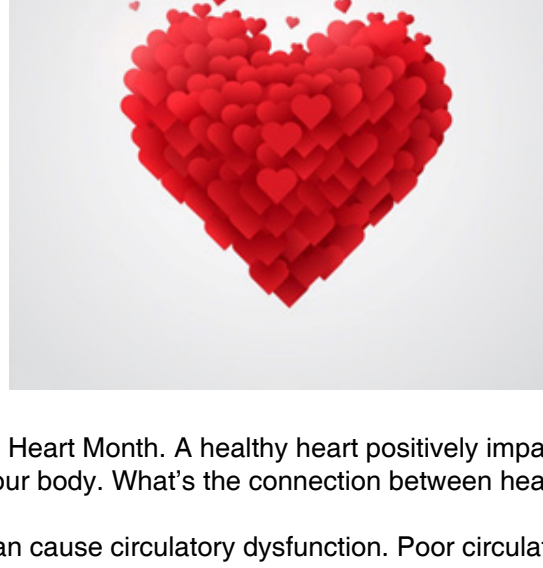




## In This Issue...

- You Gotta Have Heart!
- 3 Surprising Reasons for Heel Pain
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## You Gotta Have Heart!



February is American Heart Month. A healthy heart positively impacts the health of your feet and the rest of your body. What's the connection between heart and sole?

- Heart disease can cause circulatory dysfunction. Poor circulation to legs, feet, and toes means wounds are slower to heal which can lead to infection and even amputation.
- A healthy heart enables you to be active, and being active improves the condition of your heart. An active lifestyle is also a key component of weight control. Carrying excess weight is both a cause and an exacerbating factor in many common podiatric disorders.

### Symptoms of Poor Circulation

It's important to recognize the signs that indicate potential heart problems. Pain, burning, achiness, or fatigue in the muscles of your thighs, calves, or feet—particularly if you notice the symptoms when you're active and they subside when you're at rest—are one indicator. Other changes to look for include:

- Swelling in your feet or lower legs
- Hair loss on toes or legs
- Numbness
- Changes in skin color or temperature of your legs and feet

You must get the above symptoms evaluated by your podiatrist promptly.

### Heart-Healthy Habits

There are many ways to be pro-active about the health of your heart. Making positive lifestyle changes and eliminating harmful habits can greatly decrease your risk of developing heart disease. Make your heart happy by:

- Quitting smoking
- Maintaining a healthy weight or losing weight if you are carrying excess pounds.
- Eating a nutritious diet that emphasizes fresh fruits and vegetables, whole grains, and lean protein.
- Exercising regularly—strive for 150 active minutes a week.

A healthy heart and healthy feet go hand in hand to help you live the active life you love!

## 3 Surprising Reasons for Heel Pain



One of the most common reasons that patients seek help from a podiatrist is heel pain. There are plenty of conservative methods for treating heel pain, but the first step is tracking down the source of the discomfort. In many instances, the cause of the pain will dictate the best course of treatment. Below are three reasons for hurting heels that may not be immediately obvious.

### Fashion Boots

If your footwear of choice from fall until now has been stylish boots, you may have noticed an increased amount of soreness and pain in your heels. Unfortunately, although they're the perfect fashion finish to many of your outfits, these boots are notorious for lacking arch support. Prolonged periods of time spent in shoes without adequate arch support puts increased strain on your plantar fascia, which in turn inflames your heel. Shop for fashion boots that do have good arch support and other features that are healthier for your feet. If your podiatrist has prescribed a custom orthotic make sure to wear it with your boots. It's also a good idea to alternate your footwear and not wear the same pair of shoes or boots for multiple days in a row.

