



Preparing Your Feet for Running

If you're going to become a runner, you will need to take care of your feet. Too many runners don't give their feet enough thought, and that can lead to black toenails and plenty of aches and pains.

We definitely want to encourage you to run, though! It's a great activity for your health—as long as you be mindful of keeping yourself in safe shape. When it comes to your feet, here are some things you should always do before you hit your routes.

About the Doctors



Dr. Corey Fox has been practicing podiatry for over twenty years. Dr. Fox completed his studies at the California College of Podiatric Medicine.

Dr. Fox is a Fellow at the American College of Foot and Ankle Surgeons, a Diplomate at the American Board of Podiatric Surgery, and members of the International Society for Medical Shockwave Treatment and the International Associate for Dance Medicine and Science. Dr. Fox has mastered heel pain treatments and has a wide range of specialties including diabetes, neuroma, plantar fasciitis, bunions, and gout.



Dr. Justin LoBello graduated from Temple University School of Podiatric Medicine in Philadelphia, PA. Before joining Massapequa Podiatry Associates, Dr. LoBello served as the chief

podiatry resident of Huntington Hospital at Northwell Health. His clinical interests include but are not limited to sports-related injuries, diabetic foot management, and surgical correction of painful foot deformities.

- **Warm up.** Our bodies are not built to blast off at Mach speeds from a cold start. Take a few minutes before you begin anything strenuous to stretch and do some light jogging. Ask us if there are any specific moves that can help your specific conditions or situation.
- **Wear the right footwear.** Running shoes are specially designed to take on the repetitive impacts of running. Certain types of shoes are also more accommodative toward specific foot structures. A running store associate can help you find an ideal pair for your needs and let you know when your current pair needs to be replaced.
- **Moisturize.** Really? Really. Dry feet can crack and become painful with so much pressure exerted on them. That'd make some miserable running! Moisturize daily if you suffer from dryness and consider products to reduce friction if you're a longer-distance runner prone to blisters.

If you have additional questions about running and your foot health, don't be afraid to bring them up with us! We can point you in the right direction toward avoiding the pitfalls many beginning runners experience.

Why Heel Pain Rarely Means a Heel Spur



Some things seem to get a worse rap than they truly deserve. We still think fanny packs are quite practical, for example.

When it comes to heel pain, heel spurs are a frequent target of blame. The truth about them, however, is that they tend to be much less of a bother than you might think. In fact, you could have one right now and not even know it!

Of course, the name does it no favors. A heel spur sounds like it's always going to be a sharp, painful surprise—but this simply isn't always the case.

A heel spur is a bony growth that develops on the heel bone in response to pressure or irritation. Sometimes they do develop in a place and in a certain way that causes pain, but a great deal of heel spurs are discovered when running imaging exams for other sources of heel pain. And if those tests weren't being run, their existence would have remained unknown.

Most heel spurs do not cause any discomfort whatsoever. Often, it's another problem causing the heel spurs that is also causing your pain. Plantar fasciitis is a very common condition that tends to ignite the development of heel spurs. They can go hand-in-hand, but the plantar fasciitis is often the source of the pain—not the spurs.

Whatever the cause of your heel pain is, getting to its source and getting it treated properly is key. Let us help you find the comfort you deserve, whether that's addressing spurs or something else.

Mark Your Calendars

- January 2** National Buffet Day – For food; not Jimmy Buffett (but Margarita Day is February 22!)
- January 5** National Bird Day – Have you filled your feeders lately?
- January 8** National Winter Skin Relief Day – Don't forget your feet when you moisturize!
- January 13** National Sticker Day – Let someone know they've done a great job with a gold star.
- January 21** Squirrel Appreciation Day – Have they emptied your feeders lately?
- January 24** National Compliment Day – You're looking very nice today, by the way.
- January 28** National Kazoo Day – Why don't you hum a few bars?
- January 29** National Puzzle Day – From jigsaw to brain teasers, get that solution!



Can Deodorant Cause Cancer?

There has long been an underlying current of concern among social groups over the potential risks of certain types of antiperspirant deodorants when it comes to cancer—with breast cancer often being a primary focus, due to vicinity.

The concerns come from aluminum-based compounds that are found as an active ingredient in many antiperspirants. The compounds work by forming a sort of “plug” within sweat ducts that temporarily stops the flow of sweat onto the skin.

Some research has suggested that aluminum can be absorbed by the skin and have estrogen-like effects. In turn, the concern is that these effects near the breasts can contribute to the formation of breast cancer.

However, a large-scale study of 1,600 women in 2002 did not reveal any link between breast cancer risks and the use of deodorants or antiperspirants. Additional studies have also found no scientific connection.

There is also no scientific evidence to suggest that shaving your underarm before applying an antiperspirant or deodorant will cause more chemicals to enter your body. (You still shouldn't roll anything over any place where you have cut yourself, though; that just hurts.)

If it makes you feel better to seek out options that don't contain aluminum compounds, there is certainly no harm in doing so. Otherwise, most experts suggest that there is little to worry about with options that do.



Roasted Brussels Sprouts and Millet Gratin

Looking for comfort food with less guilt? This dish satisfies warm and gooey cravings with healthier options than mac and cheese.

Ingredients

- ½ lb. Brussels sprouts
- ½ Tbsp. olive oil
- 1 c. cooked millet
- 1 Tbsp. butter
- 2 cloves of garlic, minced
- 1 Tbsp. flour (whole wheat preferred)
- ¾ c. milk (whole milk preferred)
- ¼ tsp. salt
- ½ tsp. thyme
- 1 c. shredded cheddar cheese

Preparation

- Preheat oven to 400 degrees.
- Cut Brussels sprouts into halves or quarters, toss with olive oil, and roast until tender and lightly browned (20-30 minutes).
- When Brussels sprouts are almost ready, melt butter over medium heat. Add minced garlic and cook for one minute, then whisk in flour and cook for an additional minute.
- Whisk milk, salt, and thyme into the mixture and continue to heat until it begins to boil and thicken. Remove from heat and stir in ¾ of the cup of cheese.
- Toss the cheese mixture, Brussels sprouts, and cooked millet together. Pour into a small baking dish and cover with remaining ¼ cup of cheese. Bake for 15-20 minutes, until cheese becomes lightly brown and bubbling.





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How Did I Get Flat Feet as an Adult?

When you were growing up, you might have known a fellow kid who had flat feet. You might have even had flat feet yourself but grew out of it.

But now you're an adult and feeling foot pain, and you've been told you have flat feet. What gives? You didn't have them earlier!

What is known as "adult-acquired flatfoot" is different from most types of flatfoot seen in children. The "acquired" part is the key.

While flatfoot in children is something they tend to be born with and often grow out of once their foot structure firms up with time, adult-acquired flatfoot is the result of a "solidified" structure starting to degrade or fail in a certain way.

For many adults, the posterior tibial tendon is to blame. This tendon supports the arch of the foot as you walk. Any sort of damage or vulnerability in the tendon, then, can cause this support to be lost and the arch to collapse. Athletes commonly damage their posterior tibial tendons, but excess weight (either from fat or pregnancy) and rheumatoid arthritis can also be damaging factors.

There are additional causes of adult-acquired flatfoot, but one thing is true among all of them: if you are feeling pain in your arch or foot, it's time to tell us and do something about it! We will get to the root cause of your condition and recommend the best treatments to get you moving more comfortably in your day-to-day activities.