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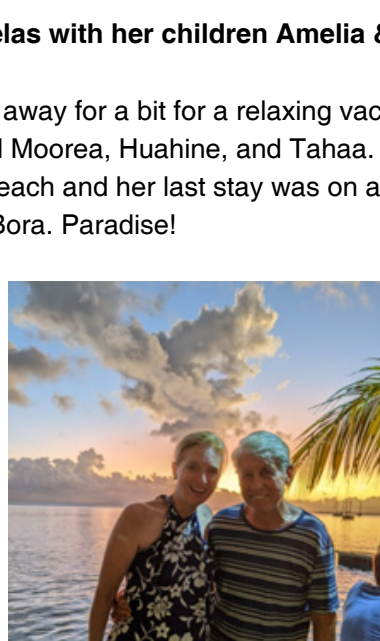
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Dr. Victoria Foley and Dr. Connie Ornelas

Enjoying Fall Sports & Exotic Vacations

Happy Fall, y'all! We are getting excited to start decorating the office for the upcoming holidays. Come check out our Halloween decorations this month. All the fun Fall sports are back in season including our favorite UCLA Football team! This year, Dr. Ornelas' kids decided they wanted to play soccer. So, Dr. Ornelas has a new side gig as Head Coach for both Amelia and Gavin's teams. You can find her out on the soccer field every Saturday!



Dr. Ornelas with her children Amelia & Gavin

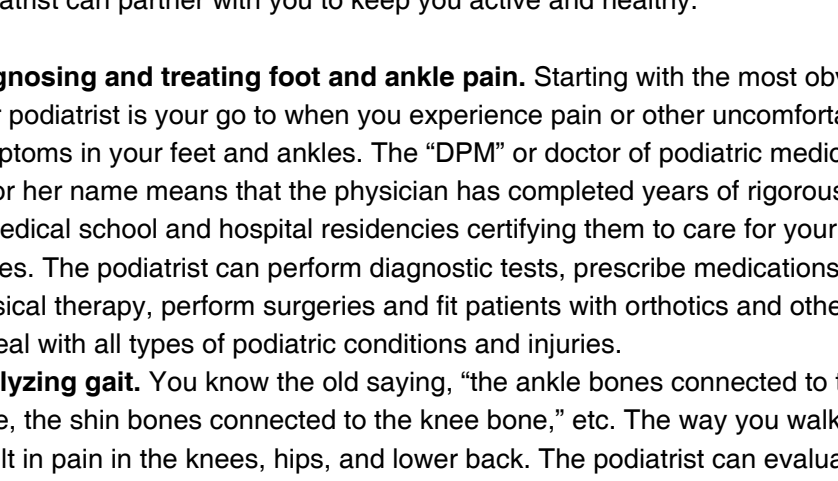
Dr. Foley was able to sneak away for a bit for a relaxing vacation to Tahiti with a group of 24 people. The group visited Moorea, Huahine, and Tahaa. She snorkeled in pristine waters and relaxed on the beach and her last stay was on an over water bungalow with a room that looked at Bora Bora. Paradise!



Dr. Foley with her husband Tom

The end of the year is quickly approaching! Call the office for an appointment to have your feet checked before the busy holiday season starts! Looking forward to seeing everyone soon!

Celebrate International Podiatry Day

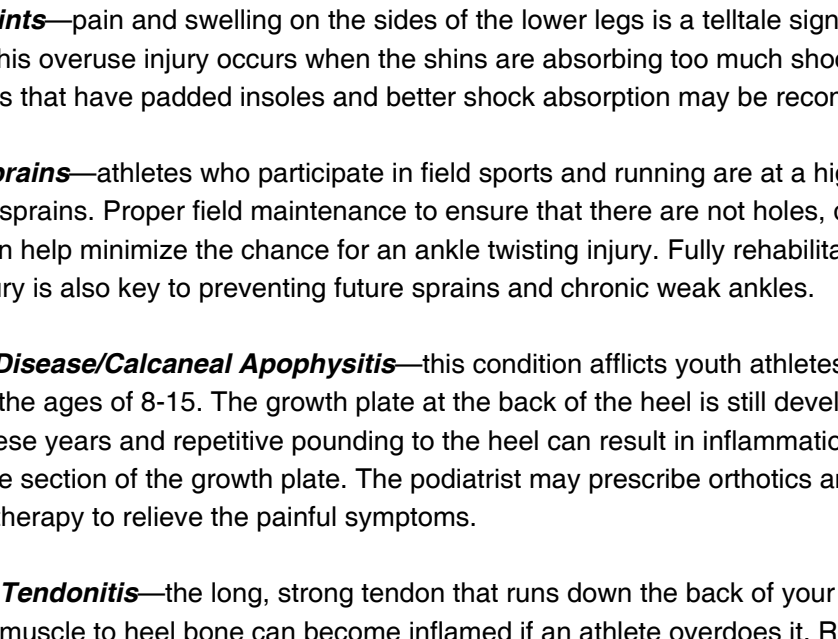


Each year on October 8th we recognize International Podiatry Day. The purpose of this health commemoration is to promote good podiatric health and to recognize the role podiatrists play in the life of their patients. Many patients may be unaware of all the ways their podiatrist can assist in improving podiatric and overall health. Below are some ways your podiatrist can partner with you to keep you active and healthy.