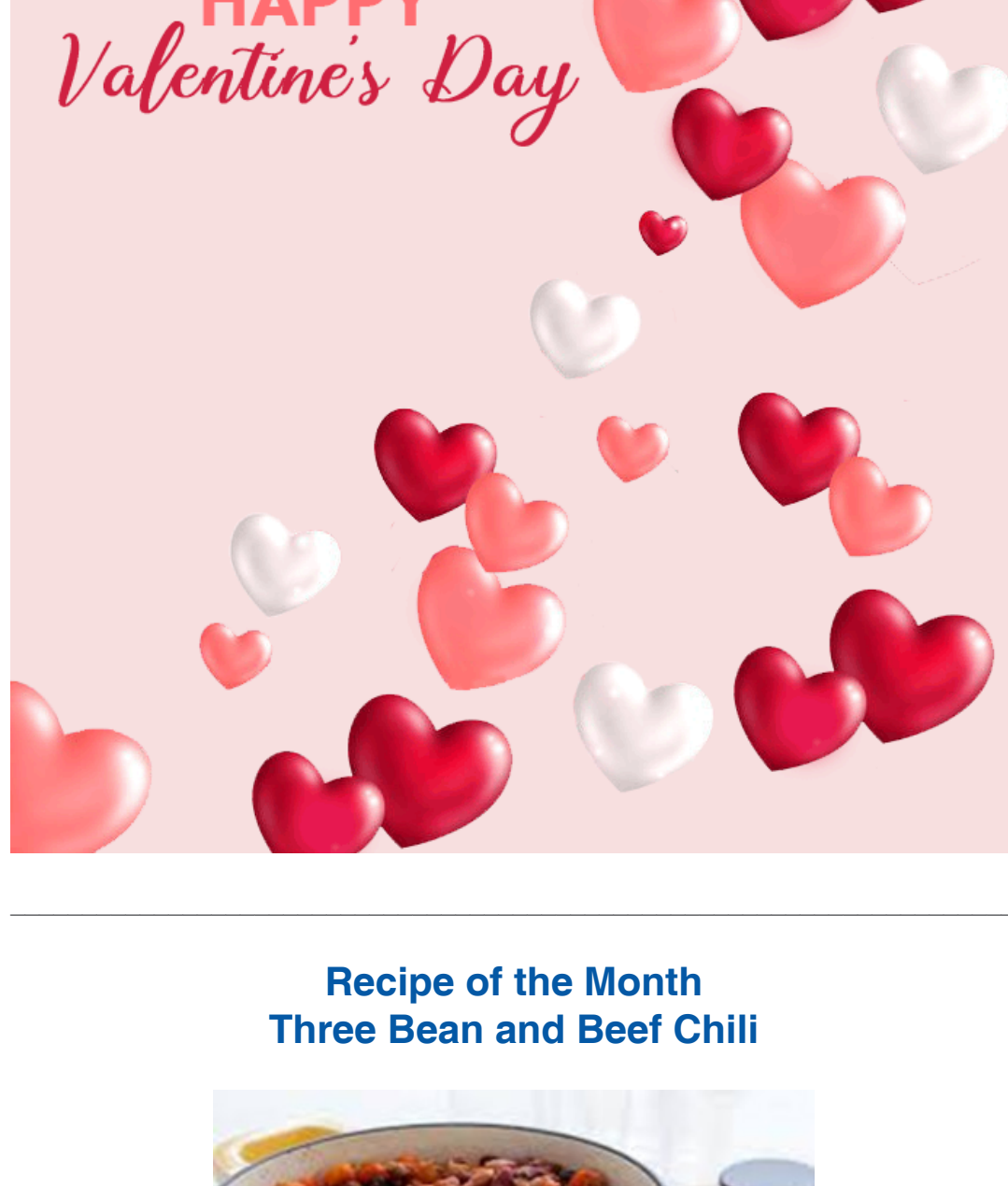
### Foot Fatigue

One of the unintended consequences of the COVID crisis and subsequent shutdowns is foot fatigue. Many people are stuck at home and have become increasingly sedentary over the last year. If you're working from home, think about how many steps you're not taking just walking to and from your car, around your office, and out to get lunch. Once you begin to become more active again, your heels (and other parts of your feet) may hurt. If you're able to get out to walk or do other exercises, start out slowly and gradually increase the distance and length of time you're active. If you are still working from home, set an alarm on your phone or watch to remind you to take activity breaks. Consider getting a fitness tracker and make sure you hit your step goal each day.

