

# THE FOOT & ANKLE CENTER OF MARYLAND

808 Landmark Drive, Suite 225  
Glen Burnie, MD 21061



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Phone: (410) 761-3501

## In This Issue...

- Back to School Shoe Shopping Tips
- Celebrate "I Love My Feet Day"
- Recipe of the Month: Tomato and Goat Cheese Tarts

### Back to School Shoe Shopping Tips



It's almost time for that end-of-summer ritual: back-to-school shoe shopping! Whether your children love it or dread it, buying well-made shoes that fit properly is one of the most important steps you can take to promote good health in growing feet. Below are some tips to ensure a good fit:

- **Shop with your children.** While purchasing online is tempting, children's feet grow rapidly, and shoes need to be tried on.
- **Get professionally measured.** Have your child stand up straight on the measuring device and measure both feet. Use this as a starting point, keeping in mind that different companies may cut and size shoes slightly smaller or bigger. Also, remember that it's not unusual for one foot to be bigger than the other. Always buy shoes to accommodate the larger foot.
- **Buy the correct size.** Getting shoes that are bigger than your child's current size in the hopes that they will last longer may seem economical but may be at the cost of their podiatric health. Shoes that are too big can be a tripping hazard and result in blisters. There should be approximately half an inch—the width of your thumb—between the biggest toe and the front of the shoe.
- **Choose function over fads.** Avoid styles made of plastic, vinyl, or other non-breathable materials. Make sure the sole is thick enough to provide good shock absorption and arch support—ballet flats are not a good choice for daily wear.
- **Shop at the end of the day.** That's when your child's feet will be at their largest. This will help guarantee that the shoes you buy will feel comfortable all day long.
- **Bring the right socks.** Have your child try on shoes with the type of socks that they will normally wear with them to get a more accurate feel and fit.
- **Do a final check.** After your child has put on both shoes and walked around in the store for several minutes have them take the shoes off and check their feet. Young children especially may not be able to articulate how a shoe feels on their foot. Look for any redness or signs that a shoe is rubbing on a part of the foot or toes.

If your child has a chronic foot problem, has sustained an injury in the past, or you have other special concerns about their feet, ask your podiatrist for footwear recommendations.

### Celebrate "I Love My Feet Day"



Each year on August 17th we celebrate National "I Love My Feet Day." Most of us take our feet for granted until they hurt or don't work as well as we'd like. Take a moment to consider these amazing foot facts:

- It's estimated that the average person will walk 115,000 miles in their lifetime—that's more than 4 times around the globe!
- The pressure your feet sustain while running can be up to 4 times your body weight.
- Your feet are amazingly put together: a pair of feet consist of 52 bones (one-quarter of all the bones in your body), 66 joints, 214 ligaments, and nearly 40 muscles and tendons.
- The soles of your feet contain more nerve endings and sweat glands per square centimeter than any other part of your body.
- Your toes are carrying one-half of your body weight each time your heel lifts off the ground.
- Your feet act as an early warning system for the rest of your body. Many conditions such as diabetes, arthritis, heart and kidney disease, and circulatory disorders can show their initial symptoms in your feet.

On top of all of this, your feet enable you to walk, run, jump, climb and pretty much do everything you need to each day.

#### Sweet Feet Treats

Why not reward these hard workers with a little extra TLC? Some suggestions:

- Give your feet the gift of a massage. Reflexology and other types of foot massage not only feel amazing, but they can also help make your feet healthier by improving circulation.
- If you spend an excessive amount of time standing on the job or at home, consider buying an anti-fatigue mat to ease foot pressure.
- Indulge in a spa day for your feet. Include a relaxing foot soak, cleaning and trimming of your nails, and a rich moisturizer to keep skin supple.
- Exercise regularly and maintain a healthy weight. Excess pounds put extra strain on your feet and make it harder for them to do their job.
- Examine your feet daily. Be vigilant about the health of your feet and get any unusual symptoms checked out promptly by your podiatrist.

Take care of your feet and they'll enable you to live the active life you love for many years to come!



*Oh Those Lazy Hazy Days of Summer*

### Recipe of the Month Tomato and Goat Cheese Tarts



It's tomato season and if you're wondering what to do with the abundance, try this savory tart.

