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## New York Getting Back to Normal!

At [NY Foot Health](http://www.NYFootHealth.com), we know it's been a long slog through the coronavirus pandemic. As more and more New Yorkers get vaccinated and the rates of the virus and hospitalizations continue to drop, there appears to be light at the end of the tunnel. Below are several activities for summer fun that New Yorkers can look forward to:

- **Play ball!** Starting May 19th, vaccinated fans can return to the stands with normal seating at Mets and Yankee baseball games. Unvaccinated spectators will have a separate seating section with a 33 percent capacity limit and six-foot distancing. An added bonus: Mets and Yankees have partnered with the Department of Health and will offer pop-up vaccine clinics on-site on game day with a free ticket to a future game for all participants. Meanwhile in upstate NY, fans are excited to hear that Buffalo's downtown Shalen Field, the regular home of the Blue Jays' Triple-A farm team is back and they will start playing games on June 1st.
- **Let's eat out.** Indoor dining capacity in New York City will catch up with the rest of the state on May 7th and expand to 75%. The midnight food and beverage curfew will be lifted for outdoor dining on May 17th and indoor dining on the 31st.
- **Meet for a drink?** Yes, as of May 3rd, seating in bars was again permissible.
- **Plan a beach day.** Beaches and pools are all scheduled to re-open on time this summer.
- **Hit the gym.** Indoor fitness classes are back, and there's no more 11 p.m. curfew for late-night gym-goers. On May 15th, gyms and fitness centers can increase capacity to 50%.
- **Have some fun!** There's no longer an 11 p.m. curfew for casinos, bowling alleys, movie theaters, or billiards halls, and they'll be back to 50% capacity starting May 15th.
- **See a show.** Broadway has scheduled an opening at full capacity on September 14th.
- **Stay out late!** NY city subway will resume full 24-hour service on May 17th.



Don't be surprised if all the additional activities affect your feet. Many people post-pandemic shutdown experience flare-ups of chronic podiatric conditions and new foot pain due to a severe decrease in activity levels over the last 14 months. If you find you have foot, toe, or ankle issues, make an appointment with your podiatrist to get them checked out. Don't have a podiatrist? You can find one near you through our [online directory](#). To learn more about foot health, [contact us](#) and subscribe to our free [e-newsletter](#).

## NY Foot Health wishes you all a Happy Summer!



### Keep Your Feet Healthy this Summer

With the approach of summer and the increasing relaxing of COVID restrictions, we know many New Yorkers are looking forward to some summer fun! At [NY Foot Health](#), we'd like to offer some suggestions for ways to protect your feet and avoid common podiatric problems this season.

- **Don't forget the sunscreen.** Don't wait for the official first day of summer to start using sunscreen. As soon as you break out your sandals and other open-style summer shoes, it's time to apply a broad-spectrum sunscreen that protects against both UVA and UVB rays and has an SPF of 15 or higher. Many patients forget sunscreen isn't just for beach or pool days. When shopping, sightseeing, or anytime you're going to be outside, and the skin on your feet is exposed, it's necessary to protect them from the harmful effects of the sun's rays, which can cause [skin cancer](#).
- **Use flip-flops to help prevent fungal infections.** [Athlete's foot](#), [warts](#), and [toenail fungus](#) are all spread by direct contact. Wearing flip-flops or shower shoes in public places like community pools or seaside changing areas and restrooms is a great way to protect your feet from these and other infections. Don't make flip-flops your go-to summer shoes, however. They lack support and can cause foot pain.
- **Don't leave home without foot care basics.** Hopefully, there's a vacation in your plans this summer. Be sure to bring a travel kit with moleskin, nail clippers and emery board, foot powder, bandages, and antibacterial ointment to cover your foot needs while away.
- **Match your shoes to your summer activity.** Playing beach volleyball in flip-flops or hiking in sandals is likely to result in an [ankle sprain](#) or other [foot or ankle injury](#). Always wear shoes designed for the sport or activity you're enjoying.
- **Stay hydrated.** You lose more water on hot summer days. Drinking plenty of water will help you avoid leg cramps and painful swelling.



During the summer months, if you experience any pain, foot rashes, or other unusual symptoms, don't hesitate to contact your podiatrist for an appointment. Don't have a foot doctor? You can find one near you through our [online directory](#). To learn more about keeping feet healthy in all seasons, [contact us](#) and subscribe to our free [e-newsletter](#).

### The President of NYSPMA (New York State Podiatric Medical Association) James R. Hanna, DPM, FACFAS shares a video.



## Dealing with Psoriatic Arthritis

At [NY Foot Health](#), we know many patients hear [arthritis](#) and immediately think of the joint pain that often affects older people. But arthritis is an umbrella term covering over 100 disorders that can have complex symptoms and effects on the body. One type is psoriatic arthritis.

Although psoriasis manifests as a skin disorder, patients also develop psoriatic arthritis in about a third of the cases. This condition is an autoimmune form of the disease (meaning the immune system mistakenly attacks its own body) that can cause joint inflammation and even organ damage.

