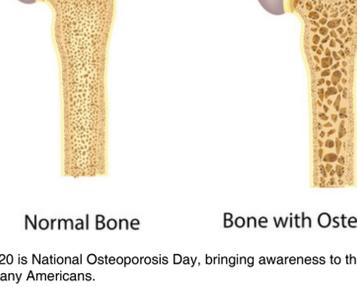


Welcome to The Foot & Ankle Center's Inaugural Newsletter. We would like to take this opportunity to introduce you to our new quarterly newsletter, with articles we think you'll find of interest. 2016 brought many exciting changes to The Foot & Ankle Center. 2017 will bring many more. We are pleased to announce our biggest change of the new year... OUR UPDATED WEBSITE www.thefootandanklecenter.com. We hope you'll enjoy our new website and newsletter and we welcome your comments and feedback.

Osteoporosis and Your Feet

OSTEOPOROSIS



Normal Bone

Bone with Osteoporosis

October 20 is National Osteoporosis Day, bringing awareness to this condition that afflicts many Americans.

Osteoporosis is a degenerative bone condition where the bones become brittle and can easily break. 54 million Americans have osteoporosis, including 50% of women and 25% of men. Often individuals don't even know that they have osteoporosis until they experience a broken bone or other injury.

Older individuals are susceptible to foot and ankle injuries because they generally have poor vision, reduced agility and balance issues, subjecting them to frequent falls. If they also have osteoporosis and suffer a broken bone, the bone may not heal properly resulting in lifelong pain and even disability.

Osteoporosis can also cause stress fractures, where the bone fractures from prolonged overuse. Even a daily walk can lead to stress fractures of the foot or ankle in patients with osteoporosis.

Risk Factors for Osteoporosis

- **Age** - as we age, the material in bones tends to be reabsorbed by the body instead of the body producing more bone.
- **Gender** - women are more likely to have osteoporosis than men.
- **Body type** - larger people tend to acquire more bone mass in their youth. Those with smaller body frames are more likely to suffer from osteoporosis.
- **Diet** lacking in calcium and vitamin D.
- **Other** - excessive use of tobacco or alcohol can cause osteoporosis, as can a sedentary lifestyle and long-term use of steroid medications.

Treatment for Those with Osteoporosis

Many modern medications for osteoporosis can stimulate new bone growth as well as prevent further bone loss. Ask your doctor if these can work for you.

Protect your feet if you have osteoporosis by wearing shoes even around the house to avoid breaking your toes. Most in-home falls occur with individuals going barefoot or wearing only socks.

Remove anything in your home or yard that can cause a fall, such as loose throw rugs, electrical wires or lawn furniture. Provide good lighting and handrails for stairways.

Preventing Osteoporosis

Prevent osteoporosis before it happens:

- Improve your diet by including calcium-rich choices such as low-fat dairy foods, dark green vegetables and nuts.
- Talk to your doctor about calcium and vitamin D supplements.
- Increase your exercise especially weight-bearing and strengthening workouts.
- Reduce alcohol consumption and stop smoking.

Please let us know if you have any foot, ankle or heel pain - we can help!

Be Sure To Warm Up and Stretch Before Your Workout To Prevent Injury



Were you inspired by the Rio Summer Olympics to recommit to your workouts? Congratulations! Regular exercise can help reduce your weight and improve your cardiovascular health as well as lessen your risk of type 2 diabetes and some cancers, strengthen bones and muscles and improve your mental outlook.

To prevent injury, whether you are beginning an exercise program or are a veteran athlete, it's essential to warm up and do some mild stretches before beginning your activities:

- Never stretch cold muscles. Warm yourself up with 3-5 minutes of walking in place or doing a slow jog.
- Stick to dynamic stretches with slow, controlled movements before a workout, rather than holding a stretch. In other words, keep moving! Try these for about 30 seconds each, and repeat twice:
 - o Take a few steps lifting your legs straight out in front of you to stretch the hamstrings.
 - o Bring your knees up toward your chest as you jog or walk.
 - o Try to kick yourself in the butt while walking or jogging.
- If you're a yoga buff, try 2 minutes of sun salutations as dynamic stretches before a workout. You can make the downward-facing dog movement dynamic by lifting alternate legs or pedaling your feet.

