Midwest Podiatry™ Centers

Patient Newsletter
December 2025

December Brings Winter Activities, Holiday Joy and a Reminder to Put Your Foot Health First

As the season gets busier and colder, our team is here to help you stay active, comfortable, and informed. Winter sports, holiday shopping, and travel can place extra stress on your feet and ankles, making this a crucial time to stay proactive about your foot health.

Winter Sports Injuries to Watch For

Cold weather and slippery surfaces increase the risk of injuries, especially if you enjoy winter sports like skating, skiing, or snowboarding. Even simple activities like walking on icy driveways can lead to unexpected foot and ankle issues.

Common winter injuries include:

- Sudden ankle sprains
- Heel or midfoot stress fractures
- Tendon strains from overuse
- Painful bruising from impact or falls

If you experience swelling, sharp pain, or difficulty bearing weight, don't wait to get evaluated. Prompt care helps you recover faster and avoid long-term complications.

Foot-Friendly Gift Ideas for the Holidays

If you're looking for meaningful and practical gifts this season, consider something that supports comfort and foot health. These thoughtful options offer relief and care all year long:

- Supportive indoor footwear
- Warm compression socks
- Moisturizing and exfoliating foot care bundles
- Orthotic-friendly winter boots
- Gift cards for foot care visits or treatments

Small gifts can make a big difference—especially for those who spend long hours on their feet.

Stay Informed: Holiday Office Hours

With the holidays approaching, our schedule may shift to accommodate seasonal closures and celebrations. We want to ensure you have access to the care you need without interruption.

Be sure to check our local listings for the most current office hours and updates throughout the holiday period.
Your health and comfort remain our priority, and we're here to support you this season.

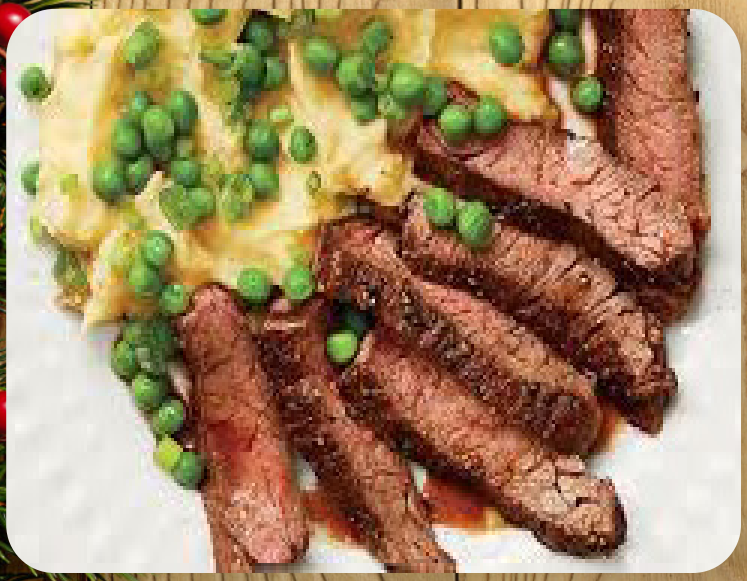
Stepping Into the New Year With Comfort and Confidence

As 2025 comes to a close, take a moment to care for your feet—your foundation for every step you take. Whether you're recovering from an injury, seeking preventive care, or planning ahead for a healthy start to 2026, we're here to help you move forward with comfort and confidence.

Your feet carry you through every moment of your day, and taking care of them now helps prevent future pain and complications.

Recipe of the Month

Skirt Steak with Cheesy Mashed Potatoes



Ingredients

- 1 1/4 pounds Yukon Gold potatoes, cut into chunks
- Kosher salt
- 1 pound skirt steak, cut in half
- Freshly ground pepper
- 1/2 teaspoon seasoned salt
- 1 tablespoon vegetable oil
- 1/2 cup 2% milk
- 3 slices American cheese, torn into pieces
- 2 tablespoons unsalted butter
- 2 scallions, thinly sliced (light and dark green parts separated)
- 1 cup frozen peas, thawed
- Steak sauce, for serving

Cooking Instructions

1. Put the potatoes in a medium saucepan and add enough water to cover; season with salt. Bring to a boil, then reduce the heat to a simmer and cook until the potatoes are tender, 12 to 15 minutes. Reserve 1/2 cup cooking water, then drain the potatoes and return to the pan.
2. Meanwhile, season the steak generously with pepper and the seasoned salt. Heat the vegetable oil in a large skillet over medium-high heat. Add the steak and cook until well browned, about 4 minutes per side for medium rare (reduce the heat if necessary). Transfer the steak to a cutting board.
3. Combine the milk, cheese and butter in a small saucepan over medium heat. Cook, stirring, until melted and smooth. Pour into the potatoes and mash, adding some of the reserved cooking water as needed to loosen. Stir in the white and light green parts of the scallions and season with salt and pepper. Cover to keep warm.
4. Heat the peas as the label directs. Slice the steak and divide among plates along with the mashed potatoes. Top the potatoes with the peas and scallion greens. Serve with steak sauce.

Can You Spot All 5 Differences?

December 2025 Holidays and Important Dates

- **12/01 – Cyber Monday (2025):** A major online shopping event featuring significant digital deals following Thanksgiving weekend.
- **12/04 – National Cookie Day:** A fun observance celebrating everyone's favorite sweet treat.
- **12/10 – Human Rights Day:** Marks the United Nations' adoption of the Universal Declaration of Human Rights in 1948.
- **12/21 – Winter Solstice:** The shortest day and longest night of the year in the Northern Hemisphere, marking the first day of winter.
- **12/25 – Christmas Day:** A major Christian holiday celebrating the birth of Jesus Christ, observed with family gatherings, gift-giving, and community events.
- **12/31 – New Year's Eve:** The final day of the year, celebrated with countdowns, festivities, and reflection before welcoming the new year.