

# Midwest Podiatry<sup>TM</sup> Centers

Patient Newsletter  
October 2023

Welcome to the October newsletter where we focus on "Spook-Free Feet" – your trusted source for foot care tips and tricks to ensure a safe and enjoyable Halloween season. As the leaves fall and the costumes come out, it's essential to remember that your feet play a pivotal role in keeping you on your toes during this spooky time of year.

## **Spooktacular Costume, Spectacular Shoes!**

Halloween is all about dressing up and having fun, but uncomfortable footwear can quickly turn your night into a real fright. Whether you're going as a wicked witch, a superhero, a spooky vampire, or something unique, prioritizing comfortable shoes is paramount. Opt for footwear that not only complements your costume but also provides the necessary support for your feet. Avoid blisters and sore arches by selecting shoes that fit well and suit your costume.

## **Haunted Houses and Uneven Terrain**

Haunted houses and spooky mazes are Halloween staples, and while they provide thrilling experiences, they can also pose potential hazards to your feet. As you navigate these eerie attractions, stay vigilant for tripping hazards and uneven surfaces. It's easy to get caught up in the scares, but twisted ankles or stubbed toes are far scarier than any ghost. Remember, your flashlight isn't just for added spookiness – it's a valuable tool for staying safe in the dark.

## **Indulge Wisely: Candy Corn, Not Foot Corns**

Indulging in Halloween treats is part of the fun, but don't forget to take care of your feet amid the candy frenzy. Excessive sugar consumption can lead to inflammation and foot problems like gout. Enjoy your candy corn, chocolate bars, and pumpkin pie, but balance these treats with a healthy diet to keep your feet happy and healthy. Opt for nutritious snacks to fuel your Halloween adventures and keep your energy levels up.

## **Witch's Broom or Sensible Shoes?**

If you're planning on going door-to-door for trick-or-treating or attending a Halloween party, your choice of footwear matters. Instead of opting for the traditional witch's broom, which might look cool but isn't practical, go for comfortable and well-fitting shoes. Sturdy sneakers can be a lifesaver, preventing discomfort and potential foot pain during your Halloween adventures. And don't forget to bring a flashlight to light your path and prevent any spooky stumbles.

## Pumpkin Beer Pretzels

### Pretzel Ingredients:

1 1/2 cups pumpkin beer  
1 package (2 1/4 tsp) active dry yeast  
1/4 cup granulated sugar  
4 cups all-purpose flour  
1 teaspoon salt  
1/2 cup pumpkin puree  
1/4 cup unsalted butter, melted  
Coarse sea salt, for sprinkling

### Chipotle Queso Ingredients:

2 cups shredded cheddar cheese  
1 cup shredded Monterey Jack cheese  
1 cup whole milk  
2 teaspoons cornstarch  
2 teaspoons chipotle chili powder  
1/2 teaspoon garlic powder  
Salt and pepper to taste

## Instructions for the Chipotle Queso

- 1: Prepare a double boiler:** Fill a saucepan with about an inch of water and bring it to a simmer. Place a heatproof bowl over the simmering water. Make sure the bottom of the bowl doesn't touch the water.
- 2. Melt the cheese:** In the heatproof bowl, combine the shredded cheddar cheese, Monterey Jack cheese, and milk. Stir until the cheeses start to melt.
- 3. Thicken the queso:** In a small bowl, mix the cornstarch with a tablespoon of water to make a slurry. Stir this into the cheese mixture. Continue to stir until the cheese is smooth and the mixture thickens.
- 4. Season:** Add chipotle chili powder, garlic powder, salt, and pepper to taste. Adjust the spiciness and seasoning according to your preference.
- 5. Serve:** Transfer the chipotle queso to a serving bowl.

## Instructions For the Pumpkin Beer Pretzels:

- 1: Proof the yeast:** In a small bowl, combine the pumpkin beer and sugar. Sprinkle the yeast over the mixture and let it sit for about 5-10 minutes until it becomes frothy.
- 2. Mix the dough:** In a large mixing bowl, combine the flour and salt. Pour in the yeast mixture, pumpkin puree, and melted butter. Stir until the dough comes together.
- 3. Knead the dough:** Turn the dough onto a floured surface and knead for about 5-7 minutes until it's smooth and elastic. You can also use a stand mixer with a dough hook attachment.
- 4. Rise:** Place the dough in a greased bowl, cover it with a clean kitchen towel, and let it rise in a warm place for about 1 hour or until it doubles in size.
- 5. Shape the pretzels:** Preheat your oven to 425°F (220°C). Divide the dough into 12 equal portions. Roll each portion into a rope and shape it into a pretzel. Place them on a baking sheet lined with parchment paper.
- 6. Boil the pretzels:** In a large pot, bring 10 cups of water to a boil. Add 2/3 cup of baking soda. Boil each pretzel for 30 seconds, then return it to the baking sheet.
- 7. Bake:** Sprinkle the pretzels with coarse sea salt and bake for 12-15 minutes or until they are golden brown.



