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Do's and Don'ts for Preventing Senior Falls



Consider these unsettling statistics: according to the National Council on Aging, one in four adults over the age of 65 falls each year. Every 11 seconds, another older American is brought to the emergency room for injuries caused by a fall. National Falls Prevention Day falls on September 22nd, and it's an excellent time for some reminders on how to prevent falls. Below are some do's and don'ts for decreasing fall risk for yourself and older loved ones.

Don't: procrastinate getting foot pain evaluated. When your feet hurt, it causes you to walk in an abnormal way to avoid the pain, which is a leading cause of falls. Make an appointment with the podiatrist as soon as possible if your feet or ankles are bothering you.

Do: keep up with annual eye exams. You can't avoid tripping over what you can't see!

Do: consult with your pharmacist or physician at least once a year to go over your list of medications. If there are drugs that could interact negatively with each other or medications that have dizziness or lightheadedness as potential side effects, look for alternatives.

Don't: use scatter rugs in your home. It's also a good idea to remove magazine racks, plant stands, footstools, and other low-to-the-ground furniture that could be a tripping hazard.

Do: install additional safety features in your home to reduce fall risk. Add grab bars around the toilet and in the shower, along with no-stick grip adhesive to the tub. Put in extra lighting in hallways and on the route to the bathroom. Make sure stairways have a railing on both sides to hold onto.

Do: store commonly used items within easy reach. Save high cabinets for seasonal and less frequently used items and ask someone to help you get them down when needed.

Ways to Help Your Child Prep for Fall Sports



It's back to school time, and parents and children are all hoping this school year will be more normal than last year. One activity that children and teens particularly look forward to is getting back to fall sports. However, increasing physical activity without the proper preparation can result in injuries. Below are some tips for helping get your child ready to do their best and enjoy fall sports.

Get Moving!

If your child's thumbs have been the most active part of their body this summer playing video and computer games and texting on the phone, it's essential to get them moving before sports conditioning starts. Encourage them to get outside and bike, walk, swim, and play with friends. Older children and teens may want to ask their coach for specific conditioning exercises and activities they can do the last few weeks before school starts getting in better shape. Choose physical activities to enjoy as a family as the summer comes to an end and school starts.

Do an Equipment Check

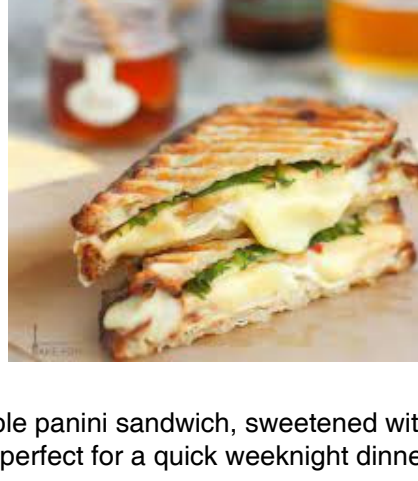
Making sure your gear is in good repair and fits properly. It will help improve performance and prevent injury. Of course, for us, the most important piece of equipment for your child's sport is their shoes. Chances are your child will have outgrown last season's sports shoes. If they are serious about their sport, look for shoes designed specifically for what they will be playing. Otherwise, a good-quality pair of sneakers with sturdy arch support and a cushioned insole will be essential. Don't wear hand-me-down sports shoes. Footwear conforms to the feet of the wearer. Using someone else's shoes will not only be uncomfortable, but it could also harm your child's feet.

Slow and Steady Wins the Race

And the game, for that matter too. Get details about the conditioning and practice protocols your child will be following. Increasing activity dramatically can cause repetitive overuse injuries such as Achilles tendonitis and shin splints. A sound program will start gradually and build in duration and intensity. There should also be an emphasis on proper form and skills to allow young athletes to engage in a sport safely.

If your child complains of foot or ankle discomfort as the season goes on, or if they suffer an injury during a game or practice, be sure to get them examined by the podiatrist promptly. Continuing to play on an injured foot can cause serious and debilitating damage that could sideline your child for the season.

Recipe of the Month Chicken, Brie, and Apple Panini



This chicken, brie, and apple panini sandwich, sweetened with a drizzle of honey, comes together in minutes and is perfect for a quick weeknight dinner.

Ingredients

- 4 slices Ciabatta bread
- 2 Tbsp extra virgin olive oil
- 2 cooked chicken breasts, sliced
- 4 ounces brie cheese, sliced
- 1 apple, cored and thinly sliced
- 1 1/2 Tbsp good quality honey
- 1 cup frisee (or your favorite greens)

Instructions

1. Heat panini press on high. Using a pastry brush, brush one side of each slice of bread with olive oil and lay out two slices of bread, oil side down.
2. Arrange chicken slices on the bread slices, top with brie, followed with apple slices.
3. Drizzle with honey, top with frisee, and top with remaining bread slices, oil side up.
4. Open the panini press and place each sandwich on the press and close the lid.
5. Grill sandwich for 3-5 minutes, or until golden brown and cheese is melted. Slice in half and enjoy!

Recipe courtesy of whatshouldimakefor.com

FootNotes If the Shoe Fits Shoe Shack

In a bid for immortality, Mahlon Haines built a house shaped like a shoe. Haines (1875-1962) was the over-the-top owner of a chain of shoe stores in Pennsylvania and Maryland. He called himself "The Shoe Wizard" and to boost his ego and preserve his legacy, Mahlon commissioned an architect to build a house shaped like one of his work boots.

Completed in the spring of 1949, the Shoe House stands 25 feet high and 48 feet long. Mahlon never lived in it. Instead, he turned the house into a marketing giveaway. The lucky winners (limited to newlyweds and elderly couples who'd never had a honeymoon) could spend up to a week in the shoe -- served by a live-in maid, cook, and chauffeur. Everyone went home with a free pair of shoes.

Today the house is cramped by not only the geometry of the architecture, but with shoe memorabilia. Tours are carefully conducted around the sloping ceilings and fragile stained-glass windows. A hatch in one room allows visitors to peek behind the wall at the hidden woodwork that holds the Shoe House together.

The House has five different levels with three bedrooms, two bathrooms, a kitchen, a living room, lots of little staircases, and a rooftop terrace currently closed for liability reasons. The honeymoon suite is in the toe, the kitchen is in the heel.

Heels on Wheels

In 1999 Heelys' founder, Roger Adams came up with an idea of mobile footwear with a wheel in the heel. He created a simple design by placing a skateboard wheel in the heel of a sneaker, and thus Heelys were created.

They premiered just before the holiday season in 2001 by appearing in a 30-second television commercial that aired on MTV. Pretty soon the shoes had spread all over the globe and continued to grow in popularity and reach throughout the early-mid 2000's. However, by 2009 the popularity began to wane mostly due to declining sales, inventory problems, and safety concerns among parents of children.

It makes sense, Heelys are designed to be just like any other shoe and therefore can be worn with a regular outfit that may not include knee pads, wrist guards, and a helmet. Soon schools began banning the shoes. School is where kids spend most of their time and if they couldn't wear the shoes there, the incentive for parents to keep purchasing them decreased.

Foot Funnies

 **Q: What kind of shoes do lazy people wear?**

A: Loafers

Trivia

Babies need to wear shoes to protect their feet.

- A. True
B. False

Answer: False

If you've ever tried to keep shoes on a baby, you may be glad to know they don't need them. Let your little one yank them off. The same goes for super-snug socks, too. Babies' feet are growing so quickly they don't need anything closing them in. Save the shoes for when they are walking on their own.

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