

Midwest PodiatryTM Centers

Patient Newsletter
January 2024

Stepping Into the New Year with Midwest Podiatry Centers

As we bid farewell to the old year and welcome the new, it's customary to reflect on the past and set goals for the future. The start of a new year is a symbolic fresh beginning, offering us the chance to embrace new opportunities for personal growth and well-being. One aspect of our health that often goes overlooked is foot care, and this New Year, consider partnering with us to ensure your feet are in top condition for the journey ahead.

The turning of the calendar signifies a blank canvas, a chance to make positive changes and prioritize self-care. Amidst resolutions to exercise more, eat healthier, and reduce stress, we must not forget the foundation that supports us every step of the way—our feet. As the gateway to our mobility, maintaining healthy feet is crucial for overall well-being.

Midwest Podiatry Centers: Your Partner in Foot Health

Embarking on a journey to prioritize foot health requires a reliable partner, and our team is here to guide you every step of the way. With our team of experienced podiatrists, state-of-the-art facilities, and a commitment to personalized care, we are your go-to destination for comprehensive foot care.

Services Offered:

Preventive Care: Regular check-ups can help identify potential issues before they become serious problems. Our offices offer thorough examinations to ensure your feet are in optimal condition.

Treatment of Foot Conditions: Whether you're dealing with common ailments like bunions, corns, or ingrown toenails, or facing more complex issues such as diabetic foot complications, our experienced podiatrists provide expert diagnosis and tailored treatment plans.

Orthopedic Support: The clinic offers a range of orthopedic solutions, including custom orthotics, to address biomechanical imbalances and enhance overall foot function.

Foot Surgery: In cases where surgical intervention is necessary, our compassionate team specializes in a variety of foot and ankle surgeries, utilizing advanced techniques for optimal outcomes.

This New Year, take a step towards a healthier, more comfortable future by prioritizing the well-being of your feet. Midwest Podiatry Centers stands ready to support you on this journey, providing expert care and a range of services to address your unique needs. Embrace the opportunities that come your way with confidence, knowing that your foundation—the health of your feet—is in good hands.

Quinoa and Vegetable Stuffed Bell Peppers

Ingredients:

- 4 large bell peppers (any color)
- 1 cup quinoa, cooked
- 1 cup black beans, drained and rinsed
- 1 cup cherry tomatoes, diced
- 1 cup corn kernels
- 1 cup spinach, chopped
- 1/2 cup red onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder (adjust to taste)
- Salt and pepper to taste
- 1 cup low-fat shredded cheese (optional)
- Fresh cilantro or parsley for garnish



Instructions:

Preheat your oven to 375°F (190°C).

Cut the tops off the bell peppers and remove the seeds and membranes. Lightly brush the outside with olive oil and place them in a baking dish.

In a large mixing bowl, combine the cooked quinoa, black beans, cherry tomatoes, corn, spinach, red onion, and minced garlic.

Add cumin, paprika, chili powder, salt, and pepper to the bowl. Mix well to ensure even distribution of the spices.

Spoon the quinoa and vegetable mixture into each bell pepper, pressing down gently to pack the filling. If you prefer, sprinkle a bit of shredded cheese on top.

Cover the baking dish with aluminum foil and bake in the preheated oven for about 25-30 minutes or until the peppers are tender.

Remove from the oven and let them cool slightly. Garnish with fresh cilantro or parsley. Serve warm and enjoy your healthy and delicious meal!

Nutritional Note:

This recipe is rich in fiber, vitamins, and protein, making it a nutritious and satisfying option. The quinoa provides a complete source of protein, while the colorful array of vegetables adds vitamins and minerals. Feel free to customize the recipe with your favorite vegetables or protein sources to suit your taste and dietary preferences. Happy and healthy eating in the New Year!



New Year, New Footwear

With the New Year often comes the desire for new beginnings and changes, and this can extend to our wardrobe as well. However, it's important to remember that our choice of footwear can significantly impact our foot health. This year, make a resolution to choose shoes that not only look good but also provide the support and comfort your feet deserve. At Midwest Podiatry Centers, we can help you understand what to look for in footwear, ensuring that your shoes contribute positively to your foot health. From proper arch support to adequate cushioning, we'll guide you in selecting shoes that enhance your comfort and reduce the risk of foot problems.

Starting 2024 on the Right Foot

Warm Greetings in the New Year from Midwest Podiatry Centers! We're already a few weeks into January, and we hope it's treating you kindly. As we stride deeper into 2023, our team wishes you a year of health, happiness, and plenty of reasons to smile.

January Holidays and Important Dates

1/1: New Year's Day

The first day of the Gregorian calendar is celebrated globally as a time for new beginnings.

1/4: World Braille Day

Celebrating the birth of Louis Braille, inventor of the braille language which helps blind people to read and write.

1/6: Epiphany or Three Kings' Day

A Christian feast day that celebrates the revelation of God incarnate as Jesus Christ.

1/15: Martin Luther King Jr. Day (Third Monday in January)

Honoring the civil rights leader Martin Luther King Jr., this day promotes equal rights and social justice.

Chinese New Year - Date varies (January 21 - February 20 in 2023)

Also known as the Spring Festival, it marks the beginning of the Chinese lunar new year and is celebrated with various traditional customs.

1/27: Holocaust Memorial Day

Remembering the victims of the Holocaust, this day serves as a global reminder of the consequences of prejudice and hatred.

New Year Word Search!

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D	E	B	N	E	W	Y	E	A	R	C	T	Y	S
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**BEGINNING
CELEBRATE
DREAMS
CONFETTI
COUNTDOWN
HEALTH
FUTURE
GOALS
NEW YEAR
HOPE
MIDNIGHT
RESOLUTION
PARTY HAT
PLANS**



Doctor of the Month: Dr. Darrick Proehl

Dr. Darrick W Proehl grew up on a farm in southern Minnesota. He first developed an interest in podiatry as a patient himself. As a competitive distance runner for the past 18 years, and now a “retired” triathlete, he has personally dealt with just about every injury in the book. He states, “Throughout the years I have seen at least a half dozen podiatrists for my own injuries, some good, some bad, my goal was to be one of the good ones.”

As a graduate of one of the top podiatric medical schools in the US, the University of Des Moines, Dr. Proehl is well-trained in all aspects of the profession, from sports medicine, trauma, and general foot and ankle care. Dr. Proehl regularly participates in local races as a participant and volunteer, with his most recent involvement including ultramarathons.

Besides running, Dr. Proehl enjoys skiing, biking, hiking, swimming, traveling, and spending time with his family.