



## Superior Foot & Ankle Care Center

3747 Worsham Avenue, Suite #201  
Long Beach, California 90808

562-420-9800

Newsletter

May 2019

### Our Office

3747 Worsham Avenue  
Suite # 201  
Long Beach, CA 90808  
Tel : +1 (562) 420-9800

### 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

[Request an Appointment](#)

### Find Us



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**Dr. Victoria Foley and Dr. Connie Ornelas**

What a beautiful spring we are having! It just makes you feel like going for a walk. Did you know that your brain is 2% of your body weight and uses 20% of your oxygen consumption? So walking is not only good for your heart but it helps your brain function better. Walking backwards also stimulates your brain. But even better brain stimulation is walking backwards and clapping your hands. But we recommend you first try walking backwards before you add the clapping.

We have a new face at Superior Foot and Ankle Care Center. Her name is Alexis. She will be the first person you see when you enter the office and the voice of your reminder calls. Please give her a warm welcome when you talk to her.

We hope all you mothers had a happy Mother's Day.

Sincerely,  
Dr. Foley and Dr. Ornelas

## Could That Pain in Your Foot Be Arthritis?

You may be familiar with arthritis pain that can plague your fingers, knees, wrists, neck – anywhere there is a joint. Well, that aching pain in your feet that makes it hard for you to walk or exercise may be due to arthritis too.

Arthritis, inflammation of the joint that can cause stiffness and pain anywhere, is very common in the small joints of the foot and ankle.

### Arthritis in the Feet

Those joints in your feet most often affected by arthritis include the big toe, midfoot and the ankle.

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The major types of arthritis that afflict the foot and ankle are:

- **Osteoarthritis.** This “wear and tear” arthritis often affects people during or after middle age but can also occur when you are younger. The bones of the joint can rub against each other when the cartilage protecting the bones of the joint wears away. Other risk factors, besides aging, include obesity and family history.
- **Rheumatoid arthritis.** This chronic autoimmune disease often strikes first in the foot and ankle. The immune system attacks the tissue that covers the joint and causes it to damage the bone and cartilage, resulting in joint deformity and even disability.
- **Gout.** A type of arthritis, gout results when uric acid crystals build up in the joints, often in the big toe. Some of the risk factors for gout include high blood pressure, obesity and heavy alcohol intake.
- **Arthritis due to trauma.** An injury to the foot or ankle can cause arthritis, particularly dislocations and fractures that damage the joint surface.

#### **Arthritis Symptoms and Treatments**

The arthritic joint will usually be inflamed and painful, although symptoms will vary based on which joint is affected. Look for:

- Pain with motion
- Tenderness
- Difficulty walking
- Joint swelling and warmth

If you suspect that you have arthritis in your feet or ankles, please come visit us! We will do x-rays to examine your bones and order other imaging tests if necessary. Blood tests can help pinpoint the type of arthritis you may have.

As of yet, there is no cure for arthritis, but there are many things that we can do to relieve your discomfort. Custom-fitted orthotics will help to minimize pressure on the foot and ease pain. Reduce stress on the joint by losing excess weight and switching to lower-impact activities like swimming. Physical therapy exercises can increase flexibility, range of motion and muscle strength. Anti-inflammatory medications like ibuprofen and naproxen can reduce inflammation.

In severe cases, where these conservative measures do not help, we will discuss surgery with you.

With the right treatment, your arthritis pain can be managed to let you lead an active and healthy life.

## **Our Top 6 Tips to Help Prevent Skin Cancer in Your Feet**

The last place that we think of when applying sunscreen is our feet. But our feet are vulnerable to skin cancer just like the rest of our bodies, even under the toenails and on the soles!

Other factors besides sun exposure can cause skin cancer such as genetics, chronic ulceration, environmental factors such as chemical burns and viral infections such as HIV and human papillomavirus (HPV).

Melanoma is the most deadly form of skin cancer and can appear on the tops of the feet, the soles and under a toenail. This cancer digs deeper and can eventually reach the blood vessels and lymph system to spread within the body.

Melanomas can take many varied forms and appearances. Look for a spot with unusual colors like pink or red; uneven borders; size larger than one-quarter of an inch. This type of cancer can masquerade as an ingrown nail, bruise, plantar wart, ulcer or blood blister.

