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## The Right Shoes for Outdoor Fitness



Sunny days and warmer temperatures invite outdoor exercise. Walking, running, and hiking are all excellent ways to get moving and enjoy fun and fresh air. Before you head out, however, you'll want to make sure you've got the right footwear for your activity. Below are some tips for choosing shoes that will increase comfort and help protect your feet from common sports injuries.

**Walking**—Here's the easiest way to savor a spring day! Walking can be done spur of the moment, on your own or with friends, and requires no special preparation or fancy equipment—except a good pair of walking shoes. In general, walking shoes should be lightweight and offer good shock absorption. Other features should be tailored to your specific feet. Overpronators, for example, will benefit from a more rigid midsole and reinforced heel counter, while those with flat feet will want additional arch support. You may not realize it, but your podiatrist can help analyze your gait and recommend the best walking shoes to accommodate your unique feet and conditions.

**Running**—Shock absorption is also important in running shoes to protect feet from the repetitive stress caused by pounding the pavement. The motion of running—foot rolling from heel to toe—requires a shoe that is flexible in the ball of the foot. Look for running shoes made of breathable material to reduce the chances of athlete's foot and fungal infections.

**Hiking**—Don't make the mistake of thinking you can just wear your sneakers (or, even worse, sandals or flip-flops) to go hiking. An important way to prevent podiatric injuries is to match your shoes to your activity. Hiking shoes and boots are designed with specific features to protect your feet on the trail. This includes a sturdy tread to give you traction on trails and solid ankle support to reduce the risk of ankle-twisting sprains. Although you'll want a sturdy material to protect your feet from rocks and sticks, it's also important that hiking shoes allow for ventilation to avoid excessive perspiration and blisters.

### Getting a Good Fit

When buying any type of fitness shoe, proper fit is paramount. It's best to go to a specialty shoe store and start by having your feet professionally measured. Wear the same type of socks to shop that you plan to wear with the shoes you are shopping for. Take your time assessing fit and comfort. Always try on both shoes and try them out with the movement you'll be using during the activity. Make sure your fitness shoes feel comfortable before you walk out of the store.

If you experience any foot or ankle discomfort after exercising, be sure to make an appointment with us to track down the source.

## The ABCDE's of Skin Cancer on Your Feet



May is Skin Cancer Awareness Month and its placement in the calendar is no accident. As more people move out of their winter—and this year COVID—cocoon and into the sun, it's the best time for some reminders on how to prevent skin cancer. The skin on your feet is just as vulnerable to the harmful effects of the sun's rays as the rest of your body. Always apply a broad-spectrum, water-resistant sunscreen with an SPF of at least 30 to your feet whenever they will be exposed. This includes shopping days when you're wearing sandals as well as beach and pool time.

One of the other keys to prevention when it comes to skin cancer is regularly examining your skin for any suspicious changes. Knowing your ABCDE warning signs makes it simple to assess your feet. If you have a freckly mole or spot on one of your feet, check for the following:

**A—Asymmetry**—imagine drawing a line down the middle of the spot—if both halves look the same, it's symmetrical, if they appear different, it's asymmetrical.

**B—Border**—freckles with poorly defined, irregular, or scalloped borders

**C—Color**—look for spots with various colors or a mottled appearance with shades of brown, tan, or black and/or areas that look red, blue, or white.

**D—Diameter**—spots that are the size of a pencil eraser or larger.

**E—Evolving**—the freckle or mole appears to have changed in size, color, or shape since the last time you examined your feet.

Be sure to include toenails in your self-check because cancers can develop under the nail as well.

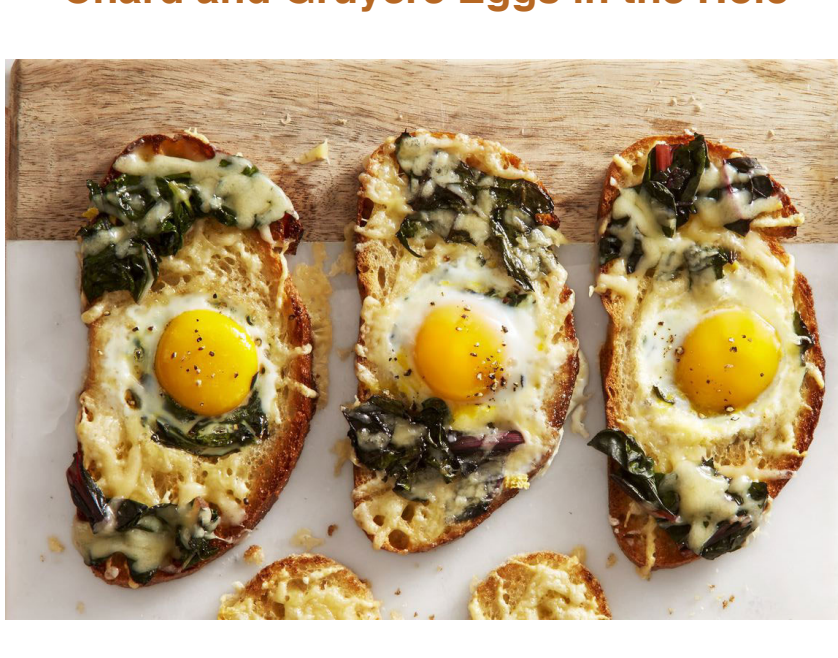
If you notice any of the warning signs above, you must make an appointment with us as soon as possible to get an evaluation of the concerning spot. Even if you're unsure that a mole or freckle meets the ABCDE criteria, it's always better to be safe and get it checked out. Skin cancers are among the most curable types of cancer if caught and treated in their earliest stages.



