Pumice has many uses besides being used on the body. It is used to grind and polish glass for televisions as well as to clean and prepare metal on circuit boards. Low levels of pumice can also be found in dental cleaning pastes.

Italy is the world's largest producer of pumice, followed by Chile, Greece, Turkey, the United States, and Spain.

Neuropathy and Your Feet

Neuropathy is a term to describe damage to your nerves. Neuropathy in your feet is called peripheral neuropathy and while it can range from being mildly annoying to significantly debilitating it should not be ignored.



Tricky to Pin Down

Many patients may have neuropathy in their feet but don't know it. That's because the symptoms can vary greatly. All these signs can indicate neuropathy:

- Numbness
- Prickling or tingling feeling in toes or feet
- Burning
- Throbbing or shooting pain
- Cramping
- Muscle weakness
- Feeling like you're wearing an invisible sock
- Extreme sensitivity to touch

Since there are three different types of nerves—motor, sensory and autonomic—and nerve damage can affect any or all of them, symptoms may also include excessive sweating or loss of balance.

These symptoms may develop gradually or come on suddenly. The discomfort may be constant or come and go and for many patients; symptoms are worse at night. Usually, sensations are experienced in both feet equally.

Neuropathy Causes

There are many disorders and conditions that can result in neuropathy. The more common ones include:

- Diabetes—this is one of the most frequent reasons patients develop neuropathy. Approximately 60% of diabetics experience a degree of nerve damage. In fact, for some patients, symptoms of neuropathy in the feet are what lead to a diagnosis of diabetes.
- Medications and medical treatments—chemotherapy and medications used to treat HIV/AIDs may have neuropathy as a side effect, as well as certain anticonvulsant drugs and blood pressure meds.
- Alcoholism
- Autoimmune diseases—such as rheumatoid arthritis, celiac disease, and lupus
- Kidney failure
- Vitamin and nutrition deficiency

Unfortunately, for some people, no cause is found for their neuropathy. There are, however, certain factors that increase your risk for developing neuropathy, including being over 40, having high blood pressure, and being overweight.

If you are experiencing any of the above symptoms, it's important that you talk to your podiatrist about them. Neuropathy can lead to serious podiatric problems and falls. Your foot doctor will help determine the cause of the neuropathy and appropriate treatment to manage it.

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

Pedal to the Metal

The Indianapolis 500, also known as the Indy 500, is an annual motorcar race that will be held on Memorial Day, May 30th at the Indianapolis Motor Speedway. The race is part of the Motorsports Triple Crown and has a 2.5-mile oval track requiring drivers to make 200 counterclockwise laps.

Safety is of utmost importance during the race and protective measures like helmets, head and neck restraints, and fire-retardant suits are commonplace. But did you know that there are specially designed shoes as well?

Like everything else in racing, shoes evolved over the years into a specialized piece of equipment. Drivers don't jump into the car wearing regular sneakers. Many companies make shoes designed specifically for racing.

They mimic wrestling shoes and have thin soles that fit snugly around the foot. The purpose is for the shoe to take up as little space as possible, so the foot won't get caught when switching back and forth between the pedals. The shoes are also fire retardant like everything else a driver will wear.

5 Myths about Arthritis

Arthritis in your feet is not only painful it can be quite debilitating, making it difficult to stand, walk and perform basic daily tasks. There are countless myths surrounding this condition. For starters, many people think arthritis describes a single disease, but it is an umbrella term that describes over 100 disorders that cause joint damage and pain. Below are five other myths about arthritis debunked.



Arthritis is a condition that is inevitable for older adults.

Osteoarthritis—the “wear and tear” arthritis that results from a breakdown of cartilage in the joints over time—is the most prevalent form of arthritis. However, it is not a forgone conclusion that all older people will develop arthritis. In fact, there are several ways to reduce your risk and even prevent arthritis. These include maintaining a healthy weight, exercising regularly, and not smoking. Talk to your podiatrist about your risk factors and a strategy for keeping your joints healthy.

Arthritis makes it too painful to exercise.

Exercise is an important therapy in treating arthritis. Regular movement helps prevent joint stiffness and increases range of motion. There are exercises that can be done without putting strain on painful areas. Check out the National Arthritis Foundation for [exercise options](#).

Medication is the only way to treat arthritis.

