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## Tele-Health and E-Visit Services

To limit the spread of COVID-19 and respect social distancing, CT Family Foot Care and Surgery, LLC can provide Tele-Health and E-Visits.

- Medicare and other Health Insurance Companies have expanded covered benefits to include the use of Tele-Health or E-Visit services.
- Tele-Health visits include the use of a video call, which supports long-distance or at-home clinical healthcare. (In some circumstances and for some insurance companies, a phone call or email exchange, without the video portion is acceptable.)
- You get healthcare from the safety and comfort of your own home using your cell phone, tablet, or personal computer.
- While we know that some conditions may still require an in-office visit/exam, we want to make sure patients have access to proper treatment during this emergent pandemic.
- We remain available for urgent conditions and are seeing a limited number of patients in our office, as needed.

These virtual appointments do get billed through insurance and most insurance policies will cover these charges. In addition, for most insurances, we can offer these appointments to new patients or patients that we have not seen within the past 3 years.

If you have questions or are interested in Tele-Health services, please call our office at 203.288.0129 or email us at [iparagas@ctfamilyfoot.com](mailto:iparagas@ctfamilyfoot.com). We will then schedule your telemedicine appointment. At the time of your appointment, you will go to the link: <https://doxy.me/drloriparagasdpm> and you will be placed in a virtual waiting room. Your call will begin when Dr. Paragas is available or has completed the previous patient's call. During the call, you will be able to see Dr. Paragas and she will be able to see you and your foot/feet.

Please stay safe during this pandemic. Once the social distancing recommendations have expired, we will return to seeing patients in our office.

## COVID Toes



There have been increasing reports in the news of this so-called phenomenon called "COVID toes." Podiatrists and dermatologists have been sharing that they have seen several patients with tender, swollen, red or purple spots or redness of several toes. These findings resemble a condition called pernio or chilblains. Pernio is due to an abnormal vascular response to cold exposure, most frequently occurring when damp or humid conditions coincide. It can normally be idiopathic or associated with underlying conditions. It is not uncommon in parts of the country where cool temps persist for much of the year, such as CT! But why is this being reported or observed at much higher rates right now? Is it truly due to COVID?

There has been ongoing research on the role of microvascular injury due to inflammation and thrombosis (blood clotting) in the pathogenesis of severe COVID-19 infection. Could this explain why "COVID toes" are happening? The curious thing is that this is being observed mostly in children, adolescents, and young adults, with mild or no other symptoms of COVID. Since many of these cases are not getting tested, or in fact test negative, is it truly related? If it is related, it is hypothesized that young, healthy patients may have a robust immune response, which blunts viral growth but leads to tiny changes to the blood vessels in toes and feet. Ultimately, we would need either positive viral testing or positive antibody blood test in these patients to confirm the true association.

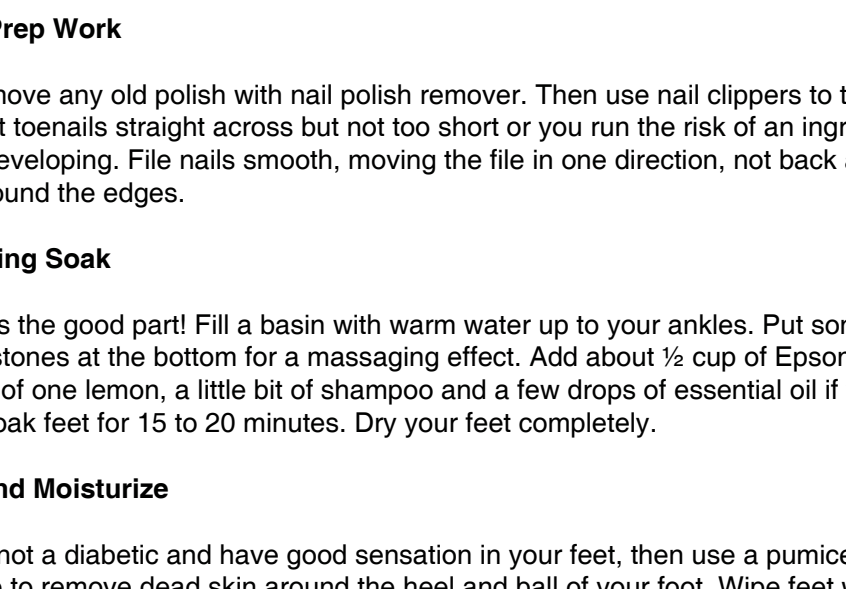
Be aware that it can happen not just on toes, but on fingers too. A report described 2 women in their 20s and 30s in Kuwait who developed red-purple spots on the top of their fingers.

If you develop these symptoms:

- Don't panic
- Lesions are not contagious and will resolve over days to weeks
- Continue physical distancing since you may be contagious if you indeed do have COVID
- Ideally, get antibody testing when it's available
- If you're concerned, contact us at 203-288-0129, and we can schedule you for a telemedicine appointment

\*Feel free to personally let me know because there is a registry of such cases and I will collaborate with others to track results and find out more!

