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## Don't Ruin Vacation Fun with a Foot Problem

The last thing you want while vacationing is to be sidelined by a toe or foot injury. It's always a good idea to take good care and protect your feet, but especially so when you are away from home.

Whatever your destination may be, make sure that your feet stay healthy and ready for walking, hiking or dancing. Here are our top tips to keep your feet happy and comfortable wherever you go:

- Pack appropriate shoes for each activity. Include sturdy walking shoes, flip-flops for protection on hot sand as well as in public areas like pools, slip-off shoes for ease getting through airport security.
- Add padded, comfortable socks to your luggage to avoid painful blisters.
- Bring along sunblock with SPF of at least 30. Your feet are vulnerable to skin cancer just like the rest of your body. Smooth on liberally and refresh every 2 hours or after swimming.
- Don't forget any necessary medications as well as your custom-fitted orthotics.
- When traveling for a long time in a plane, bus, train or car, move your feet around frequently to help your circulation. Make the alphabet with your toes for a full range of motion and get up from your seat to stand or walk often.
- Drink plenty of fluids to stay hydrated.



If you are experiencing any toe, foot or ankle problems, consult our [online directory](#) to find a podiatrist near you.

## Weight Loss is a Gain for Your Feet

When it comes to reasons for losing weight, your feet may not be at the top of your list. But, at [NY Foot Health](#), we'd like patients to know that being overweight is definitely detrimental for the health of your feet. "Our feet carry our entire body weight around and the more you weigh, the harder they work to support you," says NYSPMA President, Dr. Daniel Keating. Being overweight or obese puts excessive strain on your arch and your tendons and is associated with an increased risk of chronic foot and ankle pain. This can create changes in your posture and your gait and result in knee, hip and back issues. Finally, being overweight can increase the chance of developing other systemic health problems that affect your feet, including:

- Gout
- [Osteoarthritis](#)
- [Diabetes](#)
- [Plantar Fasciitis](#)
- [Tendonitis](#)
- [Hypertension](#)
- Heart Disease



This is a far-reaching concern. It's estimated that 74% of overweight Americans have foot problems and in New York, 39% of the population is obese. Podiatrists have a key role to play in helping patients find ways to manage their weight and improve their quality of life.

A study has shown that obese patients being treated for foot problems by a podiatrist can result in a 19% reduction in the chances of them being hospitalized in the future. If you are experiencing foot pain, you should consult your podiatrist for ways to get relief. If you don't currently have a podiatrist, consult our [online directory](#).

### Getting the Scale to Go Down

In addition to a healthy eating plan, exercise can help you lose weight. If you're obese, however, it may be too uncomfortable to workout and cause a vicious cycle of inactivity leading to more weight gain. Below are some suggestions for breaking the cycle and moving toward a healthy weight:

- Try fitness activities that are not weight bearing such as swimming or using a stationary bike. Start slowly and set small, attainable goals. Strive for consistency not intensity or duration.
- Wear shoes that have good arch support. In addition, look for styles that have laces or Velcro straps to help stabilize feet and support your ankles.
- Find ways to add more steps to your day. Park a little farther away from your office or stores, walk while you talk on the phone, etc.
- Spend active time with family and friends. Raking leaves, taking a walk or going swimming together can all be ways to connect and foster a more active lifestyle to help manage your weight.

For more information on conditions that can affect the health of your feet, [contact us](#).

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a raffle for monthly prizes**

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**More chances to win!**

The winners of the NYSPMA “Amazon Gift Card” contest were Rogerio R. and Dorri B. Congratulations and thank you for your support!

Be the next month’s winner by signing up for our Newsletter, “Liking” us on Facebook and “Following” us on Twitter!

