



## Help Your Kids Ward Off Foot Frostbite

Frostbite is freezing of the skin and underlying tissues. Cold temperature is obviously a major factor, but so is exposure to moisture. When the two combine, frostbite can form in minutes.

Simple outdoor winter activities like sledding and hiking may be all it takes to get the frostbite train rolling. It's more frequently a menace to younger kids, since they can't be bothered with foot discomfort while frolicking in the snow. Their feet get numb (which to them means everything's fine) and trouble is brewing.

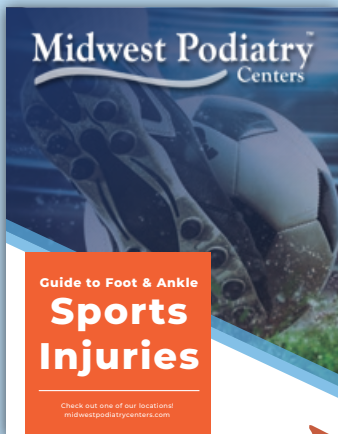
In early stages of frostbite, there might be red or white patches of skin that go away as soon as the foot is rewarmed. This stage is known as "frostnip." In an advanced scenario, frostbite can lead to gangrene (tissue death) and necessitate amputation.

Outfit your child with well-fitted, warm, waterproof boots. Boots that are too loose can lead to blisters, chafing, clumsiness, and ankle injuries. Boots that are too tight can restrict circulation and hasten freezing.

Choose warm socks that wick moisture (e.g., Merino wool, synthetic fibers). Double up the layers, and make sure socks are snug but don't restrict circulation.

When your child comes in from the cold, remove wet socks and gently pat their feet dry — do not rub their feet. Cover their feet in warm blankets, or gently put on warm, dry socks. Do not place their feet near direct heat sources (space heaters, heating pads, fireplace, etc.). If you soak their feet, make sure the water is tepid (roughly 100 degrees).

Frostbite can be painful and cause throbbing and tingling. Beyond the initial red skin, patches of white, gray, yellow, green, blue, or black require immediate medical attention.



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# Basketball Shoes: High-Tops vs. Low-Tops

Ankle sprains are common in basketball, accounting for roughly 25% of hoops-related injuries. Many are under the impression that high-tops reduce the odds of an ankle sprain, but research does not concur.

For one thing, most basketball-related ankle sprains are prompted by a player landing on another player's foot. The shoe is mostly a bystander in these situations. Major studies exploring the high-top/low-top issue — one in 1993 involving 600+ college players, and one from 2001 involving over 10,000 Australian players — did not find low-tops or high-tops to be advantageous over the other. Prior injuries, properly stretching before playing, and whether shoes had air cells (e.g., Air Jordans) had far greater impact.

In reality, no one shoe design will satisfy the full needs of a basketball player's feet and ankles. Basketball incorporates such a diverse range of motion — jumping, landing, cutting, sprinting, dead stops, sliding side to side, etc. — it's a matter of give and take ... what a player is most comfortable with.

For instance, although high-tops offer more ankle support, energy may be transferred to the knees (similar to ski boots), making them more vulnerable to injuries. Low-tops don't offer the ankle support of high-tops, but they are lighter and provide more range of motion.

Low-toppers and high-toppers are pretty much a wash in the NBA. Kobe Bryant's low-cut line in 2008 evened the score.

About half of NBA players wear custom insoles; the other half, over-the-counter insoles. About 80% of players tape their ankles, but taping loosens after a few minutes, its supportive benefits dissipating. However, the mere contact of the tape with the skin induces improved muscle response (proprioception), which can help prevent injury. Consistent strength and balance exercises are even better.

## Mark Your Calendars

- Jan. 1** New Year's Day: Tonga, Samoa, and Kiribati are the first nations to ring in the new year.
- Jan. 11** National Milk Day: The average dairy cow produces 200,000 glasses of milk in its lifetime.
- Jan. 16** Martin Luther King Jr. Day: King was greatly influenced by Henry David Thoreau's essay "Civil Disobedience."
- Jan. 16** Australian Open Tennis Tournament begins: Australian Ken Rosewall is both the youngest and oldest man to win the tournament.
- Jan. 23** Pie Day: Oldest pie recipe? Rye-crust ed goat's cheese and honey pie (an Ancient Rome specialty).
- Jan. 28** National Lego Day: Lego combines the Danish words "leg" (play) and "godt" (good) ... *play well.*







*New Year's Resolutions:*

- 1)
- 2)
- 3)

# Consider This New Year's Resolution

Make "Take better care of my feet" one of your New Year's resolutions — and then stick to it. After all, the 26 bones, 30 joints, and over 100 muscles, ligaments, and tendons in each foot all coordinate to provide support, balance, and mobility. Help your feet in 2023:

- If you regularly wear athletic shoes, buy new ones every six months (or sooner if necessary). Proper support and cushioning for your feet diminishes over time, which can affect the alignment of your feet and heighten your risk of injury.
- Keep an eye on your socks, too. Don't wear them till they've worn through. Purchase socks made of moisture-wicking materials, such as merino wool, polyester, or blends. Avoid cotton socks, which trap moisture against the skin, raising the risk of blisters, athlete's foot, and, for diabetic patients, ulcers.
- Cut back on your sugar and trans-fat intake to reduce inflammation throughout the body, including your feet.
- Wash your feet each night before going to bed and utilize a moisturizer. (Diabetics should not put moisturizer between the toes.)
- Limit your use of flip-flops and high heels. Flip-flops are unsupportive and leave feet vulnerable to injury and infection. High heels contort feet and grease the skids for bunions, corns, and calluses, among other conditions.
- When buying new shoes, have your feet measured. There is a direct correlation between foot problems and shoes that don't fit correctly.
- Exercise. Walking is a simple exercise that does wonders for foot health.
- If your feet bother you on a regular basis, schedule an appointment at our office. Foot or ankle pain is never normal. The sooner it's addressed, the easier the solution.



# Drunken Chicken Stew

Yield: 5 servings; prep time: 5 min.; cook time: 30 min.; total time: 35 min.

*Tasty, easy, and quick to make, this drunken chicken stew is the perfect dish to share with friends over a glass of wine on a cold winter's day!*

## Ingredients

- 3 chicken breasts, cut into small cubes (alternatively, 35 oz. pork tenderloin)
- 2 cloves of garlic, finely chopped
- 3 tbsp. olive oil
- 1 green pepper chopped lengthwise
- 18 oz. chopped tomatoes
- 1/2 cup dry white wine
- 1 pinch of cumin
- 9 ounces hard yellow cheese (cheddar, or if you can find Greek graviera)
- 2 carrots
- salt to taste
- a handful of peppercorns
- freshly ground pepper

## Directions

1. Heat the olive oil to a large frying pan and sauté the chicken/pork on medium heat for 5–6 minutes, while stirring.
2. Add the peppers and garlic, and sauté for about 2 minutes.
3. In the meantime, boil the carrots until tender and add to the pan. Deglaze with the wine.
4. Add the tomatoes, salt, peppercorns, ground pepper, and cumin. If you are using canned tomatoes, sprinkle some sugar to prevent the sauce from getting too sour.
5. Let it simmer on low heat for about 15 minutes, or until the sauce has thickened.
6. Cut the cheese in small cubes. Add to the pan while still hot and stir. Remove from the stove immediately and serve in a large bowl.
7. Enjoy with a glass of dry white wine and some crusty bread!

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

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## Taking Care of Fungal Toenails

It's time again to think of our goals through the coming year and consider how well we did achieving what we had planned through 2022 (or, you know, perhaps not). Some may wish to lose weight or take on a hobby, but if you have a fungal toenail infection, why not consider clearing it up?

Toenail fungus can be notoriously stubborn, but there are a number of treatment options you may want to consider with your podiatrist. Oral medications can be effective in some cases, but are not an option for everyone based on their potential side effects. Topical medications are also a possibility, depending on how deep the infection lies.

In some cases, laser treatment for fungus is highly effective, quick, and virtually painless. Other times, however, the best option may be to remove the nail and eradicate the fungus directly. It all depends on your medical history, the severity of the infection, and whether it is causing additional problems such as pain.

Treating your nails may take a number of months, especially in the case that new, uninfected nails need to grow in. Taking action on your fungal nails now, however, will help you have a clearer look for the summer. We are happy to discuss your best fungal nail treatment options with you, as well as the best ways to help prevent the spread of fungus to others and even back to yourself. This year, kick toenail fungus's habit for good!