



In This Issue...

- Are Fall Shoes Making Your Feet Hurt?
- Tricks and Treats to Help Your Feet
- Recipe of the Month: Sweet Potato, Zucchini & Chickpea Salad

Are Fall Shoes Making Your Feet Hurt?



If your answer is yes, you're not alone. Many people have trouble transitioning from open-toed shoes and summer sandals to fall's closed-in styles. Below are some reasons why:

Bunions—those enlargements at the base of the big toe that result from the bone moving out of place can often be more easily accommodated by summer styles that are open in the front or sandals with cut out sides. Being back in more confining fall footwear is most likely applying more pressure to the bunion and increasing the pain. Remember too those bunions are a progressive condition. It's possible that your bunion has grown larger over the summer. If the pain persists, it's best to let your podiatrist examine your bunion and determine if it's time for a new treatment plan or possibly surgery.

Heel Pain—if you spent more time in flat shoes or flip-flops during the summer months or you frequently went barefoot you may find your heels are hurting. Lack of adequate arch support can cause an inflammation of the plantar fascia—a long band of tissue that stretches from the base of your toes to your heel on the bottom of your foot. This in turn causes pain in your heel.

Neuroma—when a nerve gets compressed it becomes irritated and begins to thicken. This can result in pain, tingling, burning, or a sensation like there's a pebble in your shoe. Among the most common culprits are shoes that have narrow toe boxes and high heels. These put extra pressure on the nerves, particularly those in the ball of the foot.

Smoothing the Transition

There are a few ways that you can make getting back into your fall shoes easier.

Take it slow—don't go directly from open shoes to wearing traditional fall styles for 8-10 hours a day. Start by putting on this season's styles for a few hours at a time. Try also to vary your shoes and not wear the same pair for multiple days in a row.

Get measured—foot size can increase as you age. It's possible that your feet are hurting because your shoes are too small. Visit a reputable shoe store and get your feet professionally measured to see if a size change is needed.

Add some cushioning—if you're buying new shoes look for styles with cushioned insoles and heel beds for increased comfort. A thicker tread may also help by increasing shock absorption. Consider padding sore areas as well.

Ongoing foot pain should always be evaluated by a podiatrist. Don't put off making an appointment!

Tricks and Treats to Help Your Feet



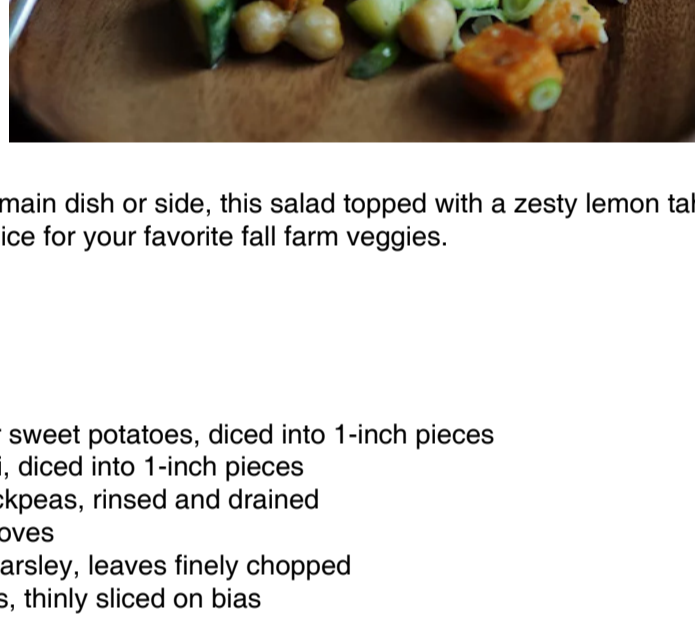
It's almost time for Halloween and little ghosts and goblins will soon be appearing in your neighborhood. In keeping with the spirit of the season, we'd like to offer our own tricks and treats for taking better care of your feet.

- **Try a tea soak**—mix up your own witch's brew to help eliminate foot odor and reduce the risk of fungal infections. Place two black tea bags in a pint of water and boil for 15 minutes. Remove the bags and pour tea into a large basin you can soak your feet in. Add 2 quarts of water and let cool. Optional: add a few drops of tea tree essential oil. Soak your feet for at least 15 relaxing minutes.
- **Tennis ball massage**—give your feet a treat while you're sitting and watching tv at the end of the day. Roll your foot on a tennis ball. Not only will this give you a gentle massage that will make your feet feel better, but it will also help stretch tight foot muscles and can decrease foot pain.
- **Moisture booster**—if your feet are dry or you have heel cracks, apply a rich moisturizer at night before bed and then slip on a pair of socks. They will help the cream or lotion get more efficiently absorbed into your feet and keep it off your sheets.
- **Sweaty foot stopper**—use a roll-on antiperspirant on the bottom of your feet each morning.
- **Turn up the heat**—your shoes should feel comfortable from the moment you buy them, but if you end up with a pair of leather shoes that's pinching a little after you get them home try this: Put the shoes on and aim your blow dryer at the sore spot—far enough away, of course, to prevent burning your feet. After 20-30 seconds the leather should soften up a little. Wear the shoes for an hour or two and hopefully they will adapt to the shape of your feet and be more comfortable.

