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## Spring 2022

# Reducing the Risk of Achilles Tendon Tears

The Achilles tendon is the largest and strongest tendon in the body, connecting the calf muscle to the heel bone. It's pivotal in every step we take. Tearing it (partially or completely) could mean a heap of frustration ... and pain.

Upwards of 80 percent of Achilles tears occur while playing recreational sports, with basketball leading the way. Running, jumping, cutting, and quick starts and stops place tremendous pressure on the Achilles tendon. Overuse and "powering through" discomfort don't help matters either.

Although anyone can sustain an Achilles tear, weekend warriors from ages 30 to 50 are most vulnerable. The Achilles tendon tightens up as we get older, proper stretching is frequently neglected, and many players who don't play consistently try to go full bore immediately.

Achilles tears can be marked by a popping or snapping sound; pain and swelling in the heel area; a feeling of having been kicked in the calf; or inability to "push off" when walking.

Preventing Achilles tears is preferable to treating them:

- Daily stretching can keep your Achilles tendon flexible, even as you age.
- Strong calf muscles will aid your Achilles tendon. Do standing and seated calf raises each day.
- When increasing your workout length or intensity, do it gradually. Don't do too much, too soon.
- Vary your workouts. Mix in some low-impact workouts to give your Achilles tendons a break.
- Buy proper footwear! Good heel cushioning is a must.
- Don't ignore lingering heel pain. Put your workouts on pause and schedule an appointment with our office for a thorough evaluation and treatment. We can also assist you with a stretching/strengthening regimen and shoe selection.



## Meet Our Doctor

**Dr. Karimah Shabazz**

Dr. Karimah Shabazz was born in Cleveland, Ohio. She earned a Bachelor of Science degree in Pharmacology and Toxicology from the University of Toledo. She obtained her Podiatric Medical degree from Kent State University College of Podiatric Medicine. She completed a 3-year podiatric medicine and surgical residency at University Hospitals of Cleveland.

Dr. Shabazz has a particular interest in Diabetic foot care and wound care. Dr. Shabazz is active in the community and participates in many community service and volunteer projects. Dr. Shabazz is Board Certified with the American Board of Podiatric Medicine.



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# Friction and Pressure Produce Ugly Cousins

Corns and calluses are formations of hardened, thickened skin that protect areas subjected to excessive friction or pressure. Unpleasant to look at and sometimes painful, at least they start with good intentions.

Friction is the driving force behind corns. Hard corns, the most familiar type, are small, round, and yellowish, with well-defined centers. Their stomping grounds are the side of the little toe and the tops of toes. (Soft corns are rubbery, whitish, look like an open sore, and form between toes. Seed corns are the runts of the corn litter and reside on the sole.)

Poorly fitted shoes are responsible for many corns, since they pump up the friction factor. Conditions such as hammertoes, claw foot, and bunions create extra friction points. Unnatural walking patterns are sometimes to blame too.

Pressure is the catalyst for calluses, which generally form at various spots on the underside of the foot/toes. Calluses cover larger areas than corns, have less-defined edges, sport that attractive pale-yellow color, and lack surface sensitivity.

Jobs that require a lot of standing, athletic activity that pounds the feet, frequent high-heels usage, and regularly walking barefoot can spur calluses.

If corns or calluses cause irritation, make sure your shoes fit well. Gel pad inserts may help, along with warm foot soaks followed by pumice stone treatments to gently remove dead skin cells.

Beware of over-the-counter remedies containing harsh chemicals (e.g., salicylic acid), which can damage healthy surrounding skin. People with diabetes or circulatory issues should never use them.

If corns or calluses are bothering you, schedule an appointment with our office. We can shave away thickened, dead skin with a surgical blade — quickly and painlessly — and effectively address the root cause of the problem.

## 10 Fun Foot Facts



1. The foot and ankle are made up of 26 bones, 33 joints and over 100 muscles, tendons and ligaments.
2. The average person takes 8,000-10,000 steps each day. That adds up to approximately 115,000 miles in a typical lifetime—the equivalent to circling the globe more than four times!
3. Your feet have about 250,000 sweat glands which produce up to half a pint of perspiration each day.
4. There are approximately 8,000 nerves in the feet—that's more per square centimeter than any place else on your body.
5. Toenails grow more slowly than fingernails—approximately 1 mm per month. It takes 5-6 months to grow an entirely new toenail.
6. In an average day of walking, your feet experience forces totaling hundreds of tons—the equivalent of a fully-loaded cement truck.
7. Women experience foot problems four times more often than men. This is largely attributed to shoe choice. High heels and toes with pointy, narrow toe boxes cause multiple foot issues.
8. Babies' feet grow rapidly. By age one, most have reached nearly have of their adult size.
9. Rarely are two feet on a person the same size.
10. Feet are largest at the end of the day.

# Get Over It!

## Treating Overpronation

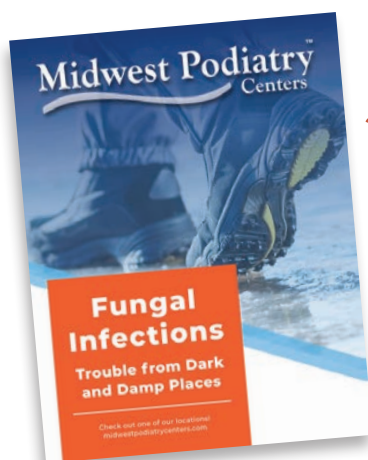
Overpronation means your foot rolls too far inward when you step and this can cause all sorts of problems! From heel and arch pain to cramps to a higher risk of injury, overpronating can take its toll on your feet and ankles. Luckily, correcting it is often as easy as slipping a custom pair of orthotics into your shoes.



Since the main reason behind your abnormal gait is typically a faulty foot structure and the resulting bad biomechanics, orthotics can definitely help! These devices are made to the specifications of your unique feet, so they can provide additional support exactly where you need it, plus they hold your feet in their proper position so they step the way they should. In other words, orthotics not only help correct your poor biomechanics, but they also compensate for a foot structure that's lending itself to the problem. Yeah, they can do all that!

Of course, in addition to the orthotics in your shoes, your choice of shoes matters as well. It's important that you are wearing the right footwear for the activity, and that your shoes fit properly and are not worn out.

Find out more from our friendly staff so you can get over your overpronation, and get on with a pain-free life!



Visit our website, click on the Resources page and then eBook to download.

# Irish Pork Roast with Roasted Root Vegetables

Yield: 8 servings; Prep time: 40 min. (active), 1 hr. 40 min. (total)

*In this easy one-pan dinner, boneless pork loin roast is cooked over a bed of carrots and parsnips for an all-in-one dish that makes an impressive centerpiece for a holiday meal or Sunday dinner.*

### Ingredients

- 1½ pounds carrots, cut into 1-inch pieces
- 1½ pounds parsnips, peeled and cut into 1-inch pieces
- 3 tablespoons extra-virgin olive oil, divided
- 2 teaspoons fresh thyme leaves, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 2 pounds boneless pork loin roast, preferably free-range heritage pork
- 1 teaspoon honey
- 1 cup dry hard cider
- Favorite chutney or applesauce for serving (optional)

### Directions

1. Preheat oven to 400 °F.
2. Toss carrots and parsnips in a large bowl with 2 tablespoons oil, 1 teaspoon thyme, and ¼ teaspoon each salt and pepper. Spread evenly in a roasting pan. Rub pork with the remaining 1 tablespoon oil, and season with the remaining 1 teaspoon thyme and ½ teaspoon each salt and pepper. Place the pork, fat-side up, on top of the vegetables.
3. Roast, stirring the vegetables occasionally, until an instant-read thermometer inserted into the thickest part of the pork registers 145 °F, 50 to 65 minutes.
4. Transfer the pork to a clean cutting board. Tent with foil and let rest for 15 minutes. Transfer the vegetables to a large bowl and stir in honey.
5. Place the roasting pan over two burners on high heat. Add cider and cook, scraping up any browned bits, until reduced by half, 3 to 5 minutes.
6. Slice the pork and serve with the vegetables, sauce, and chutney or applesauce (if desired).

Recipe courtesy of [www.eatingwell.com](http://www.eatingwell.com).

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## Feet Can Be a Window to Overall Health

Some foot conditions aren't indicative of a foot problem, per se; some underlying general health conditions reveal clues of their existence via the feet.

For instance, some hair is typical on the top of the feet and toes, more so for men. If the hair disappears over time, there could be a reduction of blood flow to the feet. Peripheral arterial disease (PAD) restricts circulation in the arteries of the lower leg. If it's present there, it might exist elsewhere too.

Consistent numbness or tingling in the feet that lasts for more than a few minutes could point to peripheral neuropathy, diabetes, spinal stenosis, or a vitamin B12 deficiency.

Foot cramps can be more than a nuisance; they're painful! First, make sure you're drinking enough water each day — simple enough. However, cramps might occasionally be a sign of a nutritional deficiency or a circulatory, neurological, or thyroid issue.

If a foot sore isn't healing (or taking its sweet time), get it checked. Diabetes, skin cancer, or PAD or another circulatory condition might be at work.

Swelling of the feet may be a benign condition caused by pregnancy or improperly fitted footwear. But when swelling comes on suddenly, circulatory problems, congestive heart failure, or kidney disease may be the source.

Thyroid dysfunction can trigger a host of reactions in the feet: cold, itchy, dry (cracked), swollen, or stinky feet; foot cramps; and toenail changes.

Sunken toenails, or those with spoon-like indentations, may indicate chronic iron deficiency or anemia.

Changes in your feet or ankles should not be ignored. Contact our office for a thorough evaluation, diagnosis, treatment, and/or coordination with another specialist.

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