**Refer a Friend or Family Member** so they can enter to win, too!



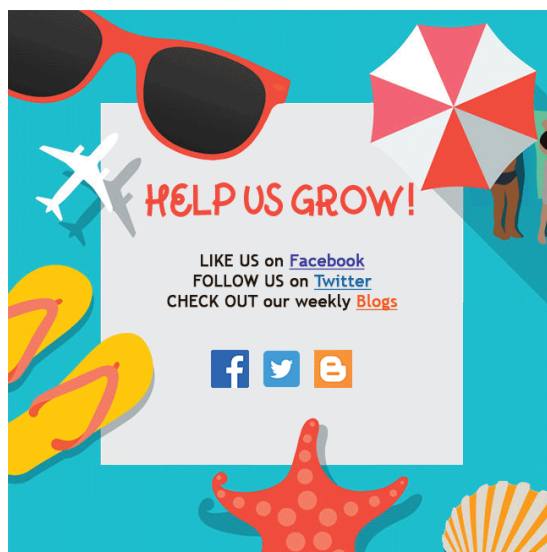
## 8 Shoe Shopping Tips

At [NY Foot Health](#), we know that once summer hits, many patients want to make flip-flops their full-time shoe choice. Your average flip-flops, however, have zero arch or any other support whatsoever. Although this type of footwear is good to wear at the pool or beach to protect feet from being exposed to bacterial and [fungal infections](#), wearing them for an extended period is likely to leave your feet hurting, as well as increase your risk for a foot injury or ankle sprain. It is possible to find well-designed sandals and summer shoes that will provide the proper support. Below are eight tips to take with you to the shoe store to ensure you purchase shoes that will not damage your feet.



1. Get your foot professionally measured. It's estimated that 75-90% of people are wearing shoes that are the wrong size for their feet. Get both feet measured and have the shoe sale person check the shoes you try on to see that they fit properly.
2. Shop for shoes at the end of the day. That is when your feet will be the most swollen, and any problems with fit will be more obvious.
3. Allow wiggle room for your toes. There should be about a half inch between your longest toe and the front of the shoe. Avoid narrow, pointy toe boxes that squeeze your toes together because this can encourage the development of conditions like [bunions](#) and [hammertoes](#) as well as [ingrown toenails](#).
4. If you can bend a shoe in half from toe to heel, don't buy them. This is an obvious sign of lack of support.
5. Choose soft, high-quality materials, and be sure the shoes are well-made and properly finished. Rough stitching and unraveling edges will cause friction and irritation to the skin of your feet.
6. Look for a structured design that will hold your foot in place and provide support all around.
7. Be sure the insole has some padding and thickness to prevent foot pain on the ball and heel of your foot.
8. Don't buy shoes online. Try on both shoes and walk around for a while in the store. If they don't feel comfortable, don't buy them. A "breaking in" period is a myth!

You can always ask your podiatrist for suggestions about the best shoe designs for your particular foot. For a list of highly recommended shoes to wear, [click here](#). Don't have a podiatrist? You can find one in our [online directory](#). For more information on ways to keep your feet healthy, [contact us](#).





## Beef and Watermelon Stir-fry

The sweet heat of this beef dish is surprisingly refreshing. Fresh juicy watermelon and sweet sugar snap peas deliver a satisfying crunch in every bite. Garnish with fresh cilantro for extra zing.

### Ingredients

- 1 pound sirloin strip steak, cut into thin strips
- 3 garlic cloves, minced
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 ½ teaspoons sesame oil
- 2 tablespoons dry white wine
- 2 tablespoons hot water
- 2 tablespoons hoisin sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons canola oil, divided
- 1 medium-size sweet onion, halved and sliced
- 12 ounces fresh sugar snap peas
- 1 teaspoon grated fresh ginger
- ½ teaspoon dried crushed red pepper
- 16 ounces watermelon, rind removed and cut into sticks (about 2 cups)
- 2 cups hot cooked rice



### Directions

Toss together first 6 ingredients and 1 tbsp. wine. Let stand 30 minutes. Meanwhile, stir together hot water, hoisin, and remaining 1 tbsp. wine.

Remove beef from marinade, discarding marinade. Sprinkle with salt and black pepper; cook half of beef in 1 1/2 tsp. hot canola oil in a large skillet over high heat, without stirring, 45 seconds or until browned; turn beef, and cook 30 seconds or until browned. Transfer to a warm plate. Repeat with remaining 1 1/2 tsp. oil and beef.

Stir-fry onion in remaining 1 tbsp. hot canola oil in skillet over medium-high heat 2 minutes or until tender. Add sugar snap peas, ginger, and crushed red pepper; stir-fry 2 minutes. Add beef and hoisin mixture; stir-fry 1 minute or until slightly thickened. Remove from heat. Stir in watermelon. Add salt, black pepper, and red pepper to taste. Serve immediately with hot cooked rice.

Recipe courtesy of Southern Living



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