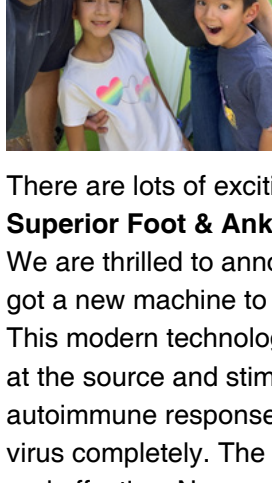




## In This Issue...

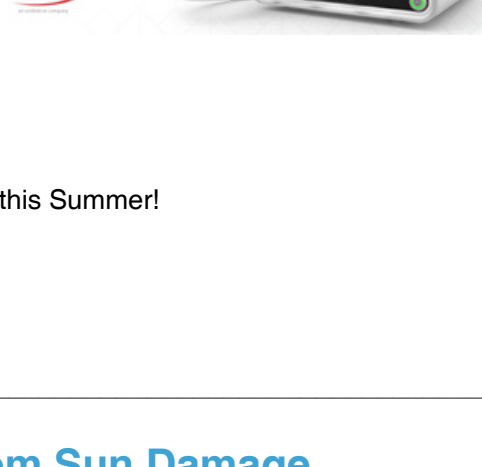
- Take Cover from Sun Damage
- Good Foot Health for Men
- Recipe of the Month: Strawberry Rhubarb Crisp



### Hello Summer!

The kids are getting out of school, the weather is warm and everyone is ready to enjoy the longer days. Dr. Ornelas and her family tried tent camping for the first time at a local park in Lakewood and LOVED it! She is already looking to try something a little more adventurous and rustic. Dr. Foley and her husband are going to Monterey this month. They will be visiting the Monterey Bay Aquarium, watching Casablanca under the stars, and dancing at a wedding reception in Carmel Valley.

There are lots of exciting new things at **Superior Foot & Ankle Care Center**. We are thrilled to announce that we just got a new machine to treat plantar warts! This modern technology treats the virus at the source and stimulates the body's autoimmune response to eradicate the virus completely. The treatment is quick and effective. No more applying acid and band aids in between treatments. This innovative skin therapy was developed in the UK and is now available in the US.

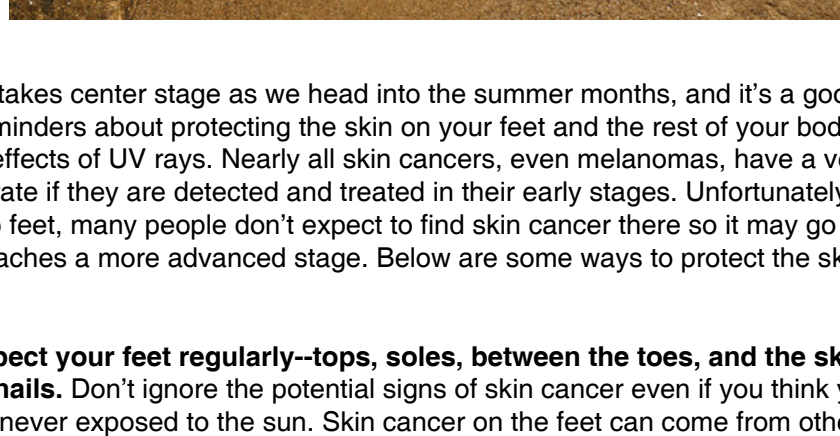


We are looking forward to seeing everyone this Summer!

Cheers!

Dr. Ornelas and Dr. Foley

## Take Cover from Sun Damage



The sun takes center stage as we head into the summer months, and it's a good time for some reminders about protecting the skin on your feet and the rest of your body from the harmful effects of UV rays. Nearly all skin cancers, even melanomas, have a very high survival rate if they are detected and treated in their early stages. Unfortunately, when it comes to feet, many people don't expect to find skin cancer there so it may go unnoticed until it reaches a more advanced stage. Below are some ways to protect the skin on your feet:

