



Midwest PodiatryTM Centers

Patient Newsletter
February 2024

Love Your Feet

As the month of love approaches, we're dedicating this edition to a crucial aspect of your well-being that often goes unnoticed—your feet. Show them the love they deserve with our comprehensive guide to foot care, encompassing tips, treatments, and a groundbreaking therapy currently available at our Edina office.

Heel Pain

Bid farewell to those persistent heel pains that have been slowing you down. Explore our insightful guide on understanding and alleviating plantar fasciitis and general heel discomfort. Your journey to pain-free steps begins here!

Tips to Help Love Your Feet

- **Soothing Foot Massages:** Treat yourself or a loved one to the luxury of a foot massage, not just for relaxation but also for therapeutic benefits.
- **Step into Comfort:** Discover the latest trends in comfortable footwear that merges style with support.
- **Exercise for Happy Feet:** Embrace a simple yet effective exercise routine to enhance foot flexibility and strength.

MLS Laser Therapy: Revolutionizing Foot and Ankle Care!

In our dedication to providing innovative care, we're excited to introduce MLS Laser Therapy, a groundbreaking treatment offering relief for various conditions beyond foot and ankle pain. This non-invasive therapy harnesses synchronized lasers to provide a range of therapeutic benefits, including reducing swelling, alleviating pain, accelerating tissue repair, improving vascular and metabolic activity, enhancing immune system function, and promoting improved nerve function. Whether you're dealing with joint pains, arthritis, or other related issues, MLS Laser Therapy offers a holistic approach to improving your overall well-being.

MLS Laser Therapy Details

Experience the future of foot care with MLS Laser Therapy, currently available at our Edina office. Discover how this revolutionary treatment can give you your life back by addressing chronic foot and ankle pain, sports injuries, and peripheral neuropathy.

How It Works: Understand the science behind MLS Laser Therapy and its multifaceted effects on your body's cells.

Treatment Procedure: Quick, non-invasive, and painless sessions lasting under 30 minutes, with no need for medications or anesthesia.

Treatment Cost: Although not currently covered by insurance, MLS Laser Therapy is a cost-effective investment in your well-being, priced at \$100 per session.

Is MLS Therapy Right For You?

Our experienced team will guide you through the decision-making process. If your quality of life is hindered by foot and ankle pain, MLS Laser Therapy could be the key to your return to joyous activities.

This Valentine's Day, let's extend the love beyond traditional expressions and shower affection on our hardworking feet. Whether it's through soothing massages, supportive footwear, or revolutionary treatments like MLS Laser Therapy, your feet deserve a celebration of love and care.

To schedule an MLS Laser Therapy session or learn more about foot care at Midwest Podiatry Centers, contact us today!

Custom Orthotics

Step into the future with custom orthotics tailored to cradle your unique feet, offering unparalleled support and alignment. Explore the transformative benefits of custom orthotics and how they complement MLS Laser Therapy for comprehensive foot care.

Insurance Coverage for Custom Orthotics

Did you know most insurance plans cover one pair of custom orthotics per year? Maximize your benefits and provide your feet with the support they deserve. Check with your insurance provider to unlock this often-overlooked benefit.

Wishing you a Valentine's season filled with love, comfort, and happy, pain-free steps!

Recipe of the Month

Lasagna Rolls



Lasagna Ingredients

- 1 (15-ounce) container whole milk ricotta cheese
- 1 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
- 1 cup plus 2 tablespoons grated parmesan
- 3 ounces thinly sliced prosciutto, chopped
- 1 large egg, beaten to blend
- 3/4 teaspoon salt, plus more for salting water
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 tablespoons olive oil
- 12 uncooked lasagna noodles
- 2 cups marinara sauce
- 1 cup shredded mozzarella (about 4 ounces)

Sauce Ingredients

- 2 tablespoons unsalted butter
- 4 teaspoons all-purpose flour
- 1 1/4 cups whole milk
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch of ground nutmeg

Cooking Instructions

- Make the sauce: Melt butter, whisk in flour, then add milk and seasonings. Simmer until thick.
- Preheat the oven to 450°F.
- Mix ricotta, spinach, Parmesan, prosciutto, egg, salt, and pepper.
- Boil lasagna noodles until slightly firm. Drain and lay them out on a baking sheet.
- Butter a baking dish and pour in the sauce.
- Spread ricotta mixture on each noodle, roll them up, and place seam side down in the dish.
- Pour marinara sauce over the rolls, and sprinkle with mozzarella and Parmesan. Cover and bake for 20 minutes.
- Uncover and bake for an additional 15 minutes until cheese is golden.
- Let it stand for 10 minutes before serving. Heat extra marinara sauce to serve alongside.

Hearts Day Word Search!

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

LOVE
ROMANCE
HEARTS
CUPID
FLOWERS
CHOCOLATE
HUGS
KISSES
GIFTS
DATE
SWEETHEART
CANDLELIGHT
RED
PASSION
SENTIMENTS

February Holidays and Important Dates

02/11 - Super Bowl Sunday

The Super Bowl is the championship game of the National Football League (NFL) and is a significant sporting event in the U.S.

02/14 - Valentine's Day

A day to celebrate love and affection between intimate companions. It is often marked by the exchange of cards, flowers, and gifts.

02/19 - Presidents' Day

Presidents' Day is a federal holiday that honors the birthdays of George Washington and Abraham Lincoln, as well as all U.S. presidents.