



Premier
Podiatry &
Orthopedics
Formerly McDowell Podiatry

News and Updates
May 2021



Athlete's Foot Enjoys Summertime, Too

Athlete's foot (tinea pedis) is a common, contagious, annoying fungal infection whose peak season is summer. It generally strikes between the toes and can spread to other parts of the foot and body if left untreated.

Sweaty shoes and socks create a warm, moist, dark environment — a five-star hotel for foot fungus. Warm, humid weather conditions don't hurt either. Symptoms include an itchy, scaly rash between the toes; small, red blisters; peeling skin; inflammation; and oozing red sores in advanced cases.

The athlete's foot fungus can also be transferred from dirty towels, socks, borrowed shoes, or floors that have been trod by affected feet. Poolside decking or sidewalk, and locker room, shower, and changing-room floors are hot spots. The fungus can also spread by touch.

Head off athlete's foot at the pass:

- Wear sandals or water shoes when walking around pools, saunas, or in locker rooms.
- Wash your feet daily with soap and water, and thoroughly dry them, including between the toes. Dry off sweaty feet periodically throughout the day.
- Keep your laundry separate from the laundry of those prone to athlete's foot. The fungus is hardy enough to survive a wash cycle unless hot water is used.
- Choose shoes made of breathable materials and socks that are moisture-wicking. Wearing sandals can reduce the amount of sweating your feet do.
- Change shoes and socks immediately after a workout; clean and disinfect them after each use. Rotate shoes daily so they can dry out.

Don't delay treatment for athlete's foot. Good foot hygiene and over-the-counter remedies can be effective. However, if you don't see improvement after two weeks, contact our office for an appointment. Diabetics should call us right away.

Keep Feet Safe During Mowing Season



According to the U.S. Consumer Product Safety Commission, over 37,000 Americans suffer mower-related injuries each year — many of them involving the feet, many of them preventable.

With mower blades whirring at 50 revolutions per second, injuries can be devastating: severe lacerations, fractured bones, severed tendons, and amputated toes. Even superficial wounds need prompt medical attention to prevent infection. The following precautions can help:

- Wear work boots or yardwork-specific shoes while mowing. Too many people mow barefoot or with minimal foot protection such as flip-flops, sandals, or sneakers.
- Don't mow wet grass with a push mower. It's too easy to slip on rain-soaked grass while mowing, which is a leading cause of mower injuries. Strains and sprains are more likely, too.
- Use a mower with a release mechanism that automatically shuts off the mower when the operator's hands lose contact with it.
- For push mowers, mow across slopes (side to side), not up and down. Conversely, riding mowers should be driven up and down slopes, never across them.
- When operating a riding mower, never allow a child to ride on your lap. Too many injuries occur when children step onto or off the mower. In addition, experts recommend a child be at least 12 years old to operate a push mower; 16 to operate a riding mower.
- Never mow on a riding mower while in "reverse." It opens the door to tragedy. Keep children and pets out of the yard while mowing.
- Prior to mowing, remove potential projectiles from the yard, such as rocks, twigs, toys, etc.

For homeowners with yards, lawn mowing is a fact of life. Mowing-related injuries, however, should not be.

Mark Your Calendars

- May 1** Kentucky Derby Day: Horses from post 17 have never won — 41 tries.
- May 4** Star Wars Day: May the Fourth be with you!
- May 9** Lilac Sunday: Rochester, N.Y., holds the largest lilac festival in North America.
- May 13** Leprechaun Day: Leprechauns are a protected species under European Union law.
- May 15** Chocolate Chip Day: Chocolate chip cookies were an accidental creation.
- May 24** National Escargot Day: Enthusiasm for this day is building at a snail's pace.
- May 27** Sunscreen Protection Day: Up to 80% of ultraviolet rays can penetrate cloud cover.



A Workout to Commemorate the Fallen

CrossFit is known for their Hero WODs (Workout of the Day), which are named in honor of U.S. military members who died in action. A workout that has turned into a Memorial Day tradition is “Murph.”

Murph is named after Lt. Michael P. Murphy, who was killed in Afghanistan in 2005 when his four-man Navy SEAL team was confronted by overwhelming Taliban numbers during a reconnaissance mission. Two other SEALs lost their lives during the harrowing two-hour firefight. The team’s heroism was portrayed in the movie *Lone Survivor*.

Murphy’s favorite workout was a one-mile run, followed by 100 pull-ups, 200 push-ups, 300 air squats, and topped off by another one-mile run. He wore 20 pounds of body armor while going through the paces. A grueling workout for even the fittest specimens.

Murph originated in the gym, but outdoors is an easy transition if you can come up with a makeshift pull-up bar.

In competition, participants are required to do the workout in unpartitioned fashion — same order as above, same quantity, with a 20-pound weighted vest. Try running that second mile following 300 squats. Even elite participants find the 100 pull-ups to be the bane of their existence.

A full workout but doing it in partitions — for instance, 20 rounds of five pull-ups, 10 push-ups, and 15 air squats bookended by the runs — may be more your speed for noncompetitive scenarios. Beginners may prefer to do a fraction of the total workout (sans the vest), but in the same ratios. It won’t be a true Murph, but the spirit of the occasion will be maintained.

