



Superior Foot & Ankle Care Center

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Newsletter

January 2020

Our Office

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Office Hours

Mon: 8:30 AM - 5:30 PM
Tue : 8:30 AM - 5:30 PM
Wed: 8:30 AM - 6:30 PM
Thu : 8:30 AM - 5:30 PM
Fri : 8:30 AM - 5:30 PM

* Closed for lunch
12:30 PM - 1:30 PM

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In This Issue...

- A New Year's Resolution That's Easy to Keep: Schedule a Foot and Ankle Evaluation by a Podiatrist
- Solutions for Arch Pain
- Basketball Season Brings the Risk of Injury for Children and Teens
- Recipe of the Month: Chicken with Brussels Sprouts and Apple Cider Sauce



Dr. Victoria Foley and Dr. Connie Ornelas



Happy New Year from Dr. Ornelas and her family! Amelia just turned 4 years old in December and Gavin will be 2 years old this month. The kids really enjoyed the holidays this year. We are all looking forward to a healthy and fun-filled 2020!

A New Year's Resolution That's Easy to Keep: Schedule a Foot and Ankle Evaluation by a Podiatrist

Happy 2020! If you are like most Americans, you have made a resolution or two to improve your life and your health.

Let us suggest an easy and beneficial New Year's resolution for your health: Visit your podiatrist!

Why Choose a Podiatrist for Foot Care?

Podiatrists are highly trained healthcare professionals who are skilled in the diagnosis and treatment of foot, ankle and lower limb conditions. A podiatrist is the best doctor to treat and relieve day-to-day foot problems such as ingrown toenails, corns and calluses, skin conditions, bunions, heel pain and sports injuries.

Podiatrists, or doctors of podiatric medicine, earn a bachelor's degree in biology or similar science field and then attend podiatry school for 4 years. Upon graduation, a podiatrist candidate will work as a resident in a hospital for 3 years and also work with pediatricians, surgeons, anesthesiologists or infectious diseases specialists.

Patients with diabetes are smart to include a podiatrist on their support team. Because diabetes has such serious consequences for your feet, regular visits with a podiatrist will monitor your foot health and make sure that any skin or tissue damage is taken care of quickly.

What to Expect at Your Podiatrist Exam

After taking a complete medical history, we will check your gait, range of motion and assess your shoe fit. We will treat whatever problems that we observe. Many patients benefit from custom-fitted orthotics to relieve problematic pressure points and to correct any gait-related problems.

If we observe any concerns, we will quickly and accurately diagnose the problem and then present you with treatment options.

Start the New Year right with a comprehensive foot and ankle exam! With a foot check-up, you will be prioritizing your health as you step into 2020.

Solutions for Arch Pain

We have often written about heel pain, but what about pain in another part of your foot – the arch?

Your arch stretches from the base of your toes to your heel and helps to bear weight, absorb shock, create balance and stabilize movement. Arch pain is common especially in athletes and runners, but it can also affect those who are less active.

....continued on page 3



History FootNote

The world record for basketball free throws consecutively shot and made was set by a retired podiatrist in California. In 1993, Dr. Tom Amberry was 71 when he took 12 hours to make 2,750 free throws – without a miss! His record stood until 1996.

Celebrity Foot Focus

Dr. Suzanne Levine, podiatrist to the stars – including Oprah Winfrey, Diane Sawyer and Liam Neeson – offers “foot facials” for \$225.



Foot Funnies



Why did the foot doctor's son take up podiatry?

Because he wanted to follow in his father's footsteps.

Trivia

January has 31 days. How many other months also have 31 days?

- A. Five
- B. Six
- C. Seven
- D. Eight

Answer: C

....continued from page 2 Solutions for Arch Pain

Arch pain can cause pain in the heel and ball of the foot as well as on the top. The pain may be worse when standing or walking and more intense in the morning when you first get out of bed.

Arch Pain Causes

Arch pain can be the result of structural issues aggravated by aging, overuse, physical stress and weight gain.

The muscles, ligaments, tendons or bones in the arch can be injured. Plantar fasciitis is a common cause of arch pain as are adult-acquired flatfoot and overpronation. Even a naturally high arch, called cavus foot, can cause pain and frequent ankle sprains.

Easing Arch Pain

Arch pain can be relieved with special custom-made orthotic shoe inserts. Shoes with extra ankle support can help too. Resting the foot and icing the area can ease the pain as can stretching exercises.

Over-the-counter medications can help inflammation and pain, and switching to more supportive shoes will ease sore arches.

If these conservative methods don't help, come visit us for professional help. Our treatments can include:

- Prescription shoes with orthotics or special arch supports
- Night splints
- Prescription medication
- Physical therapy
- Casting
- Bracing

In severe cases, surgery may be necessary.

Basketball Season Brings the Risk of Injury for Children and Teens

It's basketball season! This popular sport can be as low-key as shooting hoops in your driveway or as suspenseful as a championship game.

Incredibly, **more than half a million players** are treated for basketball-related injuries each year.

Common Basketball Injuries

Basketball involves lots of running, stops and starts and quick turns. These movements can put teens and kids at risk for injuries to the foot and ankle including soft tissue injuries and fractures. Overuse injuries like tendonitis are also common.



....continued on page 4

....continued from page 3 **Basketball Season Brings the Risk of Injury....**

Frequent basketball injuries include bruises or contusions, broken bones and ligament injuries. Ankle injuries are very common and should be professionally evaluated so the athlete does not return to the game before healing is complete. Even if the injury is not obvious on an X-ray, a splint or cast can help healing and safe return to play.

If your child cannot bear weight because of pain and/or swelling, it's time to visit us for an extensive evaluation, diagnosis and expert treatment.

Preventing Basketball Foot and Ankle Injuries

- Train in advance with aerobics and flexibility and strength workouts.
- Increase pre-training activity gradually.
- Warm-up and stretch before practices and games.
- Stay hydrated.
- Choose athletic footwear that is well-fitting and appropriate to the sport. Ankle supports can help reduce the risk of sprains.
- Avoid overuse by cross-training or playing a different sport for a season.

Parents...never allow your child to play through pain. It's okay – and smart – to sit on the bench to allow full recovery from an injury.

Recipe of the Month **Chicken with Brussels Sprouts** **and Apple Cider Sauce**

This simple oven roasted chicken recipe soaks up tons of flavor and the fruit and veggies cook simultaneously on another rack, making this dish a snap to prepare.

Ingredients

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar



Directions

1. Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the Brussels sprouts, apples, red onion and rosemary sprigs with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.
2. Meanwhile, heat 1-tablespoon butter in a large ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.continued on page 5

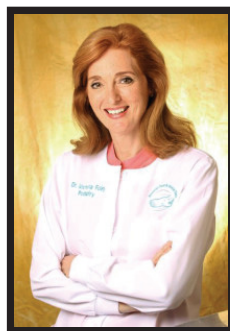
....continued from page 4 **Recipe of the Month**

3. Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1-tablespoon butter and the vinegar; season with salt and pepper.
4. Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken.

Recipe courtesy of Food Network Magazine



Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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