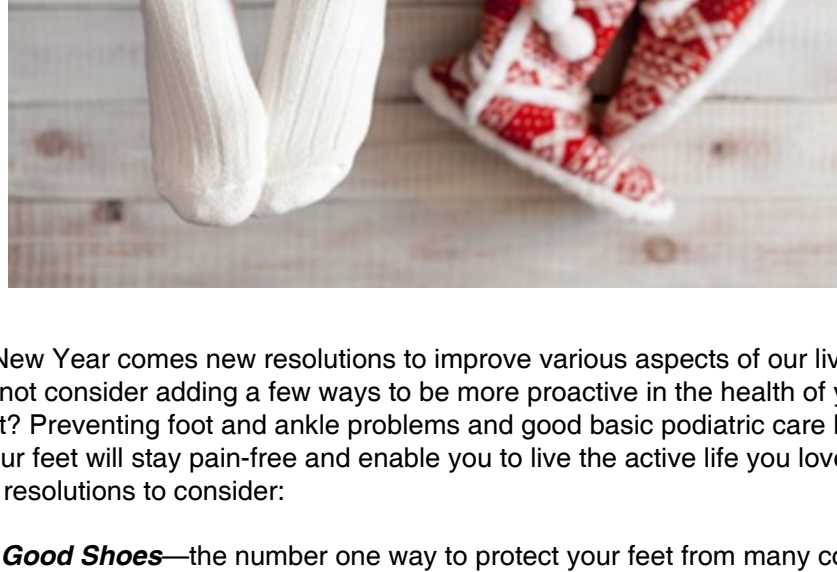


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- Resolve to Take Better Care of Your Feet this Year
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Resolve to Take Better Care of Your Feet this Year



With the New Year comes new resolutions to improve various aspects of our lives. This year why not consider adding a few ways to be more proactive in the health of your feet to your list? Preventing foot and ankle problems and good basic podiatric care has a big payoff: your feet will stay pain-free and enable you to live the active life you love! Below are some resolutions to consider:

Invest in Good Shoes—the number one way to protect your feet from many common disorders is by wearing shoes that are well-made and fit properly. If you have any chronic foot conditions, such as bunions or flat feet, ask your podiatrist for recommendations of the best types of shoes for you. Soft, flexible material in the toe box, adequate arch support, moderate heels, cushioned insole, and no-slip treads are some key features to look for.

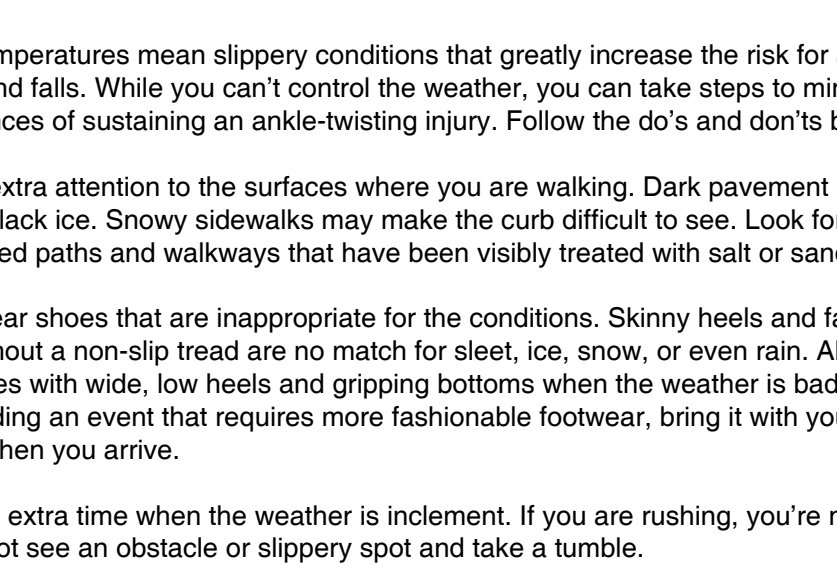
Commit to Regular Self-Exams—getting into the habit of looking over your feet daily from top to bottom will help you spot any irregularities promptly. Changes in skin or nail color, lumps or growths, bruising, swelling, redness, and cuts or wounds that seem slow to heal may all signal the onset of a foot problem. Nearly all conditions are most easily resolved when caught in their early stages.

Keep Feet Clean and Dry—washing your feet every day with warm soapy water and drying them completely is one of the best ways to keep fungal infections away. It's also important that feet not sit in sweaty socks. Use a foot powder in the morning or an antiperspirant to help keep moisture down.

Take Care of Toenails—trim toenails straight across but avoid cutting them too short. This allows the skin to fold back over the nail and can result in ingrown toenails. For this reason, you should also not file toenails with rounded edges. If you are a diabetic patient, consider asking the podiatrist to handle nail care to avoid possible injury and infection.