- **Inspect your feet regularly—tops, soles, between the toes, and the skin under toenails.** Don't ignore the potential signs of skin cancer even if you think your feet are never exposed to the sun. Skin cancer on the feet can come from other sources as well, including viruses, chemical exposure, chronic inflammation, or a genetic predisposition.
- **Make friends with sunscreen.** Look for "broad spectrum" on the label. This means it will protect your skin from UVA and UVB rays. The Sun Protection Factor (SPF) should be at least 15. Sunscreen also comes in a variety of forms from sprays and sticks to lotions and creams. Choose a type that you find easy to use and apply daily when your feet will be exposed to the sun. And yes, that includes shopping trips and outdoor lunches, not just beach and pool days.
- **Never use tanning beds.** Indoor tanning machines increase your risk of developing every kind of skin cancer. Using a tanning bed before age 35 raises your risk for developing melanoma by 75%!
- **Watch out for windows.** You may be less aware of sun exposure if you're inside, but windows in sunrooms, cars and planes all allow UV rays to pass through. Take the same types of precautions you would use if you were outside.
- **Hang out in the shade.** Look for awnings, porches, or shady trees to reduce your exposure to the sun. Don't be lulled into a false sense of security, however. Those types of coverings still allow some rays to pass through, so limit your time during the strongest sun hours unless you are wearing protective clothing or sunscreen.

New or changing moles, ulcers that don't seem to be healing, and red, dry skin patches that bleed and crust over are all potential signs of skin cancer. If you detect something concerning, don't wait. Make an appointment with your podiatrist and get it evaluated promptly.

## Good Foot Health for Men



In June we celebrate important men in our lives on Father's Day and it's also time for Men's Health Month. Women still outlive men by an average of five years. One reason for this is that men are more reluctant to go to doctors than women and may slack on routine health screenings and checkups. Encourage the men in your life not to put their health on the back burner. Below are some podiatric disorders men should be on the lookout for:

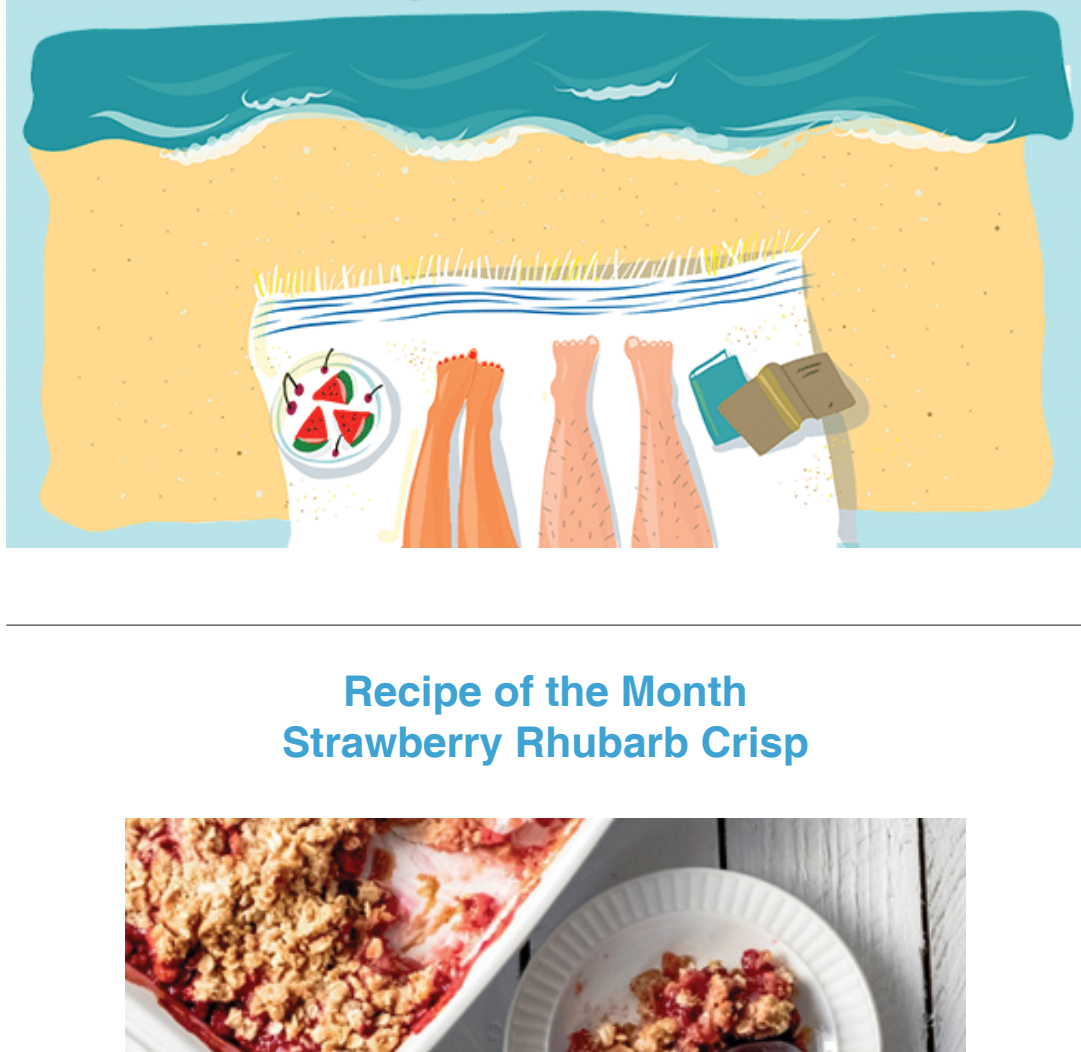
**Gout**—this condition, caused by excess uric acid in the body which crystallizes in joints (typically the big toe) resulting in extreme pain, is four times more likely to occur in men than women. Although women can get it too, it rarely happens before menopause whereas men can get it at any age. Researchers are not sure why men are more susceptible. In many cases diet triggers an attack. Foods such as red meat, organ meats, shellfish, red wine, brandy, and beer have all been linked to gout.