Don't forget your upper body too! Lift your arms and stretch side to side. Slowly swing arms in circles in both directions.

Static stretches, where you hold a stretch for several seconds, are most beneficial **after** your workout to lengthen muscles and improve flexibility. Only hold the stretch to the point of slight discomfort - if it hurts, you're pushing too hard.

Physical Therapy Can Help Your Foot or Ankle Pain



October is National Physical Therapy Month. At our practice, we often refer our patients for physical therapy during or after treatment of foot, ankle or heel pain.

Physical therapy can help relieve pain and swelling that are problematic in many foot conditions. Physical therapy treatments can increase flexibility and range of motion, strengthen muscles, support correct structural alignment and help a patient regain stability and balance.

Physical Therapy Helps Many Foot and Ankle Problems

A series of physical therapy treatments can help patients recover from:

- Sports injuries or overuse
- Foot or ankle surgery
- Heel pain - plantar fasciitis
- Achilles tendonitis
- Bursitis
- Sever's disease
- Turf toe

Physical therapy can also help manage foot deformities such as flat feet, hammertoes and clubfoot. These treatments are also beneficial in managing chronic issues involving balance and ankle instability.

The physical therapist will incorporate a wide range of treatments based on the patient's condition, health and diagnosed injury or problem. Treatments can include targeted stretches and exercises, diathermy, electrical stimulation, massage, ultrasound and the application of heat and cold.

Physical therapy can be a very beneficial supplement to our treatment of your foot or ankle problem. Ask us if physical therapy treatments can help to reduce your discomfort.

Recipe of the month

Mexican Pumpkin Punch



Here's a great recipe for your Halloween gathering. Perfect for the fall holidays!

Ingredients

- 2 cups packed dark brown sugar
- 4 cinnamon sticks, preferably Mexican
- 1 29 -ounce can pure pumpkin (about 3 1/2 cups)
- 2 limes
- Splash of rum (optional)
- Pineapple chunks and/or pecans, for serving (optional)

Directions

- Combine 12 cups water, the brown sugar and cinnamon sticks in a large pot and bring to a boil over medium-high heat, stirring until the sugar dissolves. Stir in the pumpkin and return to a simmer. Meanwhile, remove the zest from the limes in wide strips using a vegetable peeler; add the zest to the pot and simmer 15 minutes. Let cool, then refrigerate until the liquid is cold and the pumpkin pulp settles to the bottom, 2 to 3 hours.
- Working in batches, ladle the liquid into a fine-mesh strainer set over a pitcher (repeat if necessary to strain out all the pumpkin pulp). Discard the pulp and lime zest. Return the cinnamon sticks to the punch and refrigerate until ready to serve.
- Pour the punch into ice-filled glasses. Add rum, pineapple and/or pecans, if desired. Serve with the cinnamon sticks.

Photograph by Andrew Mccaui, Recipe courtesy of Food Network Magazine

History FootNote

Female Egyptian mummies with a curved spine, indicating that they suffered from osteoporosis, have been found dating back 4,000 years.

Celebrity Foot Focus

Ursula Andress, Blythe Danner and Sally Field all have osteoporosis. Gwyneth Paltrow has osteopenia, a condition with decreased bone density which can lead to osteoporosis.

Joke of the Month:



Two monsters went to a Halloween party. Suddenly one said to the other, "A lady just rolled her eyes at me. What should I do?" "Be a gentleman and roll them back to her."

Trivia:

Which President of the United States was born on the 4th of October?

- A. John F. Kennedy
- B. Franklin Roosevelt
- C. Rutherford B. Hayes
- D. John Adams

Answer: C. Rutherford B. Hayes

Follow us...



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