

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

Patient Newsletter  
May 2024

## Achilles Tendinitis: Recognizing the Symptoms

Achilles tendinitis, though often associated with sports injuries, can affect individuals from all walks of life. This condition involves inflammation and small tears in the Achilles tendon, which connects the calf muscles to the heel bone. The result? Pain and discomfort, particularly at the back of the heel or just above it.

## Recognizing the Symptoms

Identifying Achilles tendinitis involves noting common symptoms such as persistent heel pain, especially after physical activity like running or climbing stairs. Additionally, temporary stiffness may occur after periods of inactivity, which tends to alleviate with movement. The location of the pain can provide insights into the extent of tendon strain, whether it's insertional or non-insertional Achilles tendinitis.

## Causes and Risk Factors

Various factors contribute to the development of Achilles tendinitis. Overuse, abnormal foot structure or biomechanics, improper footwear, and age-related changes in tendon strength are among the primary culprits. Understanding these causes helps tailor effective treatment plans for optimal results.

At Midwest Podiatry Centers, we understand the impact of Achilles tendinitis on daily activities and athletic performance. Our goal is to deliver comprehensive care tailored to your unique needs, restoring comfort, mobility, and overall foot health. Don't let heel pain sideline you – schedule an appointment with us today and take the first step toward effective relief.

Remember, your feet are your foundation for movement and activity. Let us help you keep them strong and pain-free. Read on to learn about treatment options!

## Treatment Options

At Midwest Podiatry Centers, we prioritize comprehensive care to alleviate Achilles tendinitis symptoms and promote long-term healing. Our treatments include:

**Medication:** Non-steroidal anti-inflammatory drugs (NSAIDs) can help manage pain and inflammation.

**Therapeutic Modalities:** Laser therapy accelerates healing and reduces discomfort.

**Physical Therapy:** Targeted stretches and exercises strengthen the tendon and surrounding muscles, reducing strain.

**Footwear and Activity Modifications:** Proper footwear and activity adjustments alleviate stress on the Achilles tendon.

**Orthotic Devices:** Night splints, walking boots, or custom orthotics provide support and aid in recovery.

**Surgical Intervention:** In severe cases or when conservative measures fail, surgical options may be considered to achieve lasting relief.

**Seek Professional Care:** Persistent heel pain warrants professional evaluation and treatment. Ignoring symptoms or delaying treatment can exacerbate the condition, leading to prolonged discomfort and potential complications. Whether you suspect Achilles tendinitis or another foot-related issue, our experienced team is here to provide personalized care and effective relief.

## May Holidays and Important Dates

### 04/01 May Day

(not widely celebrated in the US but observed in some communities).

### 04/05 Cinco de Mayo

Celebrates the Mexican victory over French forces at the Battle of Puebla in 1862. Widely celebrated in the US, especially in areas with large Mexican-American populations.

### 04/12 (Second Sunday in May) Mother's Day

A day to honor mothers and motherhood, celebrated with gifts, cards, and special gestures.

### 04/27 (Last Monday in May) Memorial Day

Honors the men and women who died while serving in the U.S. military. It also unofficially marks the beginning of summer and is often celebrated with outdoor activities and barbecues.



# Recipe of the Month

## Tres Leches Cake



### Ingredients

#### FOR THE CAKE

Cooking spray  
1 1/2 c. all-purpose flour  
1 1/2 tsp. baking powder  
1/2 tsp. kosher salt  
5 large eggs, separated  
1 1/4 c. granulated sugar, divided  
1 tsp. pure vanilla extract  
1/2 c. milk  
4 tbsp. butter, melted and cooled

#### FOR THE FILLING

1 (14-oz.) can sweetened condensed milk  
1 (12-oz.) can evaporated milk  
1/2 c. milk  
1 tsp. pure vanilla extract

#### FOR THE WHIPPED CREAM

2 c. heavy cream  
1/2 c. granulated sugar

#### FOR SERVING

1/4 c. cinnamon-sugar  
sliced strawberries, for serving

### Baking Instructions

- **Step 1** - Make the cake: Preheat oven to 350° and grease a 9"-x-13" baking pan with cooking spray. In a large bowl whisk together flour, baking powder, and salt.
- **Step 2** - In another large bowl using a hand mixer, beat together egg yolks and 1 cup of sugar until stiff ribbons trail behind beaters, then beat in vanilla and set aside.
- **Step 3** - In a third large bowl using a hand mixer, beat egg whites until soft peaks form then gradually add in remaining 1/4 cup sugar and continue beating until stiff peaks form.
- **Step 4** - Add yolk mixture to dry ingredients and beat together. Add in milk and melted butter and beat until combined. Gently fold in egg whites until just combined. Pour batter into prepared pan and bake until a toothpick inserted into middle of cake comes out clean, 30 minutes. Let cool.
- **Step 5** - Meanwhile make filling: In a medium bowl whisk together sweetened condensed milk, evaporated milk, milk, and vanilla. Using a fork, poke holes all over cake, then pour milk mixture evenly over cake. Cover and place in refrigerator until all of the mixture is absorbed, at least 1 hour.
- **Step 6** - When ready to serve make whipped cream: In a large bowl using a hand mixer, beat together heavy cream and sugar until stiff peaks form. Frost cake with whipped cream and sprinkle with cinnamon-sugar. Serve with strawberries or other fresh fruit.



## Can you Spot all the Differences?



**Hint: There are 6 differences total!**