The Memorial Day Murph tradition is widening in popularity. It’s a unique way to honor those who sacrificed everything for our country.



Mother’s Day Frittata

Servings: 6; prep time: 15 min.; total time: 40 min.

Get Mom’s special day off to a fabulous start with this delicious, adaptable frittata. For those so inclined, plenty of veggies and meats can be substituted (including left-overs!). However, it’s best to keep the egg/heavy cream/cheese ratio consistent. Enjoy!

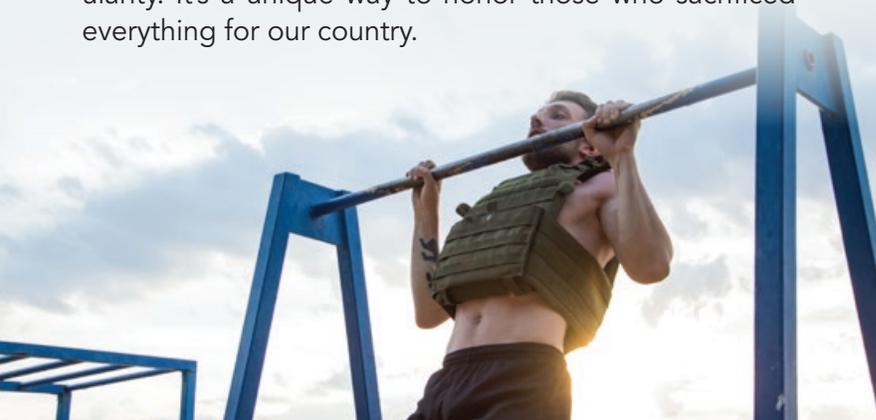
Ingredients

- 8 large eggs
- 1/3 c. heavy cream
- 3/4 c. shredded mozzarella
- Kosher salt
- Freshly ground black pepper
- Pinch of red pepper flakes
- 2 tbsp. extra-virgin olive oil
- 1 shallot, minced
- 3 cloves garlic, minced
- 8 oz. baby bella mushrooms, sliced
- 1/2 c. ricotta
- 3 c. baby spinach

Directions

1. Preheat oven to 375°. In a medium bowl, whisk together eggs, heavy cream, and mozzarella. Season with salt, pepper, and a pinch of red pepper flakes.
2. In a large skillet over medium heat, heat oil. Add shallot and garlic and cook until soft, 5 minutes, then add mushrooms and cook until soft, another 5 minutes. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.
3. Pour egg mixture into skillet, then dollop with ricotta and transfer skillet to oven.
4. Bake until eggs are just set, 12 minutes.

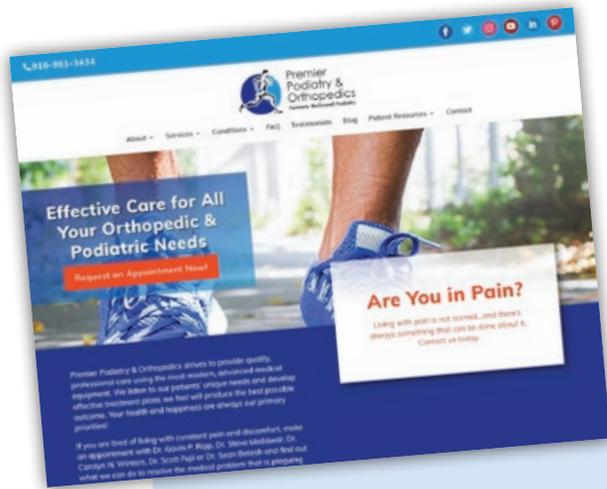
Recipe courtesy of the Delish website:
www.delish.com/cooking/recipe-ideas





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Turning Sobering Numbers Around

According to the CDC's National Diabetes Statistics Report for 2020, over 34 million Americans have diabetes. Over time, elevated blood-sugar levels can cause serious damage to the cardiovascular system, kidneys, eyes, nerves, and feet.

With regard to feet, nerve damage can diminish sensation (peripheral neuropathy); cardiovascular disease can slow healing (peripheral arterial disease). Individually, these conditions are serious health threats. Combined, you've got even bigger problems. When foot injuries go undetected, healing lags, wounds become infected, ulcers develop, and potential amputation enters the picture.

In the United States, nearly 100,000 diabetes-related amputations are performed each year. Globally, it is estimated that a diabetes-related amputation occurs every 30 seconds.

Ten percent of diabetics have foot ulcers; 10 to 15 percent of foot ulcers do not heal; close to one-quarter of those cases will require amputation. Unfortunately, once the ball gets rolling, it's tough to stop. Those who have undergone one diabetes-related amputation have up to a 50 percent chance of requiring another one in three to five years.

Despite the glum numbers, there is good news. Type 2 diabetes (90 to 95 percent of diabetes cases) is preventable with early intervention and lifestyle changes. For those who already have diabetes, it can be managed successfully.

A healthy diet, daily exercise, maintaining a healthy weight and blood pressure, consistently monitoring blood-sugar levels, daily foot inspections, taking medications as directed, and regular, comprehensive podiatric exams are key. Absent circulatory or neurological issues, a yearly exam should suffice. Otherwise, more frequent visits may be recommended.

When it comes to diabetes, amputation need not be part of the equation. If you're due for an exam, contact our office today.

