

THE FOOT & ANKLE CENTER OF MARYLAND

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Don't Let Winter Temps Knock Out Your Workout



When winter's dealing out its worst it can put a damper on your fitness routine. Even in warmer climates, this time of the year is usually when temperatures hit their annual low. Regular exercise has several benefits for your feet and the rest of your body. It helps you maintain a healthy weight, improves circulation, and keeps feet flexible. It also reduces your risk of certain diseases that can negatively impact the health of your feet including diabetes, heart disease, and arthritis. Don't let cooler weather be your excuse to sleep in or spend more time on the couch. Below are some tips for keeping your fitness level up during the winter.

- **Add some layers.** If your preferred exercise routine is done outdoors, look into adding some layers that will help you stay warm without hindering your movement. There are several types of materials including polypropylene, spandex, and merino wool which wick moisture away from the skin to help you stay dry and warm. Wear these closest to your skin and then add another light layer over top. Choose outerwear with pockets to store a hat or gloves in if you warm up and want to remove these items.
- **Switch up your routine.** If stormy weather or wind chills just make being outdoors unbearable, take an "exercise vacation." Explore new fitness activities you can do indoors and try to stick to the same schedule you were on when exercising outdoors. There are many online programs you can do—some will even provide beautiful scenic backdrops of natural settings or famous destinations.
- **Phone a friend.** A fitness buddy is a great way to increase motivation at any time of year but may be particularly helpful if your exercise plan is suffering from the winter doldrums. Many people make fitness resolutions at the start of the new year and then find their resolve waning in February. A friend might need a fitness boost as much as you do. Even if you don't work out together, you can touch base and share successes and struggles.
- **Check your gear.** Whether you find a way to modify your current routine or try something entirely different now is a good time to inspect your exercise gear, most importantly your shoes. Make sure the footwear you are using is specifically designed for the sport or activity you are doing. Inspect your shoes for visual signs of wear and remember to buy new if the ones you're wearing have more than 300-500 miles on them.

Your podiatrist can help with shoe recommendations to accommodate any chronic foot conditions you may have. If you experience any podiatric pain or discomfort from exercise don't delay getting it evaluated by your foot doctor.

Healthy Heart and Sole



February is American Heart Month. It's worthwhile to recognize the connection between the health of your heart and the health of your feet. Taking good care of one improves the health of the other. Read on for more about the heart/sole connection.

Feet: An Early Warning System for Heart Trouble

Unbelievably, your feet can play a significant role in alerting you to potential heart problems. There are signs in your feet that point to peripheral arterial disease (PAD) and other heart disorders. These include:

- Bluish tinge to the skin of your feet, toes, and ankles
- Swollen ankles and feet
- Loss or lack of hair on lower legs, feet, and toes
- Sores that are slow to heal

Your podiatrist can perform a simple, non-invasive test called an ankle-brachial index, which compares the blood pressure in the ankles to the blood pressure in the arms to check on your circulation. Other factors that put you at increased risk for PAD and heart disease are smoking, having diabetes, high cholesterol, high blood pressure, a family history of heart attack or stroke, and a sedentary lifestyle.

Heart Healthy Choices

Fortunately, there are many steps you can take to reduce your risk of heart disease and circulatory-related foot problems. One of the biggest is committing to an active lifestyle. Taking good care of your feet will enable you to exercise regularly, walk, and participate in other fitness activities. That's why it's important to treat any foot or ankle issues promptly. In addition, strive for the following:

- Healthy diet. Try to include as many fruits and vegetables as possible—at least 3-5 servings daily. Cover at least half your plate with these and then add lean proteins and whole-grain starches to complete your meals.
- Avoid being overweight. Smart dietary choices combined with physical activity can go a long way to ensuring you maintain an appropriate weight. It's an upward spiral—if you weigh less it's easier to move more. Being overweight is a risk factor that increases your chances of heart disease.
- Don't smoke. It impedes circulation as well as harms your heart and lungs.
- Get regular checkups and manage chronic conditions by following your doctor's instructions.

Your podiatrist is your partner in better heart health and by working together you can keep your heart and your feet in tip-top shape.



