



In This Issue...

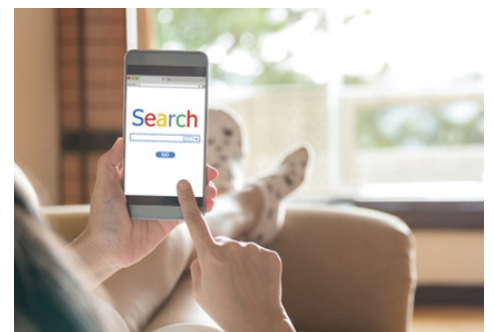
- ✓ Consulting Dr. Google vs the Podiatrist
- ✓ 5 Ways to Protect Your Feet This Summer
- ✓ Find a Podiatrist
- ✓ Lemon Chicken Pasta An Easy And Healthy Weeknight Meal Option!



Consulting Dr. Google vs the Podiatrist

When you notice a strange rash on your feet, or your ankle feels sore for no apparent reason, what's the first thing you do? If you're like many patients, you probably turn to the internet and "google" your symptoms to find out what might be going on. While there is good health information available online, there are some distinct drawbacks to getting a diagnosis and making treatment decisions based on a consultation with Dr. Google. Below are some pitfalls you may encounter when putting your trust in online medical information instead of a certified podiatrist:

....continued on page 2



....continued from page 1 **Consulting Dr. Google vs the Podiatrist**

- The most obvious is that Dr. Google can't physically examine your feet! In many cases the same symptoms may be typical of more than one podiatric condition. A black toenail, for example, may be the result of repetitive pounding against the front of your sneaker if you're a runner, or it could be a sign of a deadly melanoma. Obviously, the treatment for these conditions will be vastly different.
- Dr. Google can't talk to you. Your podiatrist will get a complete medical history from you and ask questions about recent physical activity. All this information provides important clues to the foot doctor when determining the source of your symptoms.
- Online medical information may be profit driven. Pay careful attention to the source of online medical tips. Many are sponsored by companies that sell products that claim to help relieve foot pain or fix foot problems. The "advice" may be steering you to a product instead of an accurate diagnosis.
- Imaging equipment and other diagnostic tools are not available through the internet. Your foot doctor may order x-rays or laboratory tests to confirm or rule out certain foot conditions. Dr. Google does not have these resources to diagnose your problem.
- Delaying professional podiatric care may result in a worse condition. This is perhaps the most significant risk. Most foot and ankle problems get worse over time if left untreated. In addition, conservative treatment methods are usually not as effective once a disorder has progressed to a severe stage. What might have been treated with rest and an immobilizing boot may eventually require surgery to correct if not evaluated and treated in a timely manner.

At the end of the day, your best course of action when dealing with new or worsening foot symptoms is to consult a qualified podiatrist, and the sooner the better!

5 Ways to Protect Your Feet This Summer

Summer's here and there are lots of ways to enjoy it! Don't let foot problems ruin your fun in the sun. Below are five reminders for keeping your feet healthy and safe this summer.

1. **Slather on the Sunscreen**—feet often are overlooked when applying sunscreen, but they are just as susceptible to skin cancer as the rest of your body. Use a broad-spectrum sunscreen (protects against UVA and UVB rays) that has an SPF of at least 15. Remember to reapply every two hours and after being in the water.
2. **Banish Blisters**—sweat increases friction, and when the skin on your feet rubs against your shoes, painful blisters are the result. Keep them at bay by carrying self-adhesive moleskin with you to apply whenever you feel an irritation starting.
3. **Don't Go Barefoot**—although it may be tempting to walk barefoot in the grass or feel the sand between your toes, you increase your risk for a cut or puncture wound from sharp items hidden from view. Keeping your feet covered also lowers your risk for contracting foot infections such as toenail fungus, athlete's foot, and warts.
4. **Limit Time in Flip Flops**—these summertime favorites are fine at the pool or beach, but don't make them your go-to shoe for the season. Traditional flip flops have no arch support or structure. Prolonged use of them is likely to lead to heel pain and injuries—not to mention make it painful to transition back to supportive shoes in the fall.
5. **Sidestep Sports Injuries**—always wear athletic shoes when participating in sports or other physical activities. Taking a hike in your slides or joining in a softball game at a barbecue in sandals can lead to ankle sprains and other sports injuries.



If you do sustain an injury or experience any new or unusual symptoms in your feet, be sure to contact your podiatrist for an appointment at your earliest convenience. If you don't currently have a podiatrist our [online directory](#) can help you locate one in your area. To learn more about keeping feet healthy [contact us](#) and subscribe to our free [e-newsletter](#).

Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)

Lemon Chicken Pasta

Ingredients:

2 teaspoons extra-virgin olive oil
1 cup spiralized zucchini (see Tip)
1 cup baby spinach
½ cup shredded skinless rotisserie chicken breast
⅛ teaspoon salt
⅛ teaspoon ground pepper
½ cup cooked whole-wheat spaghetti
2 tablespoons grated Parmesan cheese
1 teaspoon grated lemon zest
1 tablespoon fresh lemon juice
1 tablespoon panko breadcrumbs, toasted (see Tip)



An Easy And Healthy Weeknight Meal Option!

Directions:

Heat oil in a large nonstick skillet over medium heat. Add zucchini; cook for 1 minute. Add spinach and chicken; cook for 1 more minute. Season with salt and pepper; remove from heat. Add cooked spaghetti, Parmesan, lemon zest, and lemon juice; toss to combine. Sprinkle with toasted panko and serve.

Tips:

Make your own zucchini noodles with a spiralizer; you'll need 1 small zucchini (about 2 oz.) for 1 cup of zoodles. Or look for a package of fresh zucchini noodles in the produce department.

To toast panko breadcrumbs: Set a small skillet over medium heat. Add panko and cook, stirring often, until golden, about 2 minutes. For extra flavor, melt 1 tsp. butter in the pan before toasting the breadcrumbs. Note that you can do this step first, using the same pan you'll use to prepare the rest of the recipe.

To make ahead

Cook pasta up to 1 day ahead and refrigerate.

...continued on page 4

....continued from page 3 **Lemon Chicken Pasta An easy....**

Nutrition per serving:

350 calories/protein 28.6g/carbohydrates 26.9g/dietary fiber 4.2g/sugars 3g/fat 15.3g/saturated fat 3.8g/cholesterol 65.7mg/vitamin a 2108.4IU/vitamin c 31.7mg/folate 44.3mcg/calcium 187.1mg/iron 2.7mg/magnesium 90.7mg/potassium 516.8mg/sodium 712.4mg. Serving Size: 2 cups

Recipe courtesy of eatingwell.com



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, Inc.