Of course, a healthy lifestyle and good podiatric care are the best "tricks" and "treats" for your feet. Maintain a healthy weight, exercise regularly, and see your podiatrist promptly if you begin to experience foot or ankle pain or any other unusual symptoms.



Recipe of the Month Sweet Potato, Zucchini & Chickpea Salad



Warm or cold, main dish or side, this salad topped with a zesty lemon tahini dressing is the perfect choice for your favorite fall farm veggies.

Ingredients

For the salad

- 2 yams or sweet potatoes, diced into 1-inch pieces
- 1 zucchini, diced into 1-inch pieces
- 1 can chickpeas, rinsed and drained
- 2 garlic cloves
- 3 sprigs parsley, leaves finely chopped
- 2 scallions, thinly sliced on bias
- olive oil

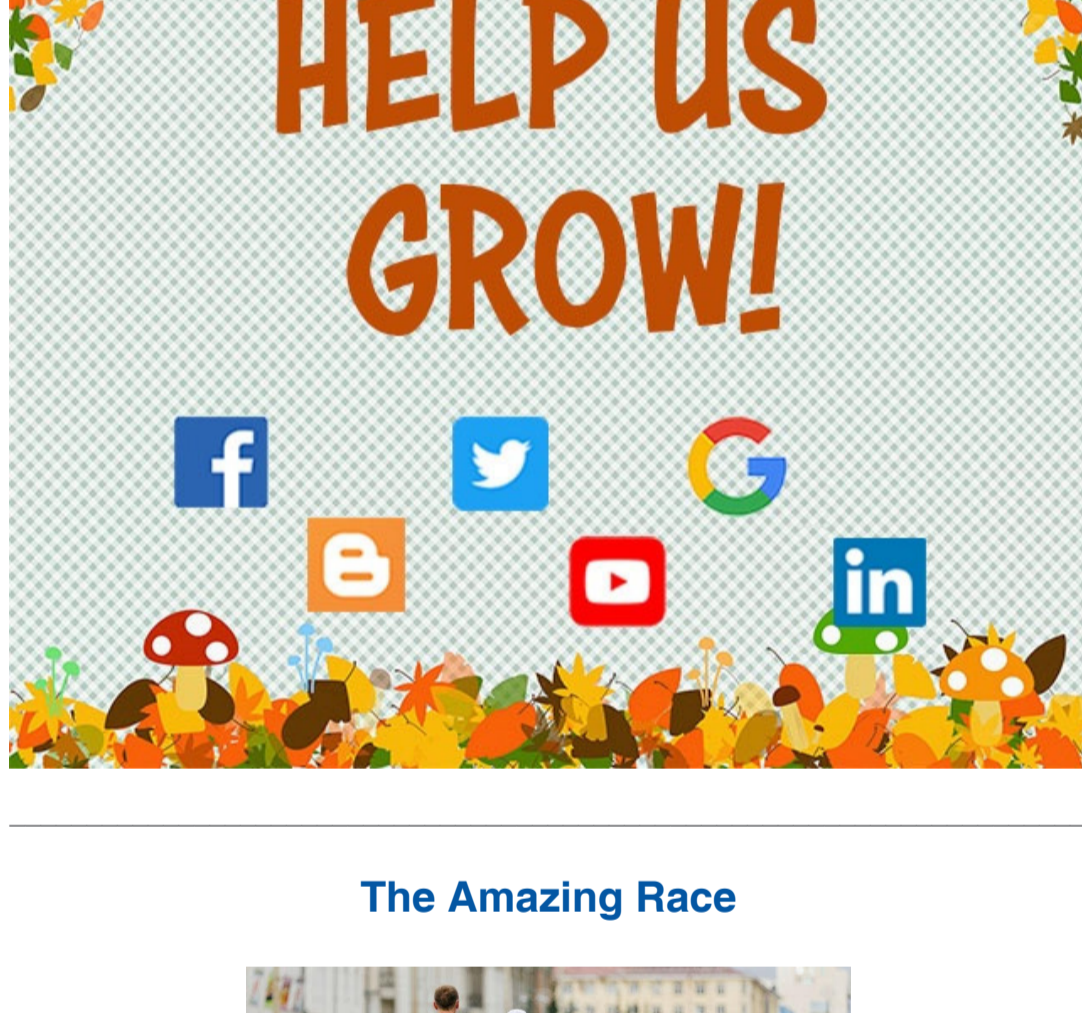
For the dressing

- 1 tablespoon tahini
- zest and juice of 1 lemon
- salt and pepper
- 1 tablespoon olive oil