## Treat Yourself to an At-Home Pedicure



With all of the precautions being taken for the coronavirus, many of us are spending more time at home. Why not treat yourself to a home pedicure? Although the experience may be different from going to the salon, it can still be relaxing and has the added benefit of being free from the risk of athlete's foot and fungal toenails that can be present in public places. (NOTE: If you have diabetes, it's best to leave toenail care to your podiatrist to prevent possible injury and infection.)

Start by finding a comfortable place to sit and set the scene by lighting a scented candle and putting on some soothing music. Now you're ready to get started!

### Do the Prep Work

First, remove any old polish with nail polish remover. Then use nail clippers to trim your nails. Cut toenails straight across but not too short or you run the risk of an ingrown toenail developing. File nails smooth, moving the file in one direction, not back and forth. Do not round the edges.

### A Soothing Soak

Ah, this is the good part! Fill a basin with warm water up to your ankles. Put some smooth stones at the bottom for a massaging effect. Add about ½ cup of Epsom salts, the juice of one lemon, a little bit of shampoo and a few drops of essential oil if you have some. Soak feet for 15 to 20 minutes. Dry your feet completely.

### Scrub and Moisturize

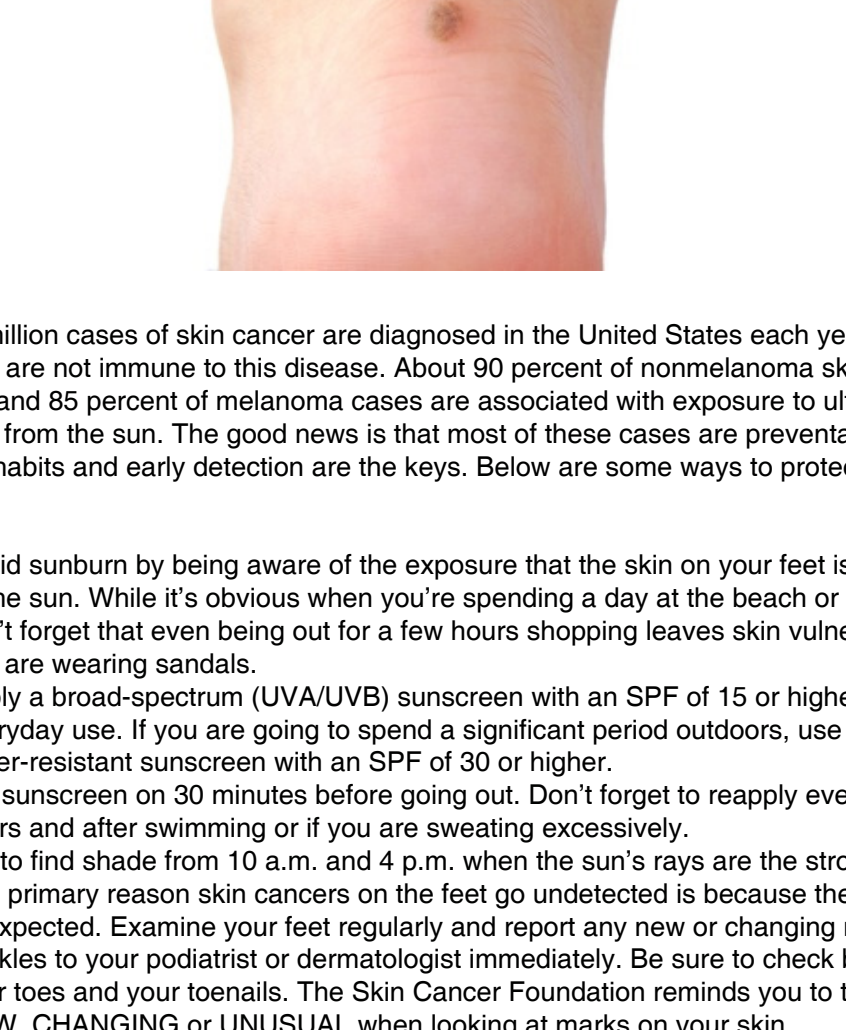
If you're not a diabetic and have good sensation in your feet, then use a pumice stone or a foot file to remove dead skin around the heel and ball of your foot. Wipe feet with a towel and apply a foot or face scrub (or make your own with sugar and olive oil) to your feet and ankles. Gently rub the scrub all over, including between your toes. Rinse off the scrub, apply a thick moisturizer to your feet, and massage in for as long as you like. Never apply moisturizing cream in between your toes. Massage stimulates the nerves and improves circulation (and it feels wonderful!). While you scrub and massage, look your feet over for any changes or abnormalities. If you spot something suspicious—lumps, bruising, swelling, changes in skin or nails—be sure to let your podiatrist know. Many are currently offering telemedicine options.

### Get Your Glam On

Now you're ready to apply a cheery spring color. For long-lasting results, apply a clear base coat, two coats of color and a clear topcoat. Allow nails to dry completely between coats. Reminder - we sell healthy nail polish that does not contain formaldehyde (a cancer-causing agent found in most polishes)

Enjoy your beautiful feet and nails!

## Memorial Day History

