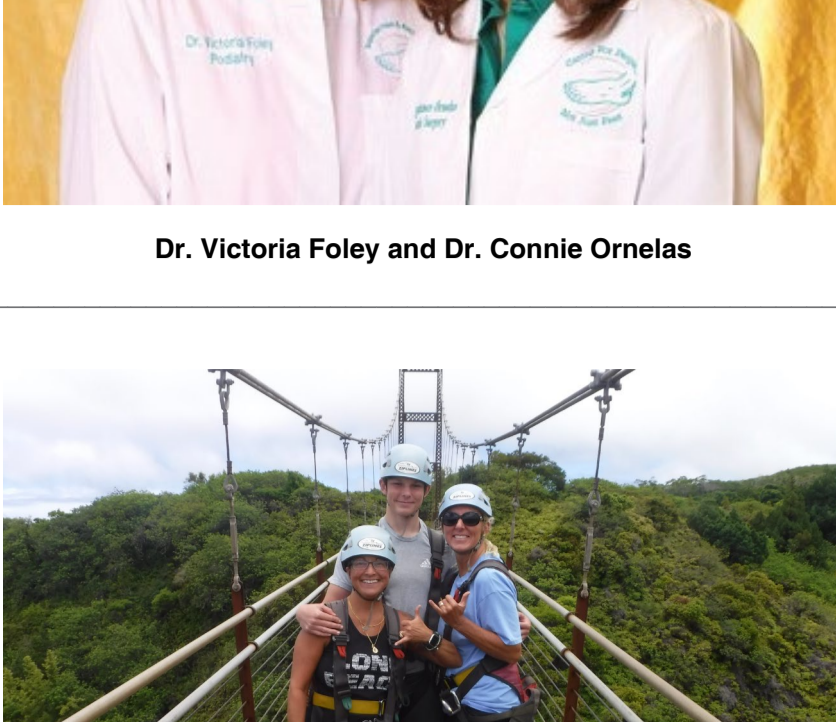


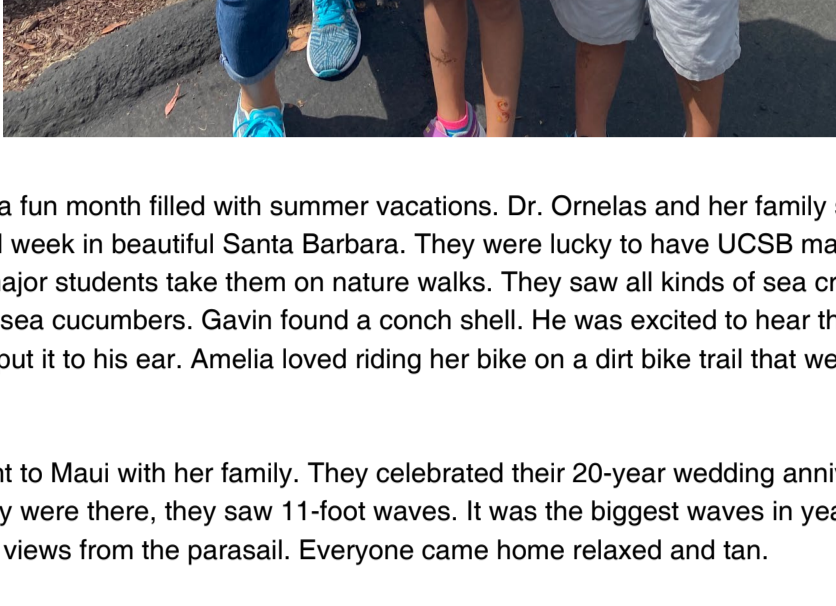


## In This Issue...

- Celebrate National I Love My Feet Day
- Get Schooled: 6 Tips for Successful Shoe Shopping
- Recipe of the Month: Healthy Sicilian Cauliflower Rice



Dr. Victoria Foley and Dr. Connie Ornelas



July was a fun month filled with summer vacations. Dr. Ornelas and her family spent a wonderful week in beautiful Santa Barbara. They were lucky to have UCSB marine biology major students take them on nature walks. They saw all kinds of sea creatures including sea cucumbers. Gavin found a conch shell. He was excited to hear the ocean when he put it to his ear. Amelia loved riding her bike on a dirt bike trail that went to the ocean.

Anita went to Maui with her family. They celebrated their 20-year wedding anniversary. While they were there, they saw 11-foot waves. It was the biggest waves in years! Anita loved the views from the parasail. Everyone came home relaxed and tan.

