



In This Issue...

- ✓ Do's and Don'ts for Getting Back in the Swing this Spring
- ✓ What is a Podiatrist?
- ✓ Don't Skip Doctor's Visits to Avoid COVID
- ✓ NYC Podiatrist Discusses Treating Heel Pain with Advanced Technology
- ✓ Recipe of the Month: Easy Garlic and Rosemary Chicken

Happy Spring Wishes



Do's and Don'ts for Getting Back in the Swing this Spring

At the first hints of warmer days and springtime sunshine we at NY Foot Health know that people will be inspired to head outdoors. It's been a long winter and our bodies are ready to get moving! One of the best ways to start ramping up your fitness level is with a walking or running program. These physical activities have several advantages. They raise your heart rate, which helps burn calories and improves heart function. This lowers your risk of heart disease and peripheral arterial disease, hypertension and diabetes. Below are some do's and don'ts for easing back into exercise this spring.

Do: check your walking shoes. While running and walking are great because they don't require much in the way of equipment, the one piece that is critical is a good pair of shoes. If you have a chronic foot problem like heel pain or bunions you may want to consult your podiatrist to find out the best type of shoe to accommodate your condition and allow you to exercise comfortably. Don't have a podiatrist? Use our online directory to find a qualified foot doctor in your community. Inspect your shoes for signs of wear and replace every 300-500 miles even if they look fine.



....continued on page 2

....continued from page 1 **Do's and Don'ts for Getting Back in the Swing....**

Don't: overdo it the first few times you're out. Nice weather can be a good motivator but be sure to match your fitness plan to your current level of activity when you're starting up in the spring, especially if you've been fairly inactive over the winter. Running too far, too fast when your body is not conditioned will lead to Achilles tendon issues, shin splints and fatigue.

Do: Stretch properly once muscles are warmed up to help prevent injury. Don't skip you cool down either.

Do: intersperse other types of exercise and fitness activities with walking or running. Aim for a total of 150 active minutes each week. Incorporate activities that work all your muscle groups, strengthen your core, and increase balance.

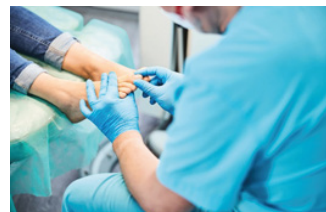
Don't: run through the pain. If you are experiencing pain, swelling or other unusual symptoms in your lower legs, ankles, feet, or toes seek a podiatric evaluation promptly. Continuing to exercise when you're hurting is likely to lead to a more serious injury that will sideline your fitness plan for a longer period.

To learn more about taking good care of your feet, [contact us](#) and subscribe to our free [e-newsletter](#).

What is a Podiatrist?

Podiatrists are medical specialists who help with problems that affect your feet or lower legs. They can treat injuries as well as complications from ongoing foot health issues. You might hear them called a podiatric physician or doctor of podiatric medicine (DPM).

Podiatrists help patients who suffer from foot conditions affected by diabetes. It is extremely important to keep your regular appointments with your podiatrist to avoid serious complications that diabetic patients can experience.



[Find a Podiatrist](#)

Don't Skip Doctor's Visits to Avoid COVID

There's a dangerous trend happening in NY and other places across the country that we at [NY Foot Health](#) are concerned about: patients are canceling doctor's appointments for routine care and checkups because of a fear of contracting the coronavirus. Medical experts predict that this will have far more detrimental effects on the health of patients when compared to the risk of getting COVID. Experts are expecting to see significant increases in the numbers of people developing cancers because they have foregone routine screenings. Patients with conditions like heart disease and diabetes are likely to experience more complications and medical emergencies because they are choosing not to get the regular care they require.

Missing your podiatrist appointments can have similarly serious consequences. This is particularly true if you see your foot doctor for wound care and prevention or for treatment of progressive conditions such as bunions or are trying to rehabilitate after an injury such as an ankle sprain. Delaying necessary could lead to crippling and debilitating scenarios that it will impede your daily life.



We want New Yorkers to know that podiatrists (and other medical practitioners) are taking steps and following [COVID safety protocols](#) to protect patients and their own staff. Some of these include:

- Increasing the amount of time between appointments to ensure there are very few people in the office at one time to make it easier to keep a safe social distance.
- Taking patients' temperatures before they can enter the office. You may also be asked to fill out a questionnaire or verbally confirm that you have not traveled outside the state or been exposed to anyone who has tested positive for the virus in the last 14 days.
- Requiring all patients, doctors, and staff to wear masks.
- Having hand sanitizer in multiple places in the office and examining rooms for you to use.
- Offering you a new pen to keep after filling out paperwork.
- Doctor's offices have always had high standards for cleanliness and sanitizing, but some offices have even installed air purifiers or taken additional measures to ensure your safety.

Of course, if you find that are experiencing symptoms of COVID or any other illness on the day of your appointment, you should reschedule your visit. But otherwise, it's best to keep all your usual medical appointments and to seek evaluation of new symptoms. If you need to find a podiatrist in your area, use our [online directory](#) to assist you. For peace of mind, feel free to contact your doctor before your appointment and ask what safety measures they are taking during this challenging time.



AMRTRAINS
AN ANOTHER MOTHER RUNNER PODCAST

EPISODE #25

EPISODE #25

THE BODY SERIES:
Runner's Feet with Dr. Karen Langone, DPM

<https://anothermotherrunner.com/runners-feet/>

Another Mother Runner Podcast

Karen Langone, DPM covers it all in this Podcast

Proper Running Shoes

Best Practices to Prevent Foot Injuries

Foot Changes During Pregnancy

Are Orthotics Right for You?

NYC Podiatrist Discusses Treating Heel Pain with Advanced Technology

By Gary Evans, DPM, FACFAS

Treating Heel Pain with Advanced Technology

The most common cause of heel pain is plantar fasciitis. The main sign of plantar fasciitis is pain or stiffness on the bottom of the heel when standing, and the pain is most often felt in the bottom inside edge of the heel. Patients often report that the pain moves around to different areas and can range from a dull ache to a debilitating sharp pain. The condition may come and go spontaneously or be persistent for months and sometimes years.

Why does plantar fasciitis develop?

The plantar fascia is relatively inelastic and does not stretch very well. Increased tension and overuse causes pulling and irritation at its attachment to the heel. This will occur most often in people who have structural problems with their feet, such as high arches or flat feet. read more..... [Treating Heel Pain With Modern Technology](#)



Easy Garlic and Rosemary Chicken

Original recipe yields 2 servings

Ingredient

- 2 skinless, boneless chicken breasts
- 2 tablespoons lemon juice
- 2 cloves garlic, chopped
- Salt and pepper to taste

Directions

Preheat oven to 375 degrees F. Cover the chicken breasts with garlic, then sprinkle with rosemary, lemon juice, and salt and pepper to taste. Place in a 9x13 inch baking dish and bake in the preheated oven for 25 minutes or until done and juices run clear (baking time will depend on the thickness of your chicken breasts).

Nutrition Facts

Per Serving: 147 calories; protein 27.6g; carbohydrates 3.7g; fat 2g; cholesterol 68.4mg; sodium 78.9mg.

Courtesy of All Recipes – Karen Hefner



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

Powered by Blue Orchid Marketing