### Recognizing the Signs

Psoriatic arthritis can affect everyone differently. Some potential symptoms include:

- Swelling of toes and fingers
- Toe and fingernails become pitted or separate from the nail bed.
- Aching in the heel or sole

Joint inflammation may occur on large or small joints and can also affect the spine, although this happens less frequently. These symptoms may be severe or mild, wide-ranging, or specific to just a few joints. They can also come and go.

### Who's at Risk?

Psoriasis and psoriatic arthritis tend to run in families. It usually develops after the age of 30 but can start in childhood. It affects men and women equally and is more prevalent in whites than other races or ethnicities.

Researchers don't exactly understand why some people develop psoriatic arthritis. The current thinking is a patient may have a genetic predisposition for the disease triggered by an environmental factor such as stress, physical trauma, virus, or infection.

### Prevention Measures

The best way to prevent psoriatic arthritis from developing is by managing psoriasis appropriately and following your doctor's treatment plan. Some ways to do this include:

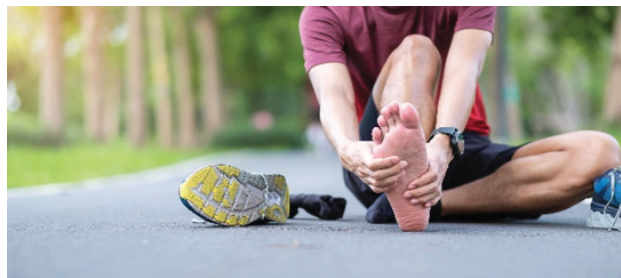
- Moisturizing your skin and limiting exposure to hot showers or baths
- Avoiding harsh soaps and detergents
- Choosing clothing that is loose fitting and made of soft, natural fibers.
- Eating a healthy diet rich in foods that fight inflammation.
- Managing stress

If psoriasis is part of your family's medical history or you are experiencing painful or itchy patches of skin that are red or silvery-white in color and pain in your toes or the joints of your feet, contact your podiatrist for an evaluation. If you don't currently have a podiatrist, use our [online directory](#) to locate one near you. You can learn more about these and other health conditions that affect the feet by [contacting us](#) and subscribing to our free [e-newsletter](#).



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## 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 conditions affected by arthritis. Make sure you schedule an appointment with a podiatrist who can thoroughly examine your foot conditions.

[Find a Podiatrist](#)



# NY NASSAU COUNTY PODIATRIST DISCUSSES TOENAIL FUNGAL INFECTIONS

By Andrew Shapiro, DPM

Toenail Fungus is an unappealing foot condition that causes the toenail to become dense, yellow, and brittle. If this condition goes untreated for a lengthy amount of time, the brittleness of the toenail will advance and cause it to crumble further.

One factor that contributes to the creation of this condition is using antibiotics when they're not required since they can cause the lining of the stomach to become damaged, creating a thriving environment for fungi to grow and cause infections.



[Read more](#)

## Low-Carb Greek Chicken Bowls (Keto, Gluten-Free)

By Irena Macri

### Ingredients

- 1 lb boneless, skinless chicken breast, cut into 1-inch (2.5-cm) cubes
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp red wine vinegar
- 1 tbsp Greek seasoning (see notes below)
- 1/4 tsp sea salt

### Tzatziki

- 8 oz. full-fat plain Greek yogurt
- 1/2 medium Persian cucumber, grated
- 2 cloves garlic, grated
- Zest of 1 medium lemon
- 1 tbsp fresh lemon juice
- 2 tbsp minced fresh dill
- Sea salt as needed
- Black pepper as needed

### Red Wine Vinegar Dressing

- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp minced fresh oregano
- Sea salt to taste

### Toppings

- 1 large Persian cucumber, diced
- 1 cup cherry tomatoes halved
- 1/2 cup of thinly sliced red onions
- 1/3 cup of pitted Kalamata olives
- 4 oz feta cheese, crumbled

### Instructions

- To make the chicken, combine the chicken, oil, lemon juice, vinegar, Greek seasoning, and salt in a sealable container. Marinate the chicken in the refrigerator for 30 minutes or up to overnight.

....continued on page 5



...continued from page 4 **Low-Carb Greek Chicken Bowls (Keto, Gluten-Free)**

- To make the tzatziki, stir together the yogurt, cucumber, garlic, lemon zest, lemon juice, dill, salt, and black pepper in a medium bowl. Refrigerate the tzatziki until you are ready to serve.
- Heat a 10-inch (25-cm) or larger cast-iron skillet over medium-high heat. Add the chicken and marinade to the skillet. Cook the chicken for 3 to 4 minutes per side, until it is brown, and its internal temperature reaches 165°F (74°C).
- To make the red wine vinegar dressing, whisk together the oil, vinegar, oregano, and salt in a small bowl.
- To assemble the bowls, divide the chicken among four individual serving bowls. Top the chicken with the cucumber, tomatoes, onion, olives, and feta cheese. Pour the red wine vinegar dressing over the bowls and top each bowl with the tzatziki just before serving.



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