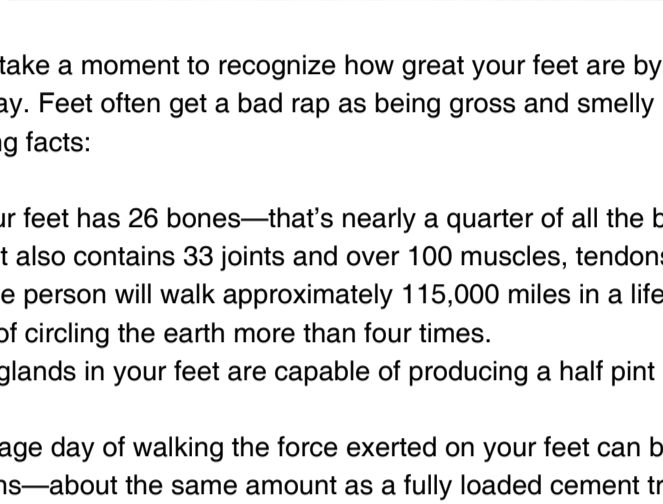
Dr. Foley has enjoyed listening to music at the Sawdust Festival, Concerts in The Park and FivePoint Amphitheater.

We hope everyone is enjoying being able to visit with family and friends this summer.

Sincerely,

Dr. Foley and Dr. Ornelas

## Celebrate National I Love My Feet Day



On August 17th take a moment to recognize how great your feet are by recognizing I Love My Feet Day. Feet often get a bad rap as being gross and smelly but consider the following amazing facts:

- Each of your feet has 26 bones—that's nearly a quarter of all the bones in your body. A foot also contains 33 joints and over 100 muscles, tendons, and ligaments.
- The average person will walk approximately 115,000 miles in a lifetime—that's the equivalent of circling the earth more than four times.
- The sweat glands in your feet are capable of producing a half pint of perspiration daily.
- On an average day of walking the force exerted on your feet can be several hundred tons—about the same amount as a fully loaded cement truck.
- The soles of your feet contain more sensory nerve endings per square centimeter than any other body part—perhaps that's why they're so ticklish.
- Your feet function as an early warning system for the rest of your body. Many conditions including diabetes, nerve problems, arthritis, kidney and heart disease, and circulatory disorders can show early symptoms in the feet.

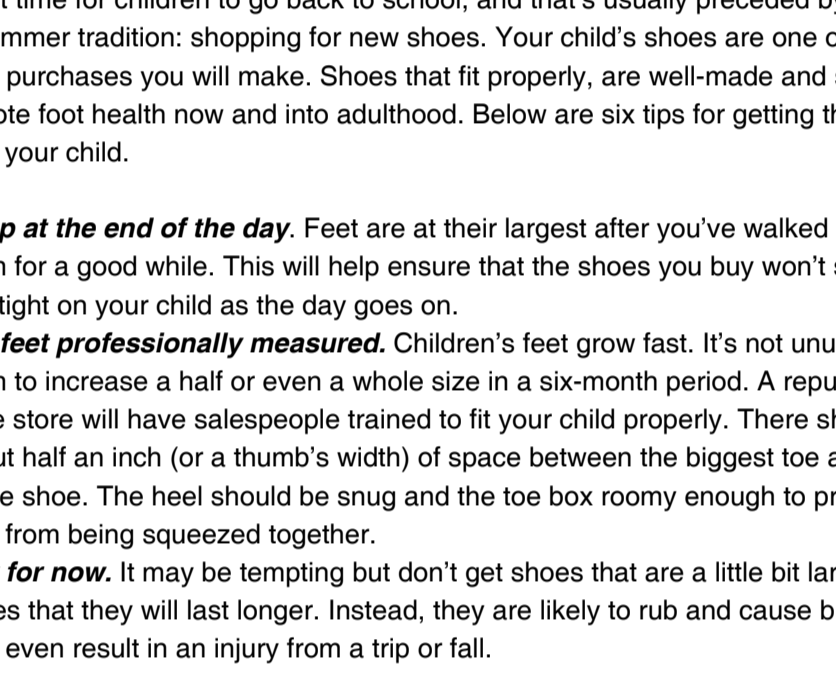
### Give Your Feet a Treat

Now that you know a little more about how wonderful your feet really are, why not consider rewarding them with something special? Here are a few suggestions:

- **Make time for a walk**—commit to walking 2-4 times a week. Walking is the best exercise for your feet. It improves circulation, aids in weight control, and helps maintain flexibility. It also elevates your mood.
- **Buy an anti-fatigue mat**—these cushiony mats are designed for people who must spend a significant amount of time on their feet. The padded surface increases comfort and decreases foot pain and stiffness by encouraging constant micro-movements. Place in the workshop, in front of the sink, or at the head of the classroom.
- **Give yourself a foot massage**—it will not only feel great but can improve circulation and relieve stress. It's also a great chance to inspect your feet.

