



NEXT STEP

Put Your Best Foot Forward

From Connecticut Foot Care Centers, LLC



JUNE 2015

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Enjoy Wearing High Heels without Pain

Many women wear high heels to make their legs appear leaner, longer ... and sexier. But long-term wearing of high heels can lead to ingrown toenails, corns and calluses and even irreversible tendon damage.



How Wearing High Heels Affects your Whole Body

Strapping on a fashionable pair of stilettos affects your whole body beginning with the feet. Your body weight shifts to the ball of your foot which isn't meant to bear all that weight. Your toes are forced forwards into the tip of the shoe.

Even your center of gravity is affected when your whole body tilts forward. To compensate, you arch your back which sends your spine out of alignment. Also, when your posture changes so does your hip position, affecting both knees and feet.

Common Foot Problems from High Heels

With excess pressure on the toes, problems can develop like ingrown toenails, corns and calluses and bunions. A painful neuroma may form in the ball of the foot when metatarsals are squeezed together, producing a cyst on a nerve. Sometimes metatarsalgia – a painful inflammation of the ball of the foot – is found in those who wear high heels.

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Enjoy Wearing High Heels without Pain.....Continued from pg 1

Another complication from wearing high heels is a shortened Achilles tendon which, over a long period, can cause permanently shortened leg muscles. This condition makes walking difficult – even in flats.

Wearing High Heels without Pain

Take heart – you don't have to clear your closet of trendy high heels. Just use some common sense when choosing and wearing heels:

- Ideally look for shoes with heels that are 2 inches or less.
- Avoid stilettos with very narrow heel bases. Shoes with wider heel bases like wedges offer more stability and allow your weight to be more evenly distributed.
- Add soft cushioning inner soles to reduce impact.
- Choose shoes with a generous toe area to avoid excess pressure on the toes.
- Limit the time you wear high heels – take a break with flats.
- Wear sturdy flat shoes for commuting, then change into your high heels once you reach work.
- Incorporate regular stretching into your fitness routine to help lengthen the tendons.
- Have flat shoes on hand for walking long distances.
- Walk carefully when wearing platforms or wedges as these styles may affect your stability and balance.
- Limit the wearing of high heels with peep toes as these shoes cause toes to slip forward and may cause an ingrown toenail.

Foot Problems from High Heels? Call Us!

You should never feel pain from wearing any shoe. If you experience pain or swelling, call us for an appointment. We will thoroughly examine your feet and treat any problems we find.

June is Scleroderma Awareness Month

What is scleroderma? The word says it all: from the Greek “sclero” means hard and “derma” means skin. Hardening of the skin is one of the most visible signs of this disease which affects 300,000 Americans.

Scleroderma is a group of diseases that involves the hardening and tightening of skin and connective tissues.

June is Scleroderma Awareness Month.....Continued on pg 3

History Footnote

Why are shoes tied to a newly-married couple's car bumper? As early as the 5th century people *threw* shoes at the bride and groom to wish them luck on their journey ... as well as fertility. After cars became common, tying the shoes to the bumper proved to be a safer alternative.

Celebrity Foot Focus

After Robert Griffin III, star quarterback for the Washington Redskins, recovered from a dislocated ankle last September, he donated his old foot cast to a charity auction. The winner? Rich Bruno, a podiatry student and a huge Washington football fan. Bruno plays to display the cast “with joy ... I love feet ... I love podiatry!”

June is Scleroderma Awareness Month.....Continued from pg 2

This condition may only involve the skin, but in many victims it becomes systemic and can harm internal organs, blood vessels and the digestive tract.



One of the earliest signs of scleroderma appears in the toes or fingers. These extremities may experience an exaggerated response to cold temperatures or emotional distress, resulting in pain, numbness or color changes. This response is called Raynaud's phenomenon – 90% of those with systemic scleroderma also have Raynaud Phenomenon – and may also occur in people who don't have scleroderma.

A Podiatrist's Role

Often because symptoms like hardening skin or pain and numbness usually present in the feet, patients with scleroderma will visit our office. We will thoroughly examine your feet, ask questions about your general health and treat you for any foot conditions we find. Then we will refer you to your general practitioner for an immediate examination to assess other damage from this disease.

Scleroderma Awareness Month

The Scleroderma Foundation recognizes June as Scleroderma Awareness Month. You can find frequently asked questions about scleroderma and other information at the Foundation's website.

Spicy Lime Grilled Shrimp

Ingredients

- 3 tablespoons Cajun seasoning (such as Emeril's Essence®)
- 1 lime, juiced
- 1 tablespoon vegetable oil
- 1 pound peeled and deveined medium shrimp (30-40 per pound)

Spicy Lime Grilled Shrimp.....Continued on pg 4

Trivia

Which Greek philosopher said, "When our feet hurt, we hurt all over"?

- A. Plato
- B. Socrates
- C. Aristotle

Answer: B

Joke of the Month



Summer Job

For her summer job, an 18-year-old girl arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?" "Sure, because I fit in the chairs." She got the job.



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Directions

1. Mix together the Cajun seasoning, lime juice, and vegetable oil in a resealable plastic bag. Add the shrimp, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 20 minutes.
2. Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade.
3. Cook the shrimp on the preheated grill until they are bright pink on the outside and the meat is no longer transparent in the center, about 2 minutes per side.



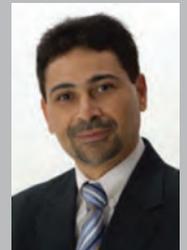
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