

Midwest PodiatryTM Centers

Patient Newsletter
December 2023

As winter descends upon us, bringing chilly temperatures and dry air, our skin often bears the brunt of the season. One area that tends to suffer silently but significantly is our feet. The combination of cold weather, indoor heating, and reduced humidity can leave our feet dry, cracked, and in need of some extra care.

Understanding the Winter Woes

During the winter months, our skin's natural moisture balance is disrupted. The cold air outside and the warm, dry air inside can strip our skin of its natural oils, leading to dryness and irritation. Our feet, confined in boots and subjected to fluctuating temperatures, are particularly vulnerable to this winter onslaught.

Essential Tips for Hydrated, Happy Feet

Stay Hydrated: It may sound basic, but optimal water intake plays a crucial role in maintaining skin hydration. Hydrated skin starts from within, so be sure to drink plenty of water throughout the day.

Moisturize Daily: Establish a routine of moisturizing your feet daily, preferably after a warm shower or bath. Opt for a rich, hydrating foot cream or lotion containing ingredients like shea butter, glycerin, or coconut oil.

Exfoliate Regularly: Exfoliation helps remove dead skin cells, allowing moisturizers to penetrate more effectively. Use a gentle foot scrub once or twice a week to slough off dry, flaky skin.

Choose the Right Footwear: Opt for breathable, moisture-wicking socks to keep your feet dry. Choose well-fitted, insulated boots to protect your feet from the cold while allowing them to breathe.

By incorporating these essential tips into your winter self-care routine, you can combat dry feet and keep them soft, supple, and ready to tackle the season with confidence. Remember, a little extra care goes a long way in ensuring your feet stay happy and healthy during the winter months.

One-Skillet Chicken Pot Pie

Ingredients:

- 1 2–3 lb. rotisserie chicken
- 2 medium onions
- 1 lb. turnips
- 6 garlic cloves
- 1 Tbsp. thyme leaves (from about 2 sprigs)
- 3 Tbsp. unsalted butter
- 2½ tsp. kosher salt
- 1½ tsp. freshly ground black pepper
- 3 Tbsp. all-purpose flour, plus more for surface
- 1 cup dry white wine
- 2 cups heavy cream, divided
- 1 10-oz. bag frozen peas
- 1 14-oz. box puff pastry, thawed overnight



Preheat the oven to 400°F. Shred rotisserie chicken, and set aside meat. Use the chicken bones to make stock.

Chop 2 onions finely.

Peel and chop 1 lb. turnips and 6 garlic cloves. Add thyme leaves.

In a skillet, melt 3 Tbsp. butter. Cook onions until soft. Add turnip mixture, season, and cook until softened.

Sprinkle 3 Tbsp. flour over veggies. Add 1 cup of wine, and cook to burn off alcohol.

Add 1 Tbsp. cream, reserved chicken, 10 oz. peas, salt. Simmer until warmed through.

Roll out 14 oz. puff pastry, place it over the skillet, trim, and crimp edges.

Brush pastry with cream, make slits for steam. Bake until golden, then reduce heat and bake until filling bubbles.

Let it sit for 10 minutes before serving. Enjoy your chicken pot pie!



Don't Forget to Use Your HSA & FSA

Take advantage of your Health Savings Account (HSA) or Flexible Spending Account (FSA) before the year concludes by addressing podiatry needs. These accounts allow you to use pre-tax dollars for essential foot care expenses such as orthotics, podiatrist visits, or necessary medical supplies. Don't let these funds expire—schedule an appointment and ensure your feet are in optimal health while maximizing your tax-advantaged healthcare accounts.

Wishing You a Happy Holidays!

Best Wishes from Midwest Podiatry Centers! May this festive season bring you warmth, happiness, and good health. As you celebrate with loved ones, may your hearts be filled with the spirit of love and compassion. From our team to you, Merry Christmas and a Happy New Year!

December Holidays and Important Dates

12/7: Pearl Harbor Remembrance Day

Honoring the victims of the attack on Pearl Harbor in 1941.

12/10: Human Rights Day

Recognizing the importance of human rights around the world.

12/15: Bill of Rights Day

Celebrating the ratification of the first ten amendments to the U.S. Constitution.

12/21: Winter Solstice

The winter solstice marks the shortest day and longest night of the year in the Northern Hemisphere.

12/25: Christmas Day

A widely celebrated holiday commemorating the birth of Jesus Christ.

12/26: Kwanzaa Begins

A week-long celebration honoring African heritage and culture.

12/31: New Year's Eve

The last day of the year, marked by festivities and celebrations as people welcome the upcoming year.

Winter Word Search!

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

BLIZZARD
CHILLY
COLD
COZY
FIREPLACE
FROSTY
HOT COCOA
ICICLE
JINGLE
MITTENS
SCARF
SLEIGH
SNOWFLAKE
SNUGGLE
WINTER



Doctor of the Month: Dr. Dana Brewington

Dr. Brewington attended Xavier University in New Orleans, Louisiana and graduated with honors in 1995 with a Bachelor of Science. After completing her undergraduate education, she matriculated from New York College of Podiatric Medicine in 2000 (NYCPM).

Dr. Brewington went on to complete an orthopedic residency at the Department of Veterans Affairs in New Jersey and a surgical residency at Wyckoff Heights Medical Center in New York.

Hailing from Atlanta, GA, Dr. Brewington relocated to Minneapolis, MN in 2007 to work in private practice as well as various assisted living, senior housing and skilled nursing facilities throughout the city. In her free time, she enjoys singing, music, traveling and spending time with her husband, twin daughters and son. Serving the community with proper foot care, compassion and education is the foundation of Dr. Brewington's calling and commitment to the field of Podiatry.