Be sure to report any unusual symptoms or changes in your feet to the podiatrist promptly. The best gift you can give your feet is to be proactive in your podiatric health.

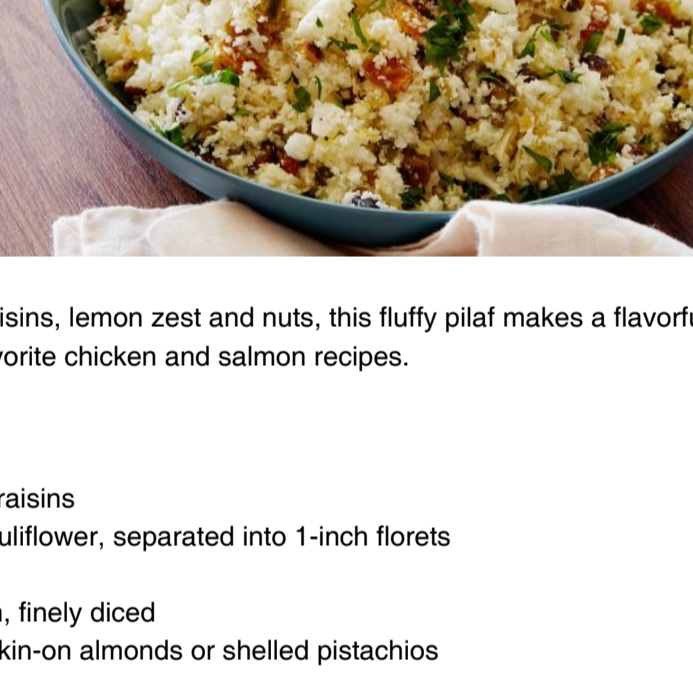
## Get Schooled: 6 Tips for Successful Shoe Shopping



It's almost time for children to go back to school, and that's usually preceded by another end-of-summer tradition: shopping for new shoes. Your child's shoes are one of the most important purchases you will make. Shoes that fit properly, are well-made and supportive will promote foot health now and into adulthood. Below are six tips for getting the best shoes for your child.

1. **Shop at the end of the day.** Feet are at their largest after you've walked around on them for a good while. This will help ensure that the shoes you buy won't start to feel tight on your child as the day goes on.
2. **Get feet professionally measured.** Children's feet grow fast. It's not unusual for them to increase a half or even a whole size in a six-month period. A reputable shoe store will have salespeople trained to fit your child properly. There should be about half an inch (or a thumb's width) of space between the biggest toe and front of the shoe. The heel should be snug and the toe box roomy enough to prevent toes from being squeezed together.
3. **Buy for now.** It may be tempting but don't get shoes that are a little bit larger in hopes that they will last longer. Instead, they are likely to rub and cause blisters or may even result in an injury from a trip or fall.
4. **Choose soft, breathable materials.** Although they may be popular, don't cave to fads like plastic or vinyl shoes. These can cause feet to sweat and increase the risk of fungal infections.
5. **Bring the right socks.** It's best to try on shoes with the same type of sock that you plan to wear with them for a more accurate fit.
6. **Shop in person.** You might want to skip the trip to the store and buy shoes online from the comfort of your family room, but shoes need to be tried on and evaluated. Have your child put on both shoes and allow plenty of time to walk around the store to make sure they don't rub anywhere on the foot. Remember, a "breaking in" period is a myth. Your child's shoes should feel comfortable from the moment they walk out of the store.

## Recipe of the Month Healthy Sicilian Cauliflower Rice



Studded with raisins, lemon zest and nuts, this fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon recipes.

### Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped

### Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

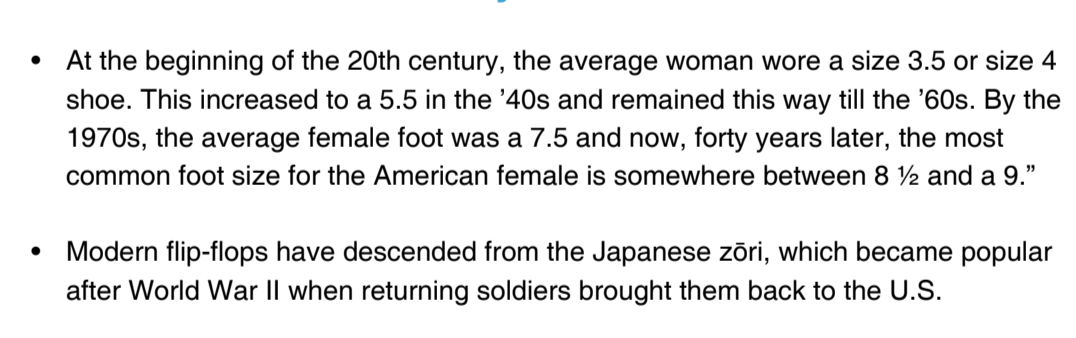
Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown, and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of [the Food Network](#)



## History FootNote

- At the beginning of the 20th century, the average woman wore a size 3.5 or size 4 shoe. This increased to a 5.5 in the '40s and remained this way till the '60s. By the 1970s, the average female foot was a 7.5 and now, forty years later, the most common foot size for the American female is somewhere between 8 1/2 and a 9."
- Modern flip-flops have descended from the Japanese zōri, which became popular after World War II when returning soldiers brought them back to the U.S.
- Tinea pedis, or athlete's foot, became epidemic in America in the early twentieth century, stimulated by modern socks and shoes that generated warm and moist environments that kept the fungus alive.
- Around 400 B.C., the Greek mathematician Hippocrates recommended treating club foot from birth and with graduated manipulations - remarkably similar to today's treatments.

## Foot Facts

- Ticklish feet are a good sign! With almost 8,000 nerves, it's no wonder that feet win the award for "Most Ticklish Body Part." But don't lament the tickles—having ticklish feet means that all those nerves are firing correctly. Feet that don't respond to a soft tickle could indicate a problem like neuropathy, or damage to the nerves and tissue of the foot.
- Who holds the Guinness World Record for largest and smallest feet? Brahim Takioullah from Morocco comes in first place for the largest feet. At 1 foot 3 inches long, his feet require a European size 58—which can be pretty spendy, and impossible to find in a retail store. One cobbler quoted him more than \$5,000 for a custom pair of shoes. As for the smallest non-boned feet, the award goes to 19-year-old Jyoti Amge from Nagpur, India. Her tiny feet are just 3.72 inches long!

## Trivia:

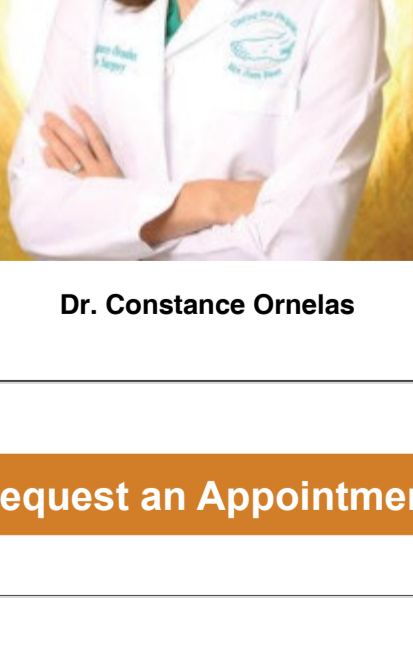
August 9th, 1930, is the birthdate of what cartoon character?

- A. Mickey Mouse
- B. Minnie Mouse
- C. Betty Boop
- D. Bullwinkle the Moose
- E. Yertle the Turtle

### Answer C.

Betty Boop. Created by Max Fleischer and Grim Natwick in the 1930's, Betty Boop is one of the most famous cartoon characters to ever grace our screens. Her first appearance was on August 9th, 1930, on the popular Talkartoon cartoon series.

## Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

[Request an Appointment](#)

## Our Office:

**Superior Foot & Ankle Care Center**  
3747 Worsham Avenue,  
Suite #201  
Long Beach, CA 90808  
Tel : +1 (562) 420-9800

## Office Hours:

Monday: 8:30am – 5:30pm  
Tuesday: 8:30am – 5:30pm  
Wednesday: 8:30am – 5:30pm  
Thursday: 8:30am – 5:30pm  
Friday: 8:30am – 12:30pm  
\* Closed for lunch  
12:30pm – 1:30pm

[www.doctorvikki.com](http://www.doctorvikki.com)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.