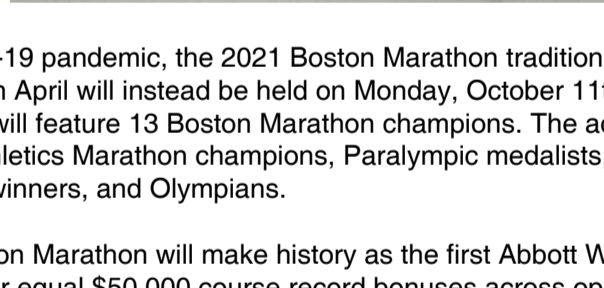
Directions

1. Preheat oven to 400 degrees. Line rimmed baking sheet with parchment or silicone.
2. Spread diced sweet potatoes in a single layer on prepared baking sheet, drizzle with olive oil, and sprinkle lightly with salt and pepper. Roast 35-40 minutes, then add zucchini and roast an additional 10-15 minutes, until both vegetables are softened inside and caramelized in spots. If vegetables haven't caramelized at that point, pop them under the broiler for 3 minutes, and they'll brown plenty.
3. In a small frying pan over medium heat, sauté chickpeas and whole garlic cloves in 1 tablespoon of olive oil (just enough to moisten) for about 3 minutes, until the chickpeas dry out a bit and are warmed through. Remove garlic cloves, chop finely, and reserve for dressing.
4. In a medium bowl, mix chickpeas with yams and zucchini. Add parsley and scallions and toss to combine.

Recipe courtesy of food52.com



The Amazing Race



Due to the COVID-19 pandemic, the 2021 Boston Marathon traditionally scheduled on the third Monday in April will instead be held on Monday, October 11th. The 125th Boston Marathon will feature 13 Boston Marathon champions. The accomplished group includes World Athletics Marathon champions, Paralympic medalists, Abbott World Marathon Majors winners, and Olympians.

This year the Boston Marathon will make history as the first Abbott World Marathon Major event to offer equal \$50,000 course record bonuses across open and wheelchair divisions, and the first event to provide a recorded prize purse for athletes with upper limb, lower limb, and visual impairments.

The 26.2 mile race will feature a field size of 20,000 participants, as well as a rolling start for the first time.

The Boston Athletic Association (B.A.A.) has organized the Boston Marathon since the event's inception in 1897 which featured only 15 runners. The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events.

Born to Run

When it comes to role models in sports, no one is more admirable than Fauja Singh. Singh, a British Sikh, is the oldest marathon runner in the world. The long-distance sportsman didn't take up running until he reached the age of 89. He ran his first marathon when he turned 90 and continued to run them until he reached 100.

He was featured in an advertising campaign for Adidas alongside David Beckham and Mohammad Ali and carried the Olympic torch in 2012. He is the inspiration for a children's book titled, "Fauja Singh Keeps Going", which highlights values like perseverance and resilience. Now 110, Singh challenges himself to think, exercise, eat healthily and pray every day.

Foot Funnies

Q: What did the podiatrist say to the gingerbread man with a sore foot?
A: "Have you tried icing it?"

Trivia

We are born with arches, and our feet flatten as we grow older.

A. True
B. False

Answer: B False

Although our feet can flatten as a result of fallen arches as we age, we do not actually have arches when we are born. Babies only develop these later in life, and adults lose them by not wearing the right footwear.

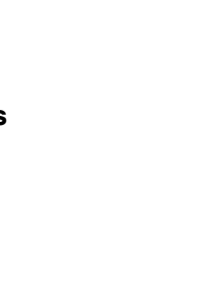
Follow us...



Meet Our Doctors



Dr. Todd Newsom



Dr. Melissa Robitaille

Our Office:

Atlantic Foot & Ankle Specialists
114 Canal St. Suite 703
Pooler, GA 31322
Phone: 912-988-3323
Fax: 912-988-3612

Office Hours

Monday : 8:00 am - 5:00 pm
Tuesday : 8:00 am - 5:00 pm
Wednesday : 8:00 am - 5:00 pm
Thursday : 8:00 am - 5:00 pm
Friday : 7:00 am - 1:30 pm

www.atlanticfeet.com

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.