Listen to Your Feet—if feet hurt, stop the activity that is causing the pain and contact your podiatrist. Pain is your feet and ankle's way of telling you that something is wrong. Putting off seeking evaluation and treatment could result in a more serious issue.

Do's and Don'ts for Avoiding Ankle Sprains



Winter temperatures mean slippery conditions that greatly increase the risk for ankle sprains and falls. While you can't control the weather, you can take steps to minimize your chances of sustaining an ankle-twisting injury. Follow the do's and don'ts below:

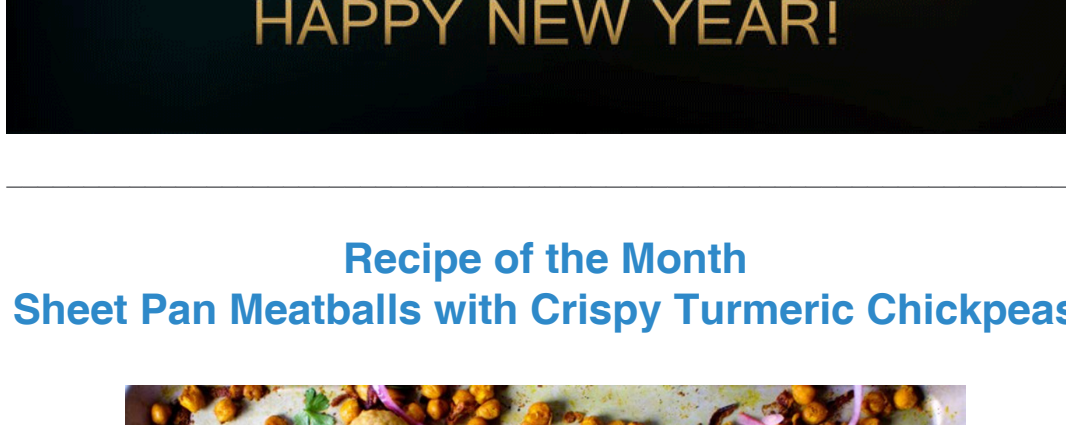
Do: pay extra attention to the surfaces where you are walking. Dark pavement may indicate black ice. Snowy sidewalks may make the curb difficult to see. Look for well-cleared paths and walkways that have been visibly treated with salt or sand.

Don't: wear shoes that are inappropriate for the conditions. Skinny heels and fashion boots without a non-slip tread are no match for sleet, ice, snow, or even rain. Always wear shoes with wide, low heels and gripping bottoms when the weather is bad. If you are attending an event that requires more fashionable footwear, bring it with you and change when you arrive.

Do: leave extra time when the weather is inclement. If you are rushing, you're more likely to not see an obstacle or slippery spot and take a tumble.

Do: consider keeping a small, sealable sandwich bag filled with some sand or cat litter in your winter coat pocket. If you come to a slick spot that you must cross, sprinkle the sand in front of you for better traction.

Don't: neglect to get ankle sprains evaluated. If you do twist your ankle it's important to have your podiatrist examine your ankle and assess how serious the sprain is. Ankle sprains can be deceptive—how much pain you are experiencing does not necessarily correlate with the severity of the sprain. If your podiatrist prescribes physical therapy be sure to complete the full course, even if your ankle stops hurting. The number one reason for repeated sprains and chronic weak ankles is not fully rehabilitating an earlier sprain.



Recipe of the Month

Sheet Pan Meatballs with Crispy Turmeric Chickpeas



This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper

MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup panko, or another plain, dry breadcrumb
- 1/4 cup plain yogurt
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 2 tablespoons cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

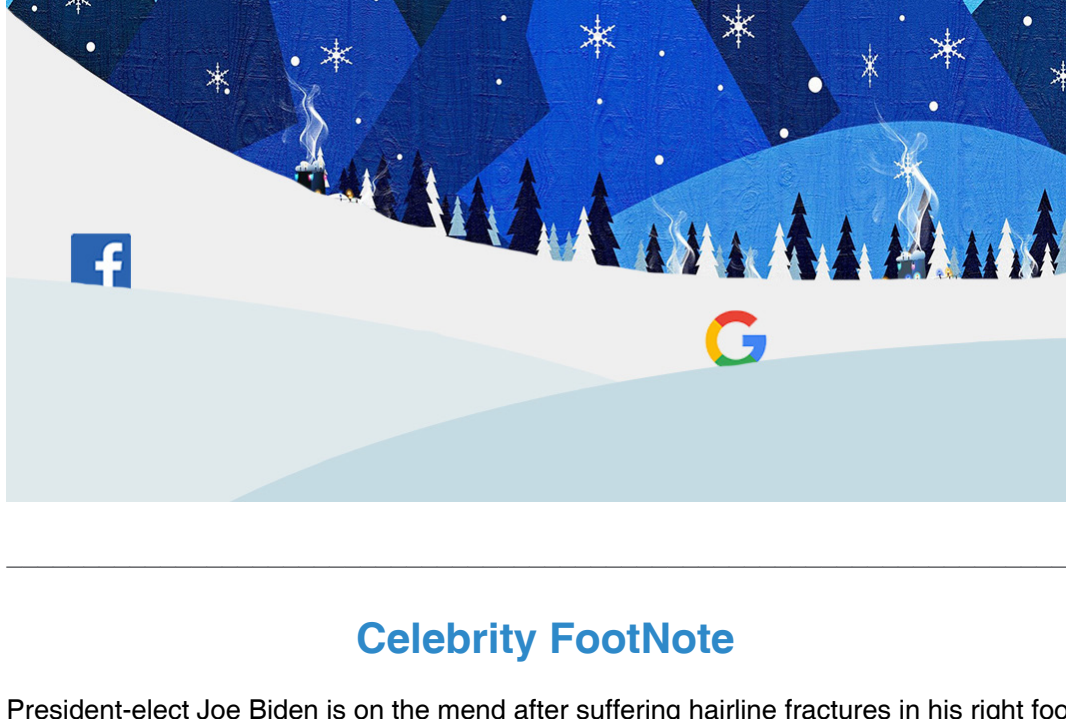
TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.

