

HEALTHY FEET
ARE OUR
TOP PRIORITY

Newsletter

Winter 2019

Our Offices

Peachtree Dunwoody Medical Center

5505 Peachtree
Dunwoody Rd.
Atlanta, GA 30342-1705
404-843-0090

Office Hours

Mon: 8:00am - 4:30pm
Tue: 8:00am - 4:30pm
Wed: 8:00am - 4:30pm
Thu: 8:00am - 4:30pm
Fri: 8:00am - 4:30pm

Chamblee

5553 Peachtree Rd,
Suite 105,
Chamblee, GA 30341

Office Hours

Mon: 8:00am - 12:00pm
Fri: 12:00pm - 4:00pm

New Years Resolutions Northside Podiatry Can Help With That!

Many people make New Year's Resolutions. The two most common resolutions are (1) to lose weight and (2) to get fit. Both of these resolutions tend to involve walking more, so success in meeting your New Year's resolution goals probably means having your feet in good shape.

Be careful, because if you are eager to get a head start on losing weight and getting fit, you might exercise too much and too fast. This can lead to overuse injuries, often involving the feet. This is more likely if you have pre-existing instability of the feet.



So, how can Northside Podiatry help you in your Resolutions?

1. We treat a variety of Overuse Injuries, including heel pain, plantar fasciitis, tendonitis – such as Achilles tendonitis, stress fractures, and just plain sore feet from over use.
2. We prescribe and dispense both Medical Grade foot inserts and Custom Functional Foot orthotics
3. We utilize the MLS Laser System to non-invasively help heal injuries without opioids, medications, or surgery. Our patients have been very pleased with the results

So, go ahead, make those New Year's Resolutions. Lose Weight! Get Fit!

But remember, Northside Podiatry is here to help you keep your feet fit and injury free or to treat your feet if you are overzealous and your feet hurt.

Have a happy, healthy New Year!

Do All You Can to Prevent Winter Sports Injuries

Do you enjoy winter sports? No matter where you live, you're just a short trip away from skiing, snowboarding, ice-skating, sledding and ice hockey activities for fun and fresh air. But these high-impact and high-speed sports can really be risky in terms of injuries to the feet and ankles.

Winter sports injuries are very common, with an average of 246,000 people treated at emergency rooms, hospitals and doctors' offices every year for injuries related to winter sports (U.S. CPSC). More than half of the injuries result from snow skiing and snowboarding. ...continued on page 2



History FootNote

The first recorded successful blood transfusion occurred in England in 1665 when a physician kept dogs alive with transfusions of blood from other dogs.

Celebrity Foot Focus

Jamie Lee Curtis, LL Cool J, Peyton Manning and Wynonna Judd are just a few of the celebrities who regularly donate blood.

Find Us On Facebook



....continued from page 1

Do All You Can to Prevent....

Typical winter sports injuries include sprains, strains, dislocations and fractures. Often these occur at the end of an action-packed day when we overexert ourselves to get in that last run. The most common skiing and snowboarding injuries are ankle sprains and fractures. In fact, a fracture of the Talus bone, located above the heel bone on the outside of the ankle, is so common that it is known as "snowboarder's ankle."

How to Prevent Winter Sports Injuries

First, and importantly, make sure that you are ready to hit the slopes or ice. If you are not a regular exerciser, or if you are a "weekend warrior," begin winter sports gradually and cautiously. Do lots of stretching and try foot, ankle and knee strengthening exercises to prepare for what can be strenuous activities.

Other ways to avoid winter sports injuries include:

- Take some lessons to learn the correct technique. Your instructor will also demonstrate how to fall properly which can help to prevent injury.
- Do a quick warm-up – jogging in place is a good idea – and stretch to minimize stress and strain on muscles and ligaments. Colder muscles are tighter and need more time to get ready to work out.
- Wear the right protective equipment. Invest in well-fitting, high-quality skates, boots and shoes – this is not the time to save money by purchasing used equipment. Use a helmet that is specifically designed for your activity.
- Check your gear before each outing. Make sure laces and buckles are sturdy and unbroken.
- Take a partner with you. Even a minor injury can become life-threatening in frigid temperatures.
- Know your limits and stop when you begin to tire or are cold.