- **Diagnosing and treating foot and ankle pain.** Starting with the most obvious, your podiatrist is your go to when you experience pain or other uncomfortable symptoms in your feet and ankles. The "DPM" or doctor of podiatric medicine after his or her name means that the physician has completed years of rigorous training in medical school and hospital residencies certifying them to care for your feet and ankles. The podiatrist can perform diagnostic tests, prescribe medications and physical therapy, perform surgeries and fit patients with orthotics and other devices to deal with all types of podiatric conditions and injuries.
- **Analyzing gait.** You know the old saying, "the ankle bones connected to the shin bone, the shin bones connected to the knee bone," etc. The way you walk can result in pain in the knees, hips, and lower back. The podiatrist can evaluate your gait and suggest exercises or physical therapy to improve gait and balance.
- **Making footwear recommendations.** Your shoes play a pivotal role in the health of your feet. The podiatrist can advise you on the type of shoe and design features needed to protect vulnerable areas of your feet and prevent certain conditions from worsening.
- **Assessing risk for certain conditions and diseases.** There are many factors that determine your risk for falls, arthritis, diabetes, and other conditions that impact your feet. If you have concerns or a family history of a particular disorder your podiatrist can perform a risk assessment and help you focus on ways of minimizing your chances for developing the disorder in the future.
- **Providing preventive care information.** Of course, the best way to treat foot ailments is to prevent them in the first place! From ingrown toenails and foot fungus to sports injuries and diseases the podiatrist can offer tips and suggestions for heading off foot problems before they happen.

Make regular podiatric checkups part of your health care regimen.

Treating Common Fall Sports Injuries



Fall sports like soccer, football, and cross country are in full swing and that means certain injuries associated with these sports are beginning to manifest. Below are the symptoms of some of the more common ones and what to do about them.

Shin Splints—pain and swelling on the sides of the lower legs is a telltale sign of shin splints. This overuse injury occurs when the shins are absorbing too much shock. Rest and shoes that have padded insoles and better shock absorption may be recommended.

Ankle Sprains—athletes who participate in field sports and running are at a higher risk for ankle sprains. Proper field maintenance to ensure that there are not holes, divots or debris can help minimize the chance for an ankle twisting injury. Fully rehabilitating an ankle injury is also key to preventing future sprains and chronic weak ankles.

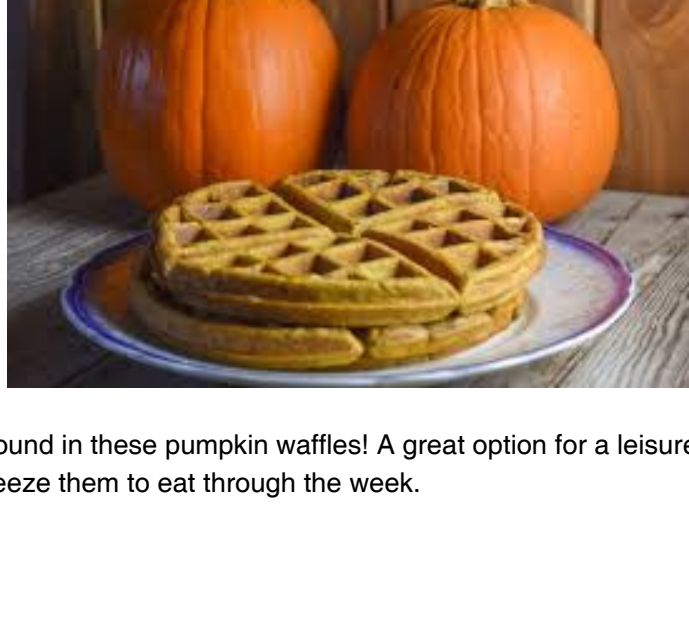
Sever's Disease/Calcaneal Apophysitis—this condition afflicts youth athletes usually between the ages of 8-15. The growth plate at the back of the heel is still developing during these years and repetitive pounding to the heel can result in inflammation in the vulnerable section of the growth plate. The podiatrist may prescribe orthotics and physical therapy to relieve the painful symptoms.