## MEMORIAL DAY

★ Honoring all who served ★

## Recipe of the Month Chard and Gruyère Eggs in the Hole



Power up your next brunch with this delicious breakfast favorite. Colorful swiss chard is jam-packed with vitamins and minerals and is an excellent source of dietary fiber.

### Ingredients

- 6 sourdough bread slices
- 3 tbsp. butter
- 1 bunch (about 6 oz.) rainbow chard, trimmed, chopped
- 6 large eggs
- 4 oz. shredded Gruyère cheese

### Directions

1. Preheat oven to 425°F. Spray large baking sheet with nonstick cooking spray.
2. With 2 1/2-inch-wide round cookie cutter, cut holes from centers of bread slices. Arrange bread and cutouts on prepared baking sheet. Bake 5 minutes or until slightly dry, turning bread over halfway through.
3. In 12-inch skillet, melt butter on medium. Add chard and 1/4 teaspoon salt; cook 8 to 10 minutes or until stalks are crisp-tender, stirring occasionally. Divide chard among bread slices, spreading around holes. Add egg to each hole; top each with pinch of salt and pepper. Sprinkle Gruyère over chard and cutouts.
4. Bake eggs 8 to 12 minutes or until whites are set but yolks are runny. Serve immediately.

Recipe courtesy of [goodhousekeeping.com](http://goodhousekeeping.com)

## Celebrity Foot Focus

If you are a sports fan, you know that Los Angeles Laker's superstar LeBron James suffered a high ankle sprain in late March.

The injury occurred while Atlanta Hawks forward Solomon Hill was chasing a loose ball and fell into James' right ankle, leaving James writhing in agony. Recovery rates vary, but high ankle sprains typically take anywhere from six weeks to three months to mend.

It isn't the first ankle injury for the NBA superstar. Throughout his career, LeBron James has had more than 25 ankle sprains. Most of the time, LeBron doesn't miss a game as his ability to play through pain is legendary.

This current ankle sprain is different. James will likely miss 16 games while recovering, which could doom LeBron's chances of a fifth MVP award.

## History FootNote

Foot reading, also known as "solestry," has been practiced in India and China for more than 5,000 years. It involves the study and analysis of foot structure, skin, and toenails, which are believed to reflect a person's emotions or character.

Foot reading evolves from the belief that the feet act as a mirror to the rest of the body. Any lumps, calluses, or pain in the feet are indicative of problems elsewhere. Foot readers claim that they're able to gauge a person's personality simply by looking at the size of a person's big toe or the height of their arch.

Scientific evidence to back foot reading as a genuine practice is nonexistent.

## Foot Funnies

Q: Why do cows have hooves instead of feet?  
A: They lactose.

## Trivia

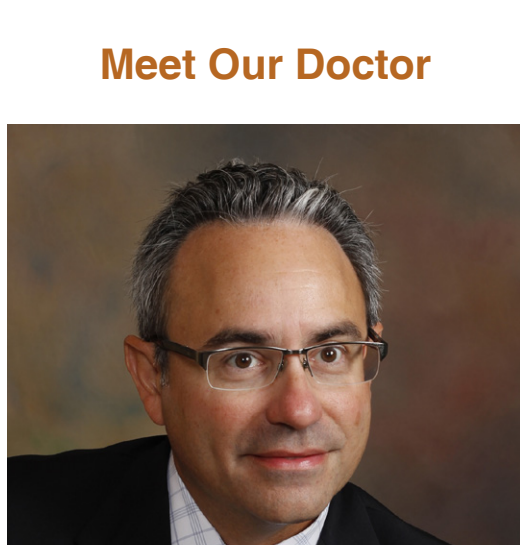
**Wearing tight shoes or high heels can increase your risk of getting a type of tumor in your foot.**

A. True  
B. False

**Answer: A. True**

Morton's neuroma, a benign nerve tumor, is linked to wearing high heels and shoes with tight toe boxes -- so women get it 8 to 10 times more often than men. It's a thickening of the tissue around a nerve heading between the third and fourth toes. The shocking pain feels like stepping on a hard kernel of corn. Another surprising cause: positioning your toes abnormally. Golfers, who twist the foot when swinging, are neuroma-prone.

## Meet Our Doctor



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Thursday: 9am-6:30pm  
Friday: 9am-4:30pm

[www.footanklecentermaryland.com](http://www.footanklecentermaryland.com)

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