Recipe courtesy of [thesmittenkitchen.com](https://www.thesmittenkitchen.com)



Celebrity FootNote

President-elect Joe Biden is on the mend after suffering hairline fractures in his right foot while playing with his dog. The injury was discovered in a scan and it will likely require him to wear a boot for several weeks.

Fractures are a concern generally as people age, but Biden's appears to be a relatively mild one based on his doctor's statement and the planned treatment. At 78 he will be the oldest president when he's inaugurated in January.

President-elect Biden is not the only politician to sustain an injury or endure an accident while in office.

- Despite winning two national championships as a member of the University of Michigan football team, former President Gerald Ford was remembered by many as being a klutz. In a famous incident President Ford tripped and fell on a rainy day down the slippery steps of Air Force One while holding his wife Betty's hand, perhaps giving credence to his legacy of clumsiness.
- In 1992, President George H.W. Bush fell suddenly ill and collapsed (after throwing up at his seat) during a state dinner being given for him at the home of the Japanese Prime Minister
- In January 2002, former President George W. Bush was enjoying some pretzels on the couch in his bedroom during a Baltimore-Miami NFL playoff game. A piece of a pretzel got lodged in his throat, causing him to choke and pass out briefly. He fell and his glasses cut and bruised his cheek.
- President Obama needed 12 stitches after he was hit in the lip by an errant elbow during a pickup basketball game with a group of family and friends visiting for the Thanksgiving holiday.

History FootNote – Inaugural Steps


Since the first Inauguration of George Washington in 1789, the President has provided an occasion for much celebration. In fact, the inaugural parade that now follows the Swearing-In Ceremony first began as the procession, when military companies, bands, the President's cabinet, elected officials, and friends escorted the President-elect to the Inauguration.

Although most presidents rode to their Inaugurations in a carriage (or later, an automobile), Thomas Jefferson and Andrew Jackson both walked to their Swearing-In Ceremonies.

Today, after the Swearing-In Ceremonies, the new president participates in a parade down Pennsylvania Avenue. President Jimmy Carter started an informal custom in 1977 when he became the first to set out by foot for more than a mile on the route to the White House.

Mr. Carter's walk with his wife, Rosalynn, and 9-year-old daughter, Amy, became a tradition that has been matched in ceremony if not in length by the presidents who followed.

Foot Funnies

 **What was the most popular dance in 1776?**
Indepen-dance

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

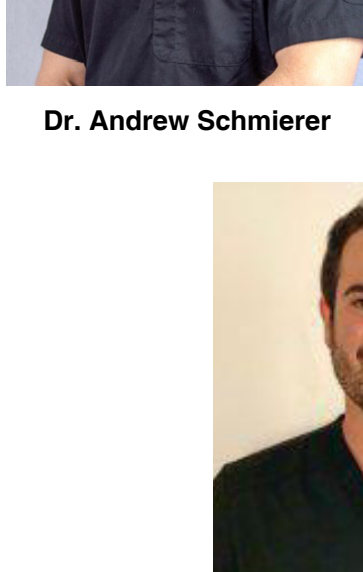
Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

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.

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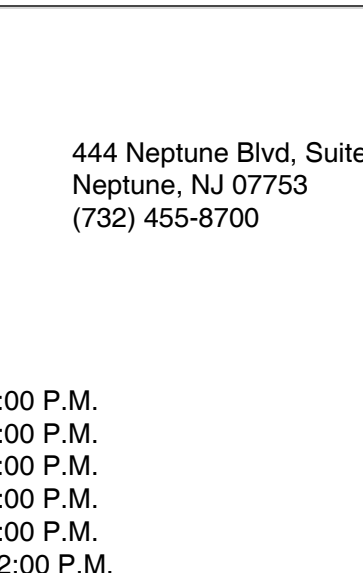
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