



NEW YORK  
**FOOT  
HEALTH**



Newsletter Winter 2021

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## Happy New Year from NY Foot Health

2021

*Happy New Year!*

## Enjoy Winter Activities That are COVID - Safe

At [NY Foot Health](http://NYFootHealth.com), we know that staying active is important no matter what the season or circumstances. Regular physical activity improves circulation, increases flexibility, and helps maintain an appropriate weight—all key factors in good foot health. Fortunately, winter provides numerous opportunities to enjoy several cold-weather sports and activities that are also COVID safe. Some choices include:

- Snowboarding
- Skiing—downhill and cross country
- Ice skating
- Snowmobiling
- Tobogganing
- Ice fishing
- Snow tubing
- Snowshoeing

Many of these activities can be done alone or with members of your household. For those in a more public setting, be sure to follow safety protocols, including social distancing, masks, and frequent hand sanitizing. ....continued on page 2



## ....continued from page 1 **Enjoy COVID-Safe Winter Sports**

### Footwear Tips

To protect your feet while enjoying winter sports, it's essential that you choose the appropriate footwear for the activity you are doing. Many winter sports, like ice skating and skiing, require specialized footwear. It's important whether you own or rent your equipment that your footwear fits you properly. High backed skates and boots, especially when made of rigid materials, can cause a condition known as Haglund's Deformity or "pump bump." It is an irritation to the bony protrusion at the back of your heel. Other issues such as blisters and toe deformities can result from winter sport footwear that doesn't fit well. If you experience foot pain or discomfort after a winter activity, contact your podiatrist for an evaluation. Need to find a local podiatrist? Use our online directory.

Wearing the right socks is also key to protecting your feet during winter fun. Keeping feet warm and dry is the goal. You may want to wear two pairs of socks. A synthetic, moisture-wicking type of sock will help pull perspiration away from the skin of your feet. It will reduce the risk of athlete's foot and fungal infections. A thicker wool sock will keep your feet warm and prevent blisters.

To learn more about how to protect your feet during exercise and other activities, contact us.



Enter our giveaway just by following us on



Or sign up for our Newsletter

**Refer a friend to enter our contest and we will double your entry!**

**4 Lucky Winners will receive Amazon Gift Cards!**

All entries due by January 31st

*Good Luck and let the following begin!*

## Ways to Reduce Fall Risks for Seniors

More than 1 in 4 older adults falls each year, resulting in serious injuries that cause loss of independence and mobility. During the winter months our loved one's odds increase even higher.

Daily fall prevention exercises can reduce fall risk by strengthening muscles and joints to improve balance. Here are tips to help your senior loved ones stay safe during these winter months.



## NY Foot Health Featured Story - Karen Langone, DPM

NY Foot Health is supported by the Public Education and Information Committee of the New York State Podiatric Medical Association (NYSPMA). As we strive to bring you more information about how to keep your feet healthy, we would also like to share more about the field of podiatry. Over the next several newsletters, we will feature stories on NYSPMA member podiatrists.

We start our series with Karen Langone, DPM. Dr. Langone is in a private practice in Southampton, New York. She received her undergraduate degree in Biological Sciences from SUNY Stony Brook. She then went on to the New York College of Podiatric Medicine. She chose this school after seeing how very busy their clinic was, knowing she would get great experience in treating patients during her schooling. She then completed a one-year training program after her graduation. Two years after completing her training, she opened her practice which she has run for the last 30 years. Read More....



## Need to Find a Podiatrist?



We can help just by clicking here:  
[Online Directory](#)

## Winter Foot Care Tips

At [NY Foot Health](#), we know as winter approaches, it may be easy to think your feet don't need as much attention as they do in warmer seasons when they're more exposed. However, heavy socks and boots don't protect your feet from many common ailments. Below are 5 tips for keeping your feet safe and healthy during the colder months.



1. **Keep feet dry.** Yes, you want to stay warm, but if bundling your feet results in sweaty, damp conditions, you may be increasing your risk of fungal infections like [athlete's foot](#) and [fungal toenails](#). These thrive in dark, moist settings like the insides of your winter socks and boots. Keep an extra pair of socks handy and change them whenever you notice feet feel damp. [Sweaty feet](#) are more likely to get blisters. After washing your feet, be sure to dry them completely, paying particular attention to the spaces between your toes.
2. **Get a good fit for winter sports shoes.** Whether on mountains skiing or hiking, ice skating, or in the mall holiday shopping, the right shoes are necessary to keep your feet healthy. Don't compromise by accepting shoes that don't fit properly. Blisters, [corns](#), [calluses](#), and more serious podiatric problems can result.
3. **Moisturize, moisturize, moisturize!** When the heat is on in homes, offices, shops, and cars, you can guarantee skin rapidly becomes dry. On your feet, it can lead to cracks in your heels and foot skin that can be a way in for harmful bacteria. Make applying a good moisturizing cream or lotion to your feet part of your bedtime routine. Cover your feet with a pair of cotton socks to help improve absorption.
4. **Watch out for slippery conditions.** The risk for [ankle sprains and fractures](#) go up as the temperatures go down. Be wary of dark areas of pavement that may be wet or icy. Always wear low-heeled shoes with gripping tread when there is inclement weather.
5. **Conduct daily foot checks.** No matter what the season, inspecting your feet daily for changes is one of the most effective ways of protecting podiatric health. If you see unusual skin color changes or nails, bruising, lumps, or growths, swelling, or anything else suspicious, contact your podiatrist promptly to get it evaluated. If you need to find a podiatrist in your area, use our [online directory](#). For more information on caring for your feet, [contact us](#).



## Recipe of the Month

# Ham-&-Cheese-Stuffed Chicken Breasts

### Ingredients Checklist

- ¼ cup grated Swiss, Monterey Jack or part-skim mozzarella cheese
- 2 tbs. chopped ham
- 2 tsp. Dijon mustard
- 1 freshly ground pepper, to taste
- 4 boneless, skinless chicken breast halves, (1-1 ¼ pounds total)
- 1 egg white
- ½ cup plain dried breadcrumbs
- 2 tsp. extra-virgin olive oil

### Directions

- Preheat oven to 400 degrees. Use a baking sheet with sides and lightly coat it with cooking spray.
- Mix cheese, ham, mustard, and pepper in small bowl.
- Cut a horizontal slit along the thin, long edge of a chicken breast half, nearly through to the opposite side. Open the breast and place one-fourth of the filling in the center. Close the breast over the filling, pressing the edges firmly together to seal. Repeat with the other remaining chicken breasts and filling.
- Lightly beat egg white with fork in a medium bowl. Place breadcrumbs in a shallow glass dish. Hold each chicken breast half together and dip in egg white, then dredge in breadcrumbs. Discard leftovers.
- Heat oil in a large nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, about 2 minutes. Place the chicken, browned side up, on the prepared baking sheet. Bake until the chicken is no longer pink in the center or until an instant-read thermometer registers 170 degrees F, about 20 minutes.

**Serving Size:** 1 Stuffed Chicken Breast

**Per Serving:** 247 Calories; protein 30.7g; carbohydrates 10.3; dietary fiber 0.7g; fat 8.3g; saturated fat 2.5g; cholesterol 91.4mg; vitamin A 84.4 IU; vitamin C 0.2mg; folate 33.4mcg; calcium 85.4mg; iron 1.1mg; magnesium 42mg; potassium 436mg; sodium 249mg; thiamin 0.3mg.

**Exchanges:** ½ Starch, 4 lean meat

*Courtesy of Eating Well*



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