#### **6 Tips to Prevent Skin Cancer**

1. Early detection is very important and can even save your life! Inspect your skin – feet too – for any irregularity. Aim for a careful examination once a month and use a mirror to see difficult spots such as the bottoms of your feet. If you notice anything unusual, give us a call!
2. Wear a sunscreen of SPF 30 or more when out of doors, and don't forget to apply to feet, ankles and even between the toes.
3. Reapply sunscreen after sweating or swimming.
4. Wear UV-absorbent sunglasses.

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### **History FootNote**

Gout was referred to as the “disease of kings” because many incorrectly linked it to the type of overindulgence – in food and wine – that only the rich and powerful could afford.

### **Celebrity Foot Focus**

King Henry VIII, Sir Isaac Newton, Benjamin Franklin, Yankee pitcher David Wells and NBA star and coach Maurice Cheeks all suffered from gout.



....continued from page 2 **Our Top 6 Tips to Help....**

5. Avoid picking up viruses by covering your feet in public places like pools, spas, locker rooms and gyms.
6. Stay out of the sun when its rays are most intense – between 10 a.m. and 4 p.m.

## Your Feet Are Aging with You: Modify your Foot Care Routine to Keep Up

Our hardworking feet still have a long way to take us! As we age, it's very important to take good care of your feet to avoid serious health issues.

Now more than ever it's important to pay attention to foot care – especially if you have any pre-existing health issues such as diabetes. Don't ignore foot pain, or even a small bump or discolored area.

### Foot Care Tips as We Age

- Visit us once a year for a thorough foot exam. If you have diabetes, we recommend a foot check-up every six months.
- Inspect your feet every day. Look for anything unusual or any sign of injury. Use a mirror to see the bottoms. Call us right away if you notice anything suspicious.
- Stay active – with your doctor's permission – to keep your circulation going and manage your weight.
- Wash your feet every day and dry thoroughly, especially between the toes. Apply a rich foot lotion to keep your skin supple.
- Avoid going barefoot. Stick with well-fitting and supportive shoes. Choose those with wide toe boxes for plenty of wiggle room. Stay away from flimsy shoes and flip-flops that are tripping hazards and have little support.
- Your skin is more fragile and susceptible to burns and irritation from chemicals, so avoid over-the-counter products to remove calluses and corns and to treat fungal nail.
- Trim nails straight across to prevent ingrown toenails. We will be happy to trim your nails if you find it difficult.



### Foot Funnies



How does a frog feel with a broken foot? Un-hoppy.

Give your feet some TLC now so little problems don't grow into serious ones!

## Recipe of the Month Blueberry-Strawberry Smoothie Bowl

This smoothie, thick enough to eat with a spoon, is bound to keep you feeling fuller longer. This one gets its richness and creaminess from avocado, which also provides fiber and heart-healthy fats.

### Ingredients

- 1/3 cup unsweetened blueberry or pomegranate juice
- 1/3 cup 2% plain Greek yogurt
- 3/4 cup fresh blueberries, divided
- 1/2 ripe peeled avocado
- 1 cup ice cubes
- 1/2 cup sliced fresh strawberries
- 1 tablespoon sliced almonds, toasted



### How to Make It

#### Step 1

Place juice, yogurt, half of blueberries, and avocado in a blender; process until well combined, about 15 seconds. Add ice; process until smooth, about 30 seconds.

#### Step 2

Pour smoothie mixture into a bowl; top with remaining half of blueberries, strawberries, and almonds.

*Recipe courtesy of CookingLight*

## Word Search

T Q N A A M E S N T W P T J P C H Y U Z  
 D R M J X U Q G U P D W X Z A A D B M X  
 S I A T O D T R Z N L B R W S N Q L E G  
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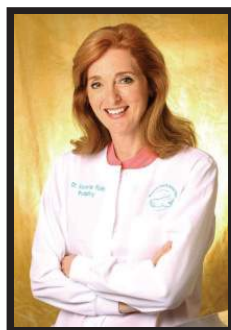
osteoarthritis	inflammation	cartilage	rheumatoid
stiffness	sunglasses	sunscreen	arthritis
autoimmune	exercise	diabetes	therapy
disease	cancer	joint	surgery
trauma	ankle	virus	pain
gout	orthotics	melanoma	xray
foot	toe		



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## Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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