**Bunions**—many people think bunions are a female foot problem, but men get them too. The bony bump on the outside of the big toe is usually the result of faulty foot mechanics which are usually genetic. Wearing shoes that are too tight in the toe box and squeeze toes together makes the problem worse. Bunions are a progressive condition but there are ways to relieve the discomfort and correct the biomechanics causing the problem.

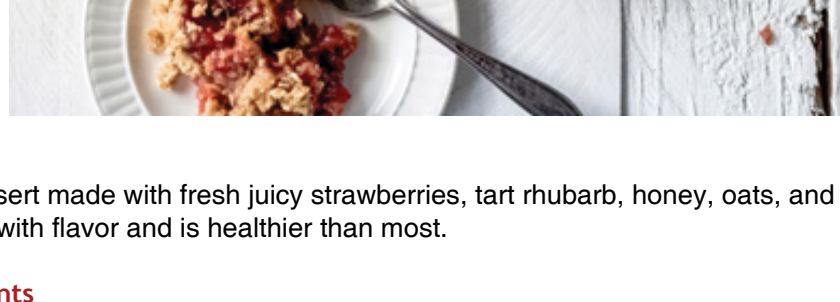
**Fungal Infections**—feet stink not because they're sweaty but because the sweat mixes with bacteria commonly found in socks and shoes that produces the foul odor. It can also lead to athlete's foot and toenail fungus. Change socks whenever feet are noticeably damp. An antifungal powder or roll-on antiperspirant applied each morning may also help feet stay dry. Keep feet covered in gym locker rooms and showers as these types of infections transmit by direct contact.

**Plantar Fasciitis**—heel pain is frequently the result of an inflammation of the plantar fascia—a long band of tissue that stretches along the bottom of the foot from toe to heel. This area can be irritated if you have flat feet or wear shoes with worn out or inadequate arch support. If ignored, this condition can become quite disabling. Changing shoes or getting a custom orthotic can help relieve plantar fasciitis symptoms.

For men and those who love them, don't put off getting foot and ankle pain evaluated by the podiatrist. Early treatment can help prevent minor foot pain from becoming a major problem



## Recipe of the Month Strawberry Rhubarb Crisp



This dessert made with fresh juicy strawberries, tart rhubarb, honey, oats, and yogurt is bursting with flavor and is healthier than most.

### Ingredients

#### Strawberry-Rhubarb Filling:

- 1 pound strawberries, hulled and sliced into small bite-sized pieces
- 1 pound rhubarb (about 4 stalks), cut into 1/4 by 1/2-inch pieces (slice larger stalks in half lengthwise before slicing them into 1/4-inch wide pieces)
- 1/2 to 1/2 cup honey\* (adjust for sweetness level)
- 2 tablespoons arrowroot starch or 3 tablespoons cornstarch
- 1 teaspoon vanilla extract

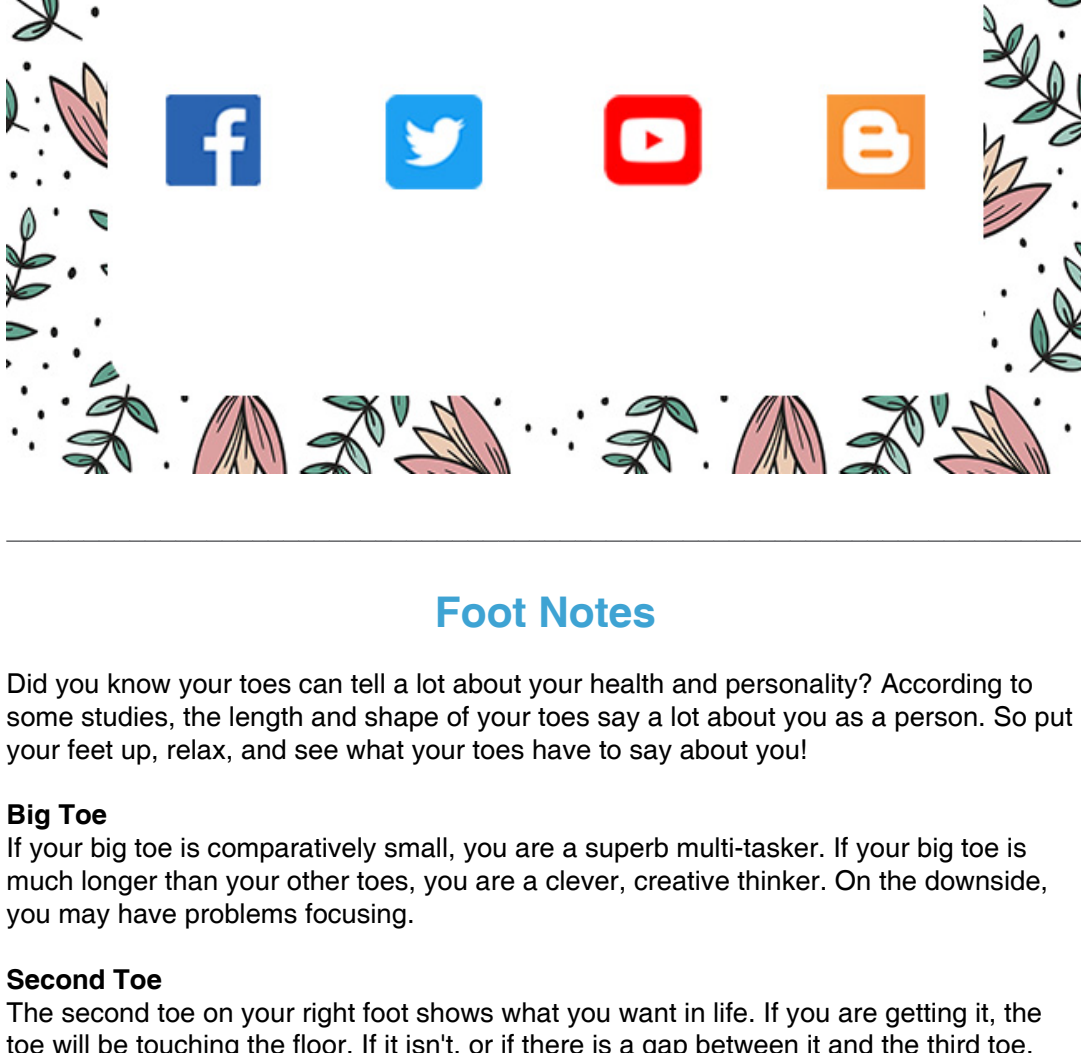
#### Topping:

- 3/4 cup old-fashioned oats
- 3/4 cup white whole wheat flour or regular whole wheat flour or flour of choice
- 1/2 cup lightly packed brown sugar
- 1/4 teaspoon fine grain sea salt
- 4 tablespoons butter, melted
- 3 tablespoons plain yogurt (Greek or regular)

### Instructions:

- Preheat the oven to 350 degrees Fahrenheit. In a 9 by 9-inch baking dish, mix together the strawberries, rhubarb, honey, arrowroot or corn starch and vanilla extract.
- In a medium mixing bowl, stir together the oats, flour, brown sugar, and salt. Mix in the Greek yogurt and melted butter. Stir until all the flour is incorporated and the mixture is moistened throughout.
- Dollop spoonful of the oat mixture over the strawberry-rhubarb filling and use your fingers to break up the mixture until it is evenly distributed (no need to pack it down). Bake for 50 to 55 minutes, or until the filling is bubbling around the edges and the top is turning lightly golden. Let the crisp rest for 5 to 10 minutes before serving.

Recipe courtesy of [cookieandkate.com](http://cookieandkate.com)



## Foot Notes

Did you know your toes can tell a lot about your health and personality? According to some studies, the length and shape of your toes say a lot about you as a person. So put your feet up, relax, and see what your toes have to say about you!

### Big Toe

If your big toe is comparatively small, you are a superb multi-tasker. If your big toe is much longer than your other toes, you are a clever, creative thinker. On the downside, you may have problems focusing.

### Second Toe

The second toe on your right foot shows what you want in life. If you are getting it, the toe will be touching the floor. If it isn't, or if there is a gap between it and the third toe, you are trying to separate yourself from your emotions. The longer your second toe, the more leadership qualities you have. You are dynamic and resourceful.

### Third Toe

Your third toe is comparatively long, you are incredibly energetic and resourceful. You're a perfectionist and can achieve vast amounts with determination and energy. If the toe is short, you enjoy the pleasures in life. You love relaxing and don't get worked up about anything. Others may accuse you of being lazy, but you would argue that life is short, so enjoy it.

### Fourth Toe

Your fourth toe is all about relationships. A long, straight fourth toe indicates family is important to your life. In all relationships in your life, straight with loved ones will show up in the curling of this toe. You are a superb listener and nurturer but deeply affected by unhappiness within the family. You find it hard to cut yourself off from other people's problems. If your toes are clawed, you need to let go, relax, and don't take on all the burdens of others. Your health might be affected by any disturbances in the home. A short fourth toe means family and relationships are less crucial to you — your focus is elsewhere.

### Little Toe

Small little toes indicate you are great fun to be with, sociable, and witty. Childlike impishness is a characteristic of those with small little toes. You'll shy away from responsibility, be easily bored, and look for amusing diversions.

And if you can, wiggling your toe separately from your fourth toe, you are an impulsive, adventurous, charming flirt. If you can't, you value routine, predictability, and loyalty.

## Foot Funnies

🤪 **What has a foot at each end and a foot in the middle?**  
Answer: A yard stick

## Trivia

**What is the correct name for your big toe?**

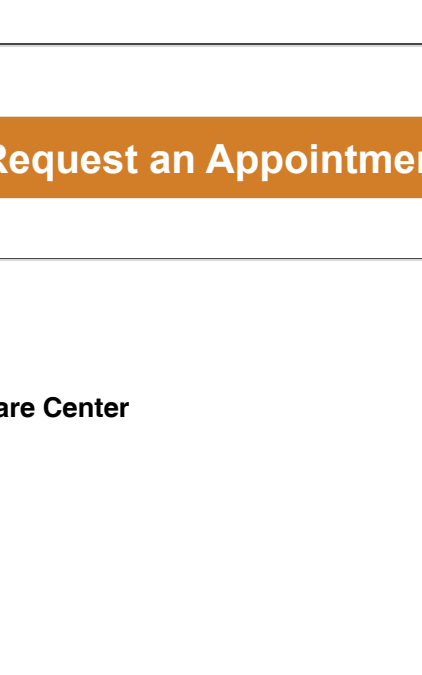
- A. Pollex
- B. Hallux
- C. Phalanges
- D. Tetrapod

Answer: B

## Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

[Request an Appointment](#)

## Our Office:

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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)

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