

Midwest PodiatryTM Centers

Patient Newsletter
August 2025

Back-to-School Foot Alert: Don't Let Foot Problems Distract Your Child

With school starting soon, parents are focused on supplies, schedules, and routines—but don't overlook something just as important: your child's foot health. From growing pains to unsupportive shoes, foot problems can quietly interfere with your child's comfort, focus, and activity level.

Surprising Foot Issues in School-Aged Children

Your child might not always speak up about foot pain, but here's what could be happening behind the scenes:

- **Plantar Warts:** Kids feet are susceptible to conditions like plantar warts, which can develop from worn-out shoes or communal areas like locker rooms and pool decks.
- **Flat Feet or Poor Support:** Without the right arch support, children may experience fatigue, heel pain, or balance issues, especially during gym class or recess.
- **Hidden Injuries:** Active kids can develop minor sprains or growth plate issues that go unnoticed. Left untreated, they can worsen and limit mobility.



Simple Prevention: Choose the Right Footwear

A well-fitted, supportive pair of shoes can make all the difference. Here's what to look for:

- A snug but not tight fit, with about a thumb's width at the toe
- A firm heel counter for ankle stability
- Flexible soles that bend where the foot naturally flexes
- Breathable materials to reduce sweat and odor

Healthy Feet = Healthy School Year

Before your child hits the classroom or the playground, take a few moments to check their shoes and feet. Watch for signs like limping, toe walking, frequent tripping, or complaints of soreness.



Don't Ignore Foot Posture and Gait Changes

Foot discomfort doesn't just impact physical activity—it can also interfere with your child's ability to concentrate in class. Ongoing pain or irritation can be distracting and even lead to behavioral changes or reluctance to participate in sports, gym, or recess.

Addressing foot problems early not only supports physical health but can also contribute to better academic performance and overall well-being.



Don't Delay: Schedule a Pediatric Foot Check-Up

Start the school year on the right foot—literally. A quick podiatry visit can address growth-related concerns, ensure proper foot development, and recommend the best footwear options. We're here to help your child stay active, focused, and pain-free all school year long.

Recipe of the Month

Spiced Grilled Salmon with Hearts of Palm Salad



Ingredients

- 1/4 cup extra-virgin olive oil
- Juice of 2 lemons or limes
- 2 large cloves garlic, minced
- 2 large shallots, minced
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- Kosher salt
- 1/2 bunch cilantro, roughly chopped
- 4 6-ounce center-cut salmon fillets, skin removed
- 1 14-ounce can hearts of palm, cut into 1-inch pieces
- 1 pint cherry or grape tomatoes, halved
- Vegetable oil, for brushing
- 2 cups mixed salad greens

Cooking Instructions

1. **Prep the Grill & Salmon:** Preheat your outdoor grill to medium-high. In a large bowl, whisk 2 tablespoons olive oil, juice of 1 lemon, garlic, shallots, cumin, cayenne, 1 teaspoon salt, and half the cilantro. Add the salmon and turn to coat. Let sit at room temperature for 15 minutes.
2. **Make the Salad:** In a separate bowl, toss hearts of palm and tomatoes with the remaining 2 tablespoons olive oil, juice of the second lemon, and the rest of the cilantro. Season with salt to taste. Set aside.
3. **Grill the Salmon:** Brush the grill grates with vegetable oil. Place salmon round-side down and grill for 4 minutes, until grill marks appear. Flip and cook for another 2–3 minutes, until the salmon is cooked through.
4. **Serve:** Divide the grilled salmon onto plates. Add the salad on the side and drizzle some of the salad juices over the salmon and greens. Serve immediately and enjoy!

Serve and Enjoy!

*Can You Spot
All 5 Differences?*



August 2025 Holidays and Important Dates

- **8/4 – Coast Guard Day:** Recognizes the hard work and dedication of postal workers who help keep our mail system running smoothly.
- **8/7 – Purple Heart Day:** Recognizes the brave U.S. service members wounded or killed in combat and honors their sacrifice.
- **8/8 – International Cat Day:** A global celebration of our feline friends, promoting cat welfare and responsible pet ownership.
- **8/19 – World Humanitarian Day:** Honors humanitarian workers around the globe and raises awareness of people affected by crises and conflicts.
- **8/21 – Senior Citizens Day:** Recognizes the achievements and contributions of older adults and promotes awareness of issues affecting the elderly.
- **8/30 – National Beach Day:** Celebrates the beauty of beaches and encourages environmental conservation efforts to keep them clean and safe.

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