## Pumpkin Spice Foot Soak: A Post-Halloween Treat for Your Feet

After a long night of Halloween festivities, treat your feet to a relaxing pumpkin spice foot soak. Create a soothing spa-like experience by filling a basin with warm water, adding a few drops of pumpkin-scented essential oil, and allowing your feet to soak for 15-20 minutes. This delightful ritual not only helps ease any post-Halloween foot discomfort but also provides a perfect opportunity for relaxation. Consider lighting some pumpkin-scented candles, playing your favorite spooky tunes, and savoring the moments of tranquility.

## Stay Safe and Have a "Boo"-tiful Halloween!

As you prepare to embark on Halloween adventures, remember that the key to a spook-free night is keeping your feet in top condition. Whether you're out collecting candy, or simply enjoying a cozy night in with a classic horror movie, prioritize foot comfort and safety. Your feet will thank you!



## October Holidays and Important Dates

### 10/4 - World Animal Day

A day to celebrate and raise awareness for animal welfare worldwide. Consider taking a leisurely walk in your favorite comfortable shoes to appreciate the beauty of the animal kingdom.

### 10/11 - Columbus Day

Commemorating Christopher Columbus's arrival in the Americas in 1492. Reflect on the historical journey while also appreciating the daily journeys your feet take you on.

### 10/16 - World Food Day

Focusing on global food security and the need to eradicate hunger. Take a moment to consider how proper nutrition supports the health of your feet and the well-being of people worldwide. You can also contribute to food drives in your community to make a difference.

### 10/31 - Halloween

The spookiest day of the year when costumes, candy, and eerie decorations take center stage. Ensure your costume includes comfortable footwear, and enjoy a "treat" for your feet after a night of festivities.



# Spooky Word Search!

P L B L C V L L E C H C R U Z J R R D F P K U J N V O C C K  
F K U D P H D K E H N A B B K U W Q Y Y D Z W U D I B W Z D  
J P K W F K I U U A Y T Z Y N X P C U V B D I B V T X R M V  
P U V J Q L V L Q N V D S Y F A J D X C U I C G W J G O G P  
S H N E E Q V Q L P Z E L X C X H A D C I P G O U K L F D W  
S W R Z P X E A M Y R W S L O N B N H F S Q R U E I X O Z J  
C A E V E Z W U S K R H R Y C W S N Z O F Y F H D D C L J C  
R I K A T D X T E Z A E J N W D U G K T I X Y U N W Y I P N  
I A I E T D H U C F D Z W P S E G U U Y R E F Q Q V R A W H  
J M M D W E B M X S G A O B T K I C C E F S H Y R C B G M R  
D D F E C C R N H J M O I O V U O O T J K P K G W T K E R S  
K Z H M C E Q V R Q P Q N A G S V S I D U U E P E G B Q N Y  
L O Q B Q H A D B O N F I R E X A T Y Z P M X T J O F I N J  
H M O F B K C U H G K C E V U B L U S I C P C T F S Q K R F  
F O O Z M E P B M N M Q C W H J Y M Q F Q K O H Z W I Z I H  
N A K H X F U S O V W N A P X A Y E O I H I Z Z X R T Z V D  
H Q T R C O K S A K J H M B W H R N R T C N Y X T A L B D B  
V X O X F N N X Y Y T F A H C U A V X Y Y O Y N D E Y A R O  
M D B G L L H E O B I J E Y H E Q S E E Z Z M K U U T R D V  
V L E J U Z Z T I S T L C M A L N J Q S H B O D I E P I G E  
Q I R H T B M Y H C M Q C I A I L W X T T B E I J Y Y X O Q  
B R F F O F Z X Y A V I B B A L Z F S R D Z L X X T U E M N  
G P E P K B S E Z R C U F A L H V X Z M H E C G D I Z X W J  
H Z S I E A M M K E Y A Y P P H A R D J S H A T X I O C C K  
Z K T Q B D N I F C B B P X L E J Y B R Z E A U E C B A D O  
J O W X E X V G C R R X N P I K T R R H U A B U F Q I N U P  
Y E S K K J P B Y O J X H H L E P G O I G J H Y A I B D O N  
W Y O I P Z V W Q W W R E Q Y E H W X K D E C I R K T Y M Q  
Q X G Q B Q L W L W B H A L L O W E E N K E S S U E J C E J  
Q Q I L X K E A N F K U F S E E T C B J U R X Q H M O G Z Q

**Autumn  
Leaves  
Harvest  
Pumpkin  
Halloween  
Sweater  
Hayride  
Apple  
Chilly  
Costume  
Bonfire  
Candy  
Scarecrow  
Cozy  
Foliage  
Oktoberfest**



## Doctor of the Month: Dr. Lisa Thatcher

Dr. Lisa Thatcher brings experience and a passion for making sure that her patients do not have to live with foot or ankle pain. Dr. Thatcher received her Bachelor of Arts degree in Biology from Rollins College and went on to Barry University where she completed her education becoming a Doctor of Podiatric Medicine. She enjoys treating all types of foot and ankle conditions and likes to emphasize conservative care over surgical care.

Dr. Thatcher is an artist and avid CrossFitter. She enjoys hiking, traveling, and exploring with her husband.

She Practices at our office in Blaine alongside her colleague, Dr. Vancil. Located north of National Sports Center, our Blaine location serves patients throughout northern Minneapolis!