#### Ingredients:

- 1 package (17.3 ounces/2 sheets) puff pastry, defrosted
- Good olive oil
- 4 cups thinly sliced yellow onions (2 large onions)
- 3 large garlic cloves, cut into thin slivers
- Kosher salt and freshly ground black pepper
- 3 tablespoons dry white wine
- 2 teaspoons minced fresh thyme leaves
- 4 tablespoons freshly grated Parmesan, plus 2 ounces shaved with a vegetable peeler
- 4 ounces garlic-and-herb goat cheese (recommended: Montrachet)
- 1 large tomato, cut into four 1/4-inch-thick slices
- 3 tablespoons julienned basil leaves

#### Directions:

1. Unfold a sheet of puff pastry on a lightly floured surface and roll it lightly to an 11 by 11-inch square. Using a 6-inch-wide saucer or other round object as a guide, cut 2 circles from the sheet of puff pastry, discarding the scraps. Repeat with the second pastry sheet to make 4 circles in all. Place the pastry circles on 2 sheet pans lined with parchment paper and refrigerate until ready to use.
2. Preheat the oven to 425 degrees F.
3. Heat 3 tablespoons of olive oil in a large skillet over medium to low heat and add the onions and garlic. Sauté for 15 to 20 minutes, stirring frequently, until the onions are limp and there is almost no moisture remaining in the skillet. Add 1/2 teaspoon salt, 1/4 teaspoon pepper, the wine, and thyme and continue to cook for another 10 minutes, until the onions are lightly browned. Remove from the heat.
4. Using a sharp paring knife, score a 1/4-inch-wide border around each pastry circle. Prick the pastry inside the score lines with the tines of a fork and sprinkle a tablespoon of grated Parmesan on each round, staying inside the scored border.
5. Place 1/4 of the onion mixture on top of the onions, again staying within the scored edge. Crumble 1 ounce of goat cheese on top of the onions. Place a slice of tomato in the center of each tart. Brush the tomato lightly with olive oil and sprinkle with basil, salt, and pepper. Finally, scatter 4 or 5 shards of Parmesan on each tart.
6. Bake for 20 to 25 minutes, until the pastry is golden brown. The bottom sheet pan may need an extra few minutes in the oven. Serve hot or warm.

Recipe courtesy of Ina Garten

### Foot Facts

The human foot is an amazing thing, as you'll see in this month's article [Celebrate "I Love My Feet Day."](#) Our animal friends have some fascinating foot features too.

#### Ten Animals with Really Cool Feet

1. American Coot - They have long toes wrapped in skin that help them to swim while still being able to walk on land.
2. Elephant - Their feet have 'cushion pads' which distribute the weight. They also use their feet to communicate, stomping the ground to send out vibrations.
3. Gecko - Their toes are covered in microscopic hairs, which help them to stick to surfaces.
4. Ostrich - They are the only bird with two toes. This design helps them to run fast, reaching up to about 70 km an hour.
5. Lion - Like most members of the cat family, their paws have padding to help them walk quietly they also have retractable claws.
6. Bald eagle - They have powerful talons that they use to hunt prey like fish.
7. Rhinoceros - They have surprisingly small feet for their weight, which can reach up to 8,000 lbs.
8. Monkey - They have an opposable thumb and sensitive pads that allow them to grab onto things like a branch.
9. Crocodile - They have webbed feet to help them swim. Their toes also have sharp claws!
10. Penguin - They have so much blubber and warm feathers over their entire body that they need to have bare feet to allow heat to escape so they can regulate their body temperature.

### History FootNote

Toe rings are popular jewelry items that adorn women's feet each summer to highlight a pedicure or to add a bit of sparkle to sandals. But in Indian cultures, married women wear the toe ring to show off their marital status.

Toe rings were introduced to the United States around 1973 by Marjorie Borell. After returning from India, she started selling and manufacturing them in New York at her own trendy retail outlet called Fiorucci. She eventually sold her designs to other companies and the idea took off.

### Foot Funnies



Q: What kind of vehicle does a podiatrist drive?  
A: A toe truck

### Trivia

All of these countries celebrate their Independence Day in July except which one?

- A. Belarus
- B. Iceland
- C. Rwanda
- D. Peru

Answer: B

### Meet Our Doctor



Ross S. Cohen D.P.M.

### Office Location:

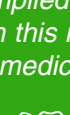
808 Landmark Drive, Suite 225  
Glen Burnie, MD 21061  
410.761.3501

### Office Hours:

Monday: 9am-4:30pm  
Tuesday: 9am-6:30pm  
Wednesday: 9am-3pm (phones only- no patient hours)  
Thursday: 9am-6:30pm  
Friday: 9am-4:30pm

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