A multi-pronged treatment plan is more effective than medication alone. Your physician can help you design a plan utilizing complementary therapies, physical therapy, diet, and exercise. Depending on the type of arthritis you have alternative therapies such as acupuncture, nutritional supplements and massage may all be beneficial.

Arthritis is purely a physical condition.

Arthritis symptoms can increase stress and stress can worsen your joint disease symptoms creating a vicious, no-win situation. Chronic pain can lead to poor sleep and fatigue which in turn can make you less willing or able to participate in the self-care that will help alleviate your symptoms such as exercise. Ongoing stress can cause your muscles to tense and inflames your body's inflammatory response, increasing joint pain and damage. Develop strategies to combat stress such as joining a support group for people with arthritis, being available to talk to family and friends regularly, and taking relaxation breaks throughout the day by sitting quietly and breathing deeply or taking a brief walk in a beautiful setting.

Diet is unrelated to joint pain.

Not true. Sugar, fried and processed foods can all trigger an inflammatory response and increase pain from arthritic conditions. Conversely, there are also many foods such as berries, fatty fish, and green vegetables that can reduce pain. Avoiding being overweight is also a way to reduce arthritis symptoms.

If you're diagnosed with arthritis, explore the numerous options available for slowing the progression of the disease and improving your quality of life.

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





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MAY

DEAL OF THE MONTH

Foot Funnies



Q: Which candy does a foot like the most?

A: Men toes

Trivia

The most common reason your heels hurt is:

- A) Trouble in the tissue that supports your arch
- B) Plantar warts
- C) Blisters
- D) Legos camouflaged by the carpet

A. One of the most common sources of heel pain is a condition called “plantar fasciitis,” which is an inflammation of a thick band of connective tissue that starts in your heel and supports your arch. One remedy for treating the pain is to roll a frozen water bottle with the arch of your foot to ease the inflammation and reduce swelling. Good arch support is important for treating and preventing this condition.



Recipe of the Month One-Pan Chicken Pomodoro

A hearty and wholesome one-pan meal that requires minimal time in the kitchen and more time to enjoy this delicious dinner!

Ingredients:

- Extra virgin olive oil, 2 tsp(s)
- Chicken breast, raw, 6 oz(s)
- Black pepper, 1 tsp(s), ground
- Yellow onion, 1 small, finely chopped
- Garlic, 1 clove(s), crushed
- Tomato paste no salt added, 1½ tbsp
- Cherry tomatoes, 9 oz, halved
- Zucchini, raw, 2 medium, diced
- Low sodium chicken stock, ¾ cup(s)
- Balsamic vinegar, 2 tsp(s)
- Basil, fresh, ½ cup(s), whole leaves
- Green beans, raw, 2 cup 1/2" pieces

Directions:

1. Heat a medium non-stick frying pan over medium-high heat until hot. Add 1 teaspoon of the olive oil. Season the chicken with pepper and add to the pan. Cook each side for 1 minute, until golden. Remove to a plate.
2. Reduce heat to medium, add the remaining oil. Add the onion and garlic and cook while stirring for 2 to 3 minutes, until soft. Stir in the tomato paste and cook for 30 seconds, continuing to stir. Add the tomatoes and zucchini, stir to coat. Add the stock, bring to a boil, stirring occasionally.
3. Return the chicken and any juices to the pan, covering the chicken with the sauce. Cover and cook for 5 to 7 minutes or until the chicken is cooked through.
4. Meanwhile, place the beans onto a microwave-safe dinner plate. Cover with wet paper towel, microwave for 1 to 2 minutes on High until bright green.
5. Once the chicken is cooked, remove from the heat, drizzle with balsamic vinegar and scatter over the basil.
6. Divide the chicken and sauce between serving plates and serve with the green beans.

Makes 2 servings

Recipe courtesy of diet.mayoclinic.org



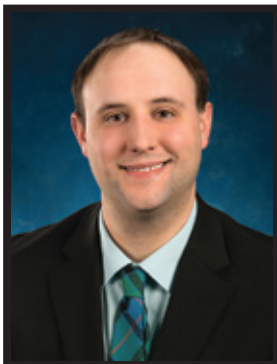
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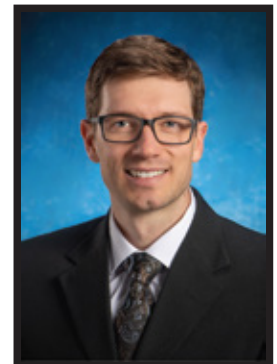
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