Please come to see us right away if you have injured your foot or ankle. Quick and professional treatment is essential for long-term healing.

How Your Weight Affects Your Foot Health

If you have made a New Year's resolution to lose weight, you are not alone! Losing weight is one of the most popular resolutions, along with exercising more and saving money. Taking off a few pounds is a great idea for your overall health. But did you know that your foot health is directly related to your weight?



Foot and Ankle Problems Caused by Excess Weight

When you are overweight, you run the risk of pain and chronic problems with your feet and ankles. After all, your feet and ankles bear the load of your body weight all day and every day. Weight gain can contribute to knee, hip and back problems and increases the chance of osteoarthritis, neuropathy, tendonitis and gout.

Being overweight can also affect your posture and may even change your gait. This can negatively affect the feet and ankle tendons and the arches.

Extra weight can make walking and even standing uncomfortable and will stretch and wear down the natural fat pads and connective tissue in your feet. Foot and ankle problems can include:

- Heel pain and plantar fasciitis
- Pain in the ball of the foot
- Stress fractures
- Swelling or edema
- Bunions
- Pressure ulcers
- Ankle problems such as increased risk of sprains, tendonitis and weakened ligaments and tendons

Is There Anything That Can Help?

Custom-fitted orthotics may relieve some foot and ankle symptoms by providing stability and cushioning. Exercises to stretch and strengthen your feet can help too.

What is the best solution? Losing weight can greatly reduce the strain on your feet and ankles. Even a small weight loss can ease the stress, but it's not that easy. Talk to your doctor and a nutritionist about the best weight-loss program that will fit your health and your lifestyle. A physical therapist or professional trainer can help too by designing an exercise program just for you.

Foot Funnies



What do you call a dinosaur with smelly feet?
Ex-stinked

Trivia

What part of your body is more likely to get frostbite?

- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

January is Blood Donor Month

Start the year right by helping others! January is National Blood Donor Month and it's the perfect time to step up and donate blood.

Typically, blood donations drop off during and right after the winter holidays, so the need is critical right now. Also, with inclement weather and winter illnesses, the Red Cross is often forced to cancel blood drives.

That's why it's important to make a voluntary blood donation during January.

Donating blood is easy and virtually painless. Anyone age 17 and up who weighs at least 110 pounds may be eligible. After a pint of blood is drawn plus a small amount for testing, your donation will be separated into transfusable components of red cells, platelets and plasma.

Just one donation can potentially save up to 3 lives! Blood transfusions are essential in many surgeries and for use in cancer treatments, chronic illnesses and traumatic injuries.

You can find a blood drive near you at this [National Red Cross Blood Services website](#).

Give blood today – you'll feel better for it!



Recipe of the Month Tuscan Vegetable Soup

Make a big batch of this comforting, veggie-packed soup and eat well all week long. It only takes 35 minutes to cook up, and at just 145 calories and 4 grams of fat per serving, you can eat guilt-free!

Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1 ½ cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional



Directions

1. In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

Recipe courtesy of Ellie Krieger

Help Us Grow!

LIKE US on [Facebook](#)
CHECK OUT our weekly [Blogs](#)



NORTHSIDE PODIATRY

**Peachtree Dunwoody
Medical Center**
5505 Peachtree
Dunwoody Rd.
Atlanta, GA 30342-1705
404-843-0090

Chamblee
5553 Peachtree Rd,
Suite 105,
Chamblee, GA 30341

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

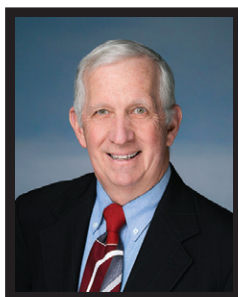


Powered by Blue Orchid Marketing

Meet our Doctors



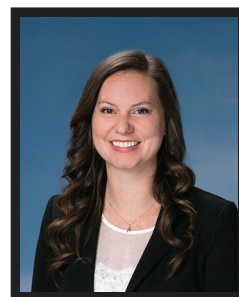
Heather Hall Morse
DPM, FACFAS



Charles F. Fenton III
DPM, JD



Raymond J. Noonan, Jr
DPM



Abigail Skov,
DPM

Please go to our website www.northpod.com to sign up for our newsletter!