

# Foley's Foot Notes

The Newsletter for Healthy, Happy Feet

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Dr. Vikki Foley

## HELLO EVERYONE!!

Happy Spring 2008! I hope this newsletter finds everyone in good health. If that's not the case, you know who to call. One of my year's biggest highlights, in addition to my Bruins having another great hoop season, was a January trip to glorious Gstaad, Switzerland. No business, ALL pleasure. My friend and I went Heli-skiing one day and it was one of the best experiences of my life. Perfect weather, snow and location. The helicopter drops you off at the top of a mountain and then it's your challenge to ski down. Awesome. I completed two, 1.5-hour runs that I'll never forget. The food, especially the world's best cheese and the chocolate, is to die for. The hospitality was second to none. The Swiss are wonderfully friendly, proud and honest people. They put the word "serve" in service. It was hard to leave such overwhelming hospitality and come home, but duty calls. OK...onto business. We have just completed a total overhaul of our website, [www.doctorvikki.com](http://www.doctorvikki.com). It looks great. Check it out and read more about it in this newsletter. We are also now in our new plush Los Alamitos office where we see patients on Thursdays. In other news, I've been appointed as foot/shoe consultant with one of the hottest new footwear lines in the country, Auri Footwear ([www.aurifootwear.com](http://www.aurifootwear.com)) Their innovative designs are stylish yet functional. As you all know MARCH MADNESS grips this UCLA Alum annually. As in past years, the Madness unfortunately turned into "April Anguish", as my Bruins lost again in the Final Four. In the famous words of a certain actor turned governor, **WE'LL BE BACK !!!!!!!!!!!!!**

*Best, Dr. Vikki*



Dr. V and Jeanette inside helicopter on way to HELI-ski



Dr. Vikki and Jeanette getting dropped off before the Big Run !



Dr. Vikki dog sledding in Switzerland. Beats the heck out of driving on 405 and you save HUGE on gas !!!!!



Strolling through town with a friendly visitor.



GIRLS NIGHT OUT ! Dr. Vikki and travel partner, Jeanette, hit the town

## CUTTING IT CLOSE – Patient Profile

Long Beach native, James Rhoden, was having issues cutting his toenails. His diabetes, lack of mobility and subsequent weight gain had made this simple task extremely difficult.

Dr. Foley addressed a more immediate problem on one of his first appointments. "His skin color was horrible, there was no blood in his face, he was short of breath and dizzy" Dr. Foley observed. "He had more serious problems than cutting toenails."

Off to Los Alamitos Medical Center emergency room he went. James was quickly admitted and was transfused seven pints of blood. He had internal bleeding and substantial loss of blood as a complication of diverticulitis.

"Dr. Foley saved my life," says the thankful James. "Without her insisting I go to the hospital, I probably would have put it off another week or so and my doctors told me that would have been fatal," he added. With one health issue successfully addressed, it was onto the primary reason for his visit with Dr. Foley.

"I had always been active, but as I got older I suffered injuries, had a knee replacement, put on weight and was diabetic," says the former master machinist.

James was the perfect patient for MicroVas, one of Dr. Foley's most successful treatment procedures, which aids greatly in stimulating circulation. "I felt an improvement immediately," said James. "The MicroVas treatments made my legs feel better and with Dr. Foley's comprehensive fitness plan, I'm motivated to be more active."

"We've been using MicroVas for over two years and our success rate has been excellent," says Dr. Foley. "What's most encouraging is that patients feel the difference almost immediately."

## Diabetes Safeguards

If you have been diagnosed with diabetes there are a few things you can do to prevent further complications

- Thoroughly wash and dry your feet daily
- Inspect toes and feet
- Establish weight loss plan/exercise if overweight
- Wear socks designed specifically for diabetic patients
- Never try to remove calluses, corns or warts by yourself
- Don't go barerfoot
- Wear properly measured and fitted shoes



## DID YOU KNOW?

The human foot is a biological masterpiece. OK, we're a little biased here. Within its relatively small size, feet contain 26 bones, a quarter of the bones in your body, 33 joints, and network of more than 100 tendons, muscles, ligaments. We won't even start on blood vessels and nerves. The average American takes over 6,000 steps per day. Foot problems are among the most common health ills as studies show that close to 75% of the American populace experiences foot problems of some degree of seriousness at some time in their lives. Sadly, only a small percentage seek medical treatment, because most mistakenly believe that discomfort and pain are normal. **THEY'RE NOT!**

## Kick Athlete's Foot to the Curb

While other foot problems garner more attention, athlete's foot still afflicts millions of Americans each year. Many people have the impression it's something you pick up in locker rooms or other athletic environments. The fact is anyone, regardless of their exercise level can contract athlete's foot. Athlete's foot is a skin infection caused by a fungus, usually occurring between the toes or on the soles of the feet. Symptoms can include one or more of the following; dry skin, itching, scaling, inflammation and blisters. When blisters break the condition becomes more

serious as pain and swelling increases and the infection spreads. As always, the best treatment is preventative which means practicing good foot hygiene. Wash feet daily and dry thoroughly, especially between toes. Change shoes and hose or socks regularly to decrease moisture. Use a quality foot powder. There are a number of over the counter treatments, but check in with Dr. Foley should the infection get more serious. There are effective topical and oral perscription medications for athlete's foot. As always, early detection and treatment are key.

## Chicken Spinach Quesadilla

### INGREDIENTS:

- 3 tablespoons corn oil
- 6 ounces fresh button mushrooms, trimmed and sliced
- 2 cups packed baby spinach
- 2 cups shredded roast chicken, homemade or purchased
- 8 flour tortillas, each 10 inches in diameter
- 2 cups shredded Monterey jack cheese
- 1/2 cup sour cream
- 1/2 cup salsa, homemade or purchased

**PREPARE THE FILLING:** In a large, heave fry pan over medium heat, warm 1 tablespoon of the oil. Add the mushrooms and saute until tender, about 3 minutes. Add the spinach and chicken and saute just until the spinach is wilted, about 30 seconds. Transfer to a bowl.

### ASSEMBLE THE QUESADILLAS:

Divide the chicken mixture among the tortillas, spooning it onto half of each tortilla and leaving a 3/4-inch border uncovered. Sprinkle evenly with the cheese. Fold the tortillas in half over the chicken mixture to enclose loosely.

**COOK THE QUESADILLAS:** Wipe out the fry pan with a paper towel and return to medium heat. Brush lightly with the remaining 2 tablespoons oil. Working in batches, add the quesadillas to the pan and cook until golden brown on one side, 1 to 2 minutes. Using a large spatula, carefully turn the quesadillas and cook until golden on the other side and the cheese is melted, 2 to 3 minutes more.

**SERVE:** Divide the quesadillas among 4 plates and serve. Pass the sour cream and salsa at the table. Serves 4.

*Recipe Courtesy of the FOOD CHANNEL*

## New Website ROCKS!

We invite everyone to check out our "new and improved" website-www.doctorvikki.com. In addition to the new lay-out, the website is easier to navigate and will feature a regular Dr. V Blog, podcasts and video clips. These elements will be updated regularly. "People are turning to the internet for everything," says Dr. Foley. "We want our patients to stay current with the latest information in regards feet, ankle care and general health." For new patients, easy to download forms, make it simple to make an appointment. We also have a products page featuring NuSkin products, one of the finest skincare product lines I've ever used. We encourage feedback on the new website.



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