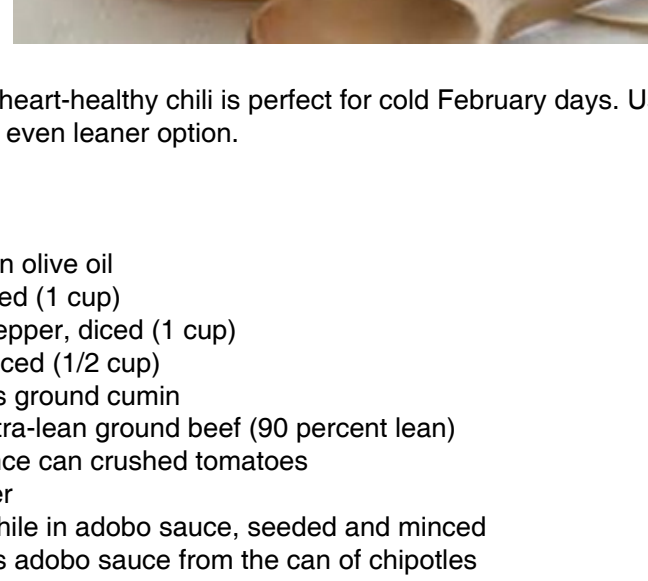
### Heel Pad Atrophy

On the bottom of the heel is a fat pad that helps cushion your heel and minimize the pounding impact of each step you take. Over time, it's natural for this fat pad to start to break down. Less padding means more stress to the heel and a greater potential for soreness and pain.

If you're experiencing heel pain, call today to make an appointment. Together we'll be able to find the cause and we can prescribe a pain-relieving treatment plan.



## Recipe of the Month Three Bean and Beef Chili



This comforting, heart-healthy chili is perfect for cold February days. Use ground turkey or chicken for an even leaner option.

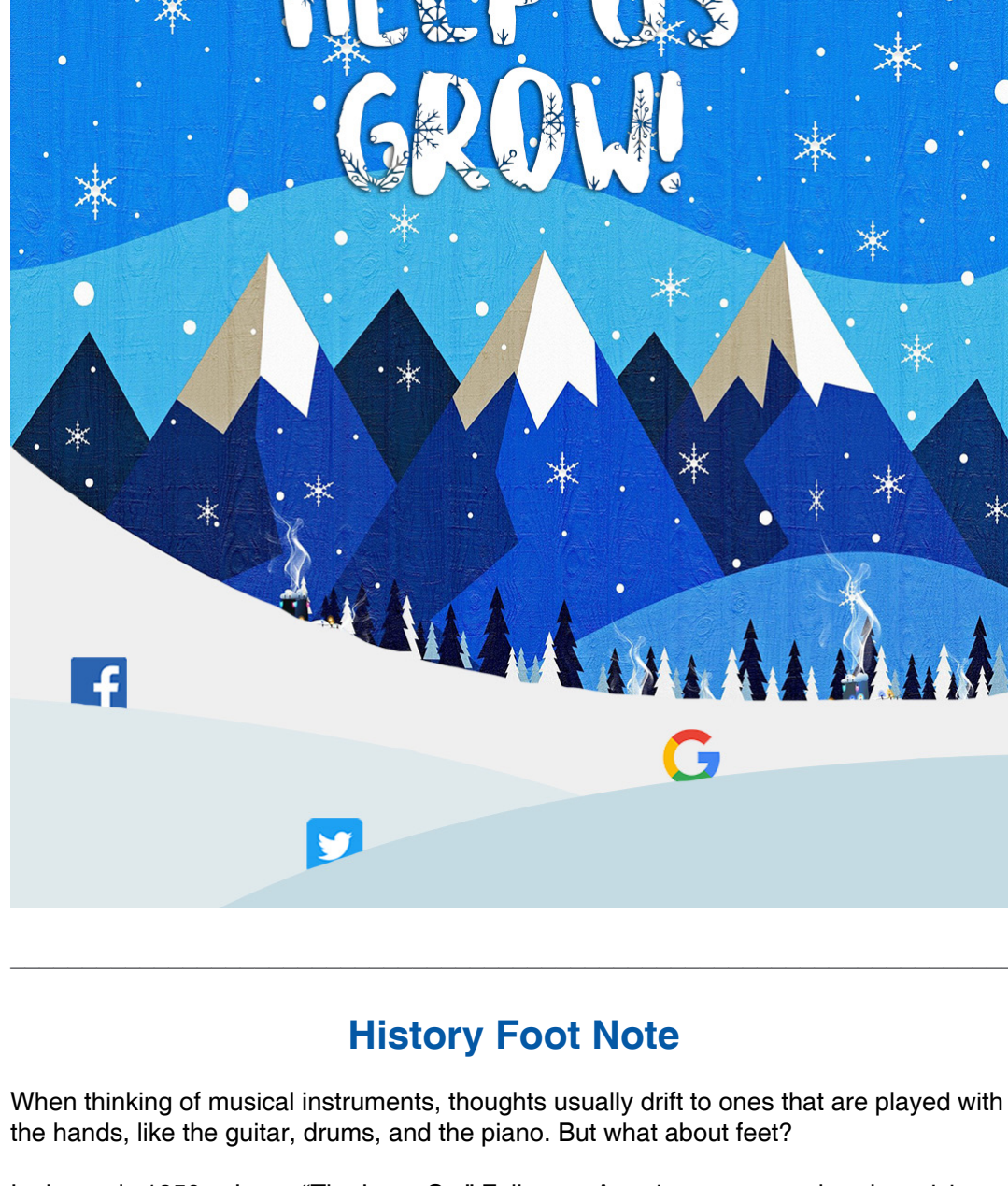
### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 teaspoons ground cumin
- 1-pound extra-lean ground beef (90 percent lean)
- One 28-ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce, seeded and minced
- 2 teaspoons adobo sauce from the can of chipotles
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- One 15.5-ounce can black beans, drained and rinsed
- One 15.5-ounce can kidney beans, drained and rinsed
- One 15.5-ounce can pinto beans, drained and rinsed

