



Midwest PodiatryTM Centers

Patient Newsletter
March 2024

March into Health: Celebrating National Nutrition Month, Podiatric Well-being, and Specialized Diabetic Foot Care

As we embrace the spirit of National Nutrition Month and delve into the profound connection between your diet and podiatric health, we recognize the unique challenges faced by individuals managing diabetes. At Midwest Podiatry, our commitment to comprehensive foot care extends to specialized attention for diabetic patients.

Nourishing from the Inside Out: A Holistic Approach to Foot Health

Your diet plays a pivotal role in the well-being of your feet, and for those navigating diabetes, this connection is even more critical. Yet, we understand that diabetes brings its own set of challenges, impacting blood vessels and nerves in the feet, leading to neuropathic pain, swelling, tenderness, and the development of diabetic foot ulcers. 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!

Diabetic Foot Care: A Daily Routine for Happy Feet

Our diabetic foot care routine, outlined in previous correspondence, stands as a foundation for maintaining optimal foot health. However, we recognize that diabetes demands specialized knowledge and cutting-edge treatments to address the intricacies of foot care for individuals with the condition.

Specialized Diabetic Foot Wound Care: Your Path to Swift Healing

With up to 25% of people with diabetes developing foot ulcers, swift and specialized care becomes paramount. Our team at Midwest Podiatry is equipped with the expertise to provide the best care that recognizes the unique impact diabetes has on your life. If you encounter any issues with your feet related to diabetes, rest assured that we are ready and eager to treat your symptoms promptly.

A Step Toward Better Health

This March, let's celebrate National Nutrition Month and acknowledge the intricate relationship between diet, podiatric health, and the specialized care required for diabetic foot health. Your journey to optimal well-being is our priority, and we are here to support you every step of the way.

February Holidays and Important Dates

3/2 Read Across America Day (often associated with Dr. Seuss's birthday) - Read Across America Day celebrates Dr. Seuss's birthday, motivating children to love reading through special events organized by schools and communities.

3/8 International Women's Day - International Women's Day celebrates women's achievements globally and advocates for gender equality through various events and initiatives.

3/17 St. Patrick's Day - St. Patrick's Day in the U.S. celebrates Ireland's patron saint with parades, green attire, shamrocks, and cultural events, bringing people together for Irish music and traditional food.

3/20 First Day of Spring (Spring Equinox) - The first day of spring signifies the equinox, symbolizing the transition from winter to warmer days, with people celebrating through outdoor activities amidst blooming flowers and trees.

3/29 National Vietnam War Veterans Day - National Vietnam War Veterans Day commemorates the service and sacrifice of those in the Vietnam War, with events nationwide expressing gratitude for veterans.

Recipe of the Month

One-Skillet Chicken With Buttery Orzo



Ingredients

- Kosher salt, freshly ground pepper
- 6 skin-on, bone-in chicken thighs (about 2 pounds total), patted dry
- 3 tablespoons unsalted butter, divided
- 1 fennel bulb, chopped, plus fronds, chopped
- 1 leek, white and pale green parts only, chopped
- 8 ounces orzo
- 1 cup dry white wine
- 2½ cups low-sodium chicken broth, divided
- 1 tablespoon fresh lemon juice
- 1 teaspoon finely grated lemon zest

Cooking Instructions

- Preheat the oven to 400°. Season salt and then some pepper all over the chicken. Heat 2 Tbsp. butter in a medium cast-iron skillet over medium-high. Nestle chicken, skin side down, in a skillet in a single layer with no gaps (if you can't quite fit them all, wait until chicken shrinks slightly, then puzzle in the remaining pieces). Cook until meat is opaque around the edges and skin is deep golden brown, 6–8 minutes. Turn chicken skin side up and transfer skillet to oven; bake, uncovered until chicken is cooked through, 10–15 minutes. Transfer chicken to a plate.
- Set the same skillet over medium; combine fennel bulb and leek in skillet and sprinkle in some salt and pepper. Cook, tossing occasionally, until the leek looks golden around the edges, about 5 minutes. Add orzo and cook until pasta is darkened (it will take on a brown hue) to a nice nutty brown in spots and toasty smelling, about 3 minutes. Pour in wine and cook, stirring, until liquid has evaporated, about 1 minute. Add broth ½ cup at a time, stirring constantly and letting broth absorb before adding more until the orzo is tender and the broth is mostly absorbed but the pan is not dry, 10–15 minutes.
- Remove skillet from heat, Taste and add more salt and pepper to your liking; mix in lemon juice and remaining 1 Tbsp. butter, then chopped fennel fronds. Pile chicken on top and finish with lemon zest.

Spring Word Search!

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S	O	O	E	E	R	U	T	A	N
J	U	E	S	E	Z	T	H	A	W
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G	W	O	S	H	O	W	E	R	S
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F	P	I	C	N	I	C	B	J	B
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BLOSSOM
CLOVER
GROWTH
RAINBOW

BREEZE
FLOWERS
NATURE
SHOWERS
THAW

BUTTERFLY
GREEN
PICNIC
SUNSHINE