

THE FOOT & ANKLE CENTER OF MARYLAND



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Heart Health is Foot Health!



February marks the start of American Heart Month, and while it might seem like a stretch to say so, that means it's also time to start thinking about your podiatric health! From chronic conditions such as peripheral arterial disease to ailments like Raynaud's, circulatory conditions take a severe toll on the lower extremities. Your heart and feet are as far apart as any two parts of your body can be, which means that your heart must pump harder to get blood where it needs to go. This, in turn, means your feet suffer seriously from circulatory issues.

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3 Wellness Options to Treat Your Feet



Wellness is on everybody's mind lately, and that's a good thing. However, the trending topics tend to center around more visible, face-forward aspects of health. We hear plenty about therapies aimed at healing skin or rectifying sleep, yet one pair of hard-working heroes is often excluded from the conversation: Your feet! This dynamic duo is just as deserving of your tender, loving care, so don't neglect them.

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Recipe of the Month

One-Pot Enchilada Pasta

This cozy dish is ready in 30 minutes and is full of healthy ingredients. It has everything a busy weeknight meal calls for.



Ingredients

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 cup fresh or frozen corn, thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes, and lime wedges

Directions

1. In a Dutch oven or large skillet, combine the first 9 ingredients.
2. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes.
3. Add cheese; stir until melted. Serve with optional toppings as desired.

Recipe courtesy of www.tasteofhome.com

Interesting Dates in February

February 2
Groundhog Day

February 9
National Pizza Day

February 10
Chinese New Year

February 11
Superbowl Sunday

February 14
Valentine's Day

February 14
Ash Wednesday

February 17
Random Acts of Kindness Day

February 19
President's Day

February 27
Polar Bear Day

February 29
Leap Year

Trivia: True or False

The first leap year was introduced in 46 BCE by Julius Caesar of Rome.

Answer: True

Joke

What is Cupid's favorite band?

Answer: Kiss

History Footnotes for February

- President Gerald Ford officially recognized Black History Month in February 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."
- February 1, 1960, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store in Greensboro, NC. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the arrest of over 1,600 people.
- The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, PA.
- February 8, 1910, the Boy Scouts of America was founded by William Boyce in Washington, D.C.
- An assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in Miami, Florida, on February 15, 1933. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.
- Former Black Muslim leader Malcolm X was shot and killed while delivering a speech in a ballroom in New York City on February 21, 1965.

Meet Our Doctor



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The Foot & Ankle Center of Maryland

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