

THE FOOT & ANKLE CENTER OF MARYLAND



In this Issue...

- 5 Tips for Avoiding Fungal Foot Infections
- Do's and Don'ts for Protecting Your Joint Health
- French Potato Salad - Recipe of the Month

5 Tips for Avoiding Fungal Foot Infections



As summer gets closer, there are more opportunities to kick off your shoes and go barefoot but consider the possible consequences before you do. The vast majority of foot infections, including athlete's foot, toenail fungus, and warts, are transmitted by direct contact. That means walking barefoot will greatly increase your chances of getting one of these annoying - and sometimes challenging to get rid of - infections.

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Do's and Don'ts for Protecting Your Joint Health



May is Arthritis Awareness Month. It's estimated that nearly 91 million Americans suffer from arthritis. While many people associate arthritis with "old age," the term covers more than 100 diagnoses involving joint pain and disease. There are some risk factors for arthritis that you can't control, including:

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Recipe of the Month French Potato Salad



This No-Mayo French Potato Salad is perfect for potlucks and outdoor dining.

Ingredients

Dressing:

- 1/4 cup extra virgin olive oil
- 3 Tbsp grainy Dijon mustard
- 2 Tbsp Sherry vinegar
- 1 shallot, finely minced
- 2 cloves garlic, minced very fine
- pinch of salt to taste

Salad:

- Salt
- 2 lbs small fingerling potatoes (use another new or baby potato if you like)
- 1/3 - 1/2 lb green beans, trimmed and cut in half
- 1/2 cup finely chopped fresh parsley
- 2 tsp fresh thyme leaves, or more to taste
- 1/4 red onion, slivered
- Freshly cracked black pepper to taste

Instructions

Dressing:

- Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to adjust any of the elements to your liking.

Salad:

- Put the **potatoes** in a large pot and cover them with 2 inches of cold water. Add a tablespoon of **salt** to the water. Bring to a boil, turn down the heat, and boil gently until the potatoes are tender. To check them, insert the tip of a sharp knife into a potato - it should glide in easily. Add the **green beans** to the pot and cook for another minute or two.
- Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If your potatoes are large, you can slice them into smaller pieces.
- Put the potatoes and beans into a large bowl and toss gently with some of the **dressing** while everything is still hot. The potatoes will absorb the dressing and its flavors this way.
- When the potatoes have cooled, toss them with the **herbs** and **onions**. Add more dressing at this time if needed. Chill the salad before serving it with a grinding of fresh **black pepper**.

Recipe and photo courtesy of [The View from Great Island](#)

May Special Days Mark Your Calendar!

- May 5th**
Cinco de Mayo
- May 6th**
Kentucky Derby
- May 14th**
Mother's Day
- May 20th**
Armed Forces Day
- May 29th**
Memorial Day

Trivia

How old is the Kentucky Derby?

- A. 153 Years Old
- B. 147 Years Old
- C. 75 Years Old
- D. 101 Years Old

Answer: B

May Fun Facts

- *Cinco de Mayo* is a yearly celebration held on May 5th, commemorating the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla during the Franco-Mexican War.
- Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20.
- The Empire State Building opened on May 1st, 1931.
- On May 20th, 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- Mother's Day in the U.S. was established on May 12th, 1907, to honor mothers and the sacrifices they made for their children. In 1914, President Woodrow Wilson officially proclaimed the 2nd Sunday in May as Mother's Day.
- Memorial Day is observed on the **last Monday of May** to honor the men and women who have died while serving in the military. It was formerly known as Decoration Day.

Meet Our Doctor



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Our Office

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(phones only no patient hours)
Thu: 9:00am - 6:30pm
Fri: 9:00am - 4:30pm

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