Recipe of the Month Asian Lettuce Wraps



Delicious and bursting with flavor, Asian lettuce wraps are a great idea for entertaining or a family style meal. Substitute ground beef for ground chicken, turkey, or soy crumbles for an even healthier alternative.

Ingredients

- 16 Boston Bibb or butter lettuce leaves
- 1 lb. lean ground beef
- 1 tablespoon cooking oil
- 1 large onion, chopped
- ¼ cup hoisin sauce
- 2 cloves fresh garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons minced pickled ginger
- 1 dash Asian chile pepper sauce, or to taste (Optional)
- 1 (8 ounce) can water chestnuts, drained, and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

Directions

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease, transfer beef to a bowl. Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes. Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.

Recipe courtesy of Rachel Castro for allrecipes.com

Big Shoes to Fill

The President of the United States has big shoes to fill. No question. However, little is known of the shoe sizes of the first 15 Presidents other than George Washington wore a size 13, and Thomas Jefferson a size 12.5.

Johnston & Murphy (established in 1850) made a pair of ankle boots for the 16th POTUS, Abraham Lincoln in 1861. Abraham Lincoln was 6'4" tall and wore size 14 shoes - the largest feet among presidents.

Super Feet

No doubt Super Bowl LVI taking place on Sunday, February 13th will have the iconic Goodyear Blimp floating high above the stadium to observe all the action. One of the world's best known advertising icons, the Goodyear Blimp, was first built in 1912. The military used them for observation and reconnaissance during World Wars I and II. After World War II, Goodyear bought five of its blimps back from the armed forces, painted them, and began using them for promotional purposes.

But have you ever looked closely at the Goodyear logo?

The Wingfoot symbol of the Goodyear Tire & Rubber Company, the founder and for many years president of The Goodyear Tire & Rubber Company.

Seiberling's home in Akron, Ohio had a statue of Mercury, the Roman god (known to Greeks as Hermes). The statue caught Seiberling's attention, and he felt that the god it portrayed embodied many of the traits for which Goodyear products were known. Among the sketches considered for the logo was one using the winged foot of Mercury.

Everyone at Goodyear agreed that the Wingfoot should be the company symbol, with the graphic to be placed in the middle of the word "Goodyear."

Mercury in ancient times was the god of trade and commerce, but it was the idea of speed that had much to do with Goodyear's symbol selection, for the wingfooted Mercury was regarded as fast carrier of good news.

Foot Funnies

 **Q: What do you call the Super Bowl victory dance?**
A: The Foot Ball

Trivia

Athlete's foot is caused by bacteria found in places such as gyms, locker rooms, and nail salons.

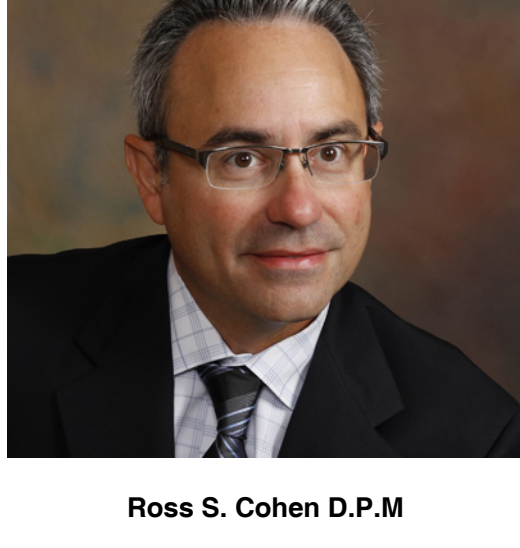
- A. True
B. False

Answer: **False**

Explanation:

Athlete's foot is caused by a fungus, not bacteria. The medical name for athlete's foot caused by a fungus is tinea pedis and can be contracted in many locations, including gyms, locker rooms, swimming pools, nail salons, airport security lines, from contaminated socks and clothing, and from direct person-to-person contact. Another colorful name for this condition is "jungle rot," often used by members of the armed services serving in tropical climates.

Meet Our Doctor



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

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