### Directions

1. Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute.
2. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

Recipe courtesy of Ellie Krieger



## History Foot Note

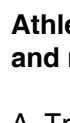
When thinking of musical instruments, thoughts usually drift to ones that are played with the hands, like the guitar, drums, and the piano. But what about feet?

In the early 1950s, Jesse "The Lone Cat" Fuller, an American one-man band musician, needed to find a new instrument beyond the usual foot-operated cymbal and bass drum popular with street musicians. He developed the Fotdella, a foot-operated string bass musical instrument. Fuller constructed a large upright box with a round top and shaped like the top of a double bass, with a short neck on the top. Attached to the neck were six bass strings that stretched over the body of the instrument.

To play the instrument, there was a homemade set of pedals, each pedal bringing a padded hammer to strike a string when depressed, like the action of a piano. With these six bass notes, Fuller could accompany himself on the 12-string guitar in several keys.

Fuller's wife Gertrude called it a "foot-diller" based on the then-current expression, "killer-diller" which meant exceedingly good. Later, it became shortened to just fotdella. One of Fuller's later fotdella iterations is available for viewing at a museum in Seattle, Washington.

## Foot Funnies



**Q: What did they say about the couple who had the same shoe size?**

**A: They were sole mates.**

## Trivia

**Athlete's foot is caused by bacteria found in places such as gyms, locker rooms, and nail salons.**

- A. True  
B. False

Answer: **False**

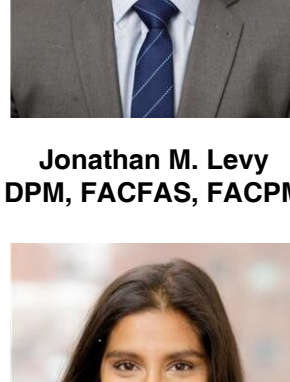
Explanation:

Athlete's foot is caused by a fungus, not bacteria. The medical name for athlete's foot caused by a fungus is tinea pedis and can be contracted in many locations, including gyms, locker rooms, swimming pools, nail salons, airport security lines, from contaminated socks and clothing, and from direct person-to-person contact. Another colorful name for this condition is "jungle rot," often used by members of the armed services serving in tropical climates.

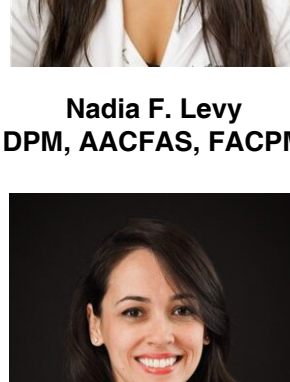
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**JONATHAN M. LEVY**  
DPM, FACFAS, FACPM



**NADIA F. LEVY**  
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DPM, FACFAS



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DPM, FACFAS



**KATHERINE LAI**  
DPM, FACFAS



**VERA MALEZHNIK**  
DPM, AACFAS

## Our Office

120 E 56th St, Suite 1150  
New York, NY 10022  
212-980-6487

## Office Hours

MON: 8am - 5pm  
TUE: 8am - 6pm  
WED: 8am - 6pm  
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