Achilles Tendonitis—the long, strong tendon that runs down the back of your lower leg from calf muscle to heel bone can become inflamed if an athlete overdoes it. Running hills and stairs can also aggravate this part of the leg.

Stress Fracture—these tiny, hairline fractures can occur in the foot to a bone that receives repeated stress. Pain, swelling, redness and bruising are all potential symptoms. The pain may be intermittent.

Early detection and treatment of sports injuries will lead to the most successful results using the least invasive therapies. Contact your podiatrist for an appointment as soon as possible if you notice signs of an injury. Don't "play through the pain" or encourage young athletes to "tough it out" when it comes to foot injuries. Delaying evaluation and treatment can cause a secondary injury to occur or a worsening of the original injury which can mean being sidelined for the season.

Whole Wheat Pumpkin Waffles



Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

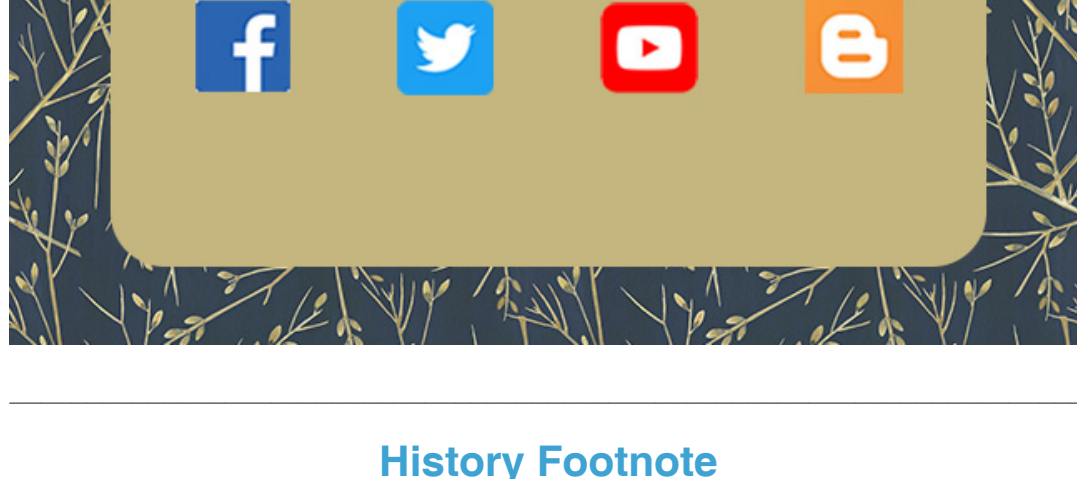
Ingredients:

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

Directions:

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil, and brown sugar. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest



History Footnote

Thomas George Morton, for whom Morton's Neuroma is named, was one of the first physicians to remove an appendix after a correct diagnosis – with the patient surviving.

Hippocrates is believed to be one of the first physical therapy practitioners in 460 BC, advocating massage, manual therapy techniques, and hydrotherapy.

Nineteenth-century Swiss surgeon Jacques-Louis Reverdin recognized that bunions are a bone deformity rather than a soft tissue enlargement and performed the first bunionectomy in 1881.

It wasn't until 1818 that the right shoe was invented. Until then, there was no distinction between left or right foot shoes. The first pair of right and left-footed shoes were made in Philadelphia.

Foot Funnies

👻 **What do you call a ghost with a broken leg?**
A hoblin goblin.

Trivia:

What's the best water temperature for soaking tired feet?

- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

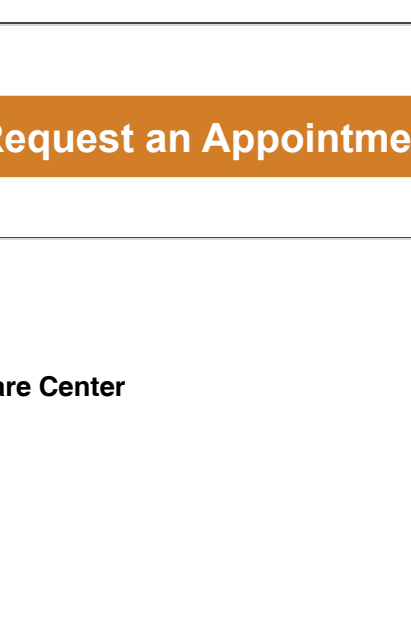
Answer: D.

Swelling in the feet is best relieved by alternating several times between cold and warm water every 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels, which helps reduce swelling.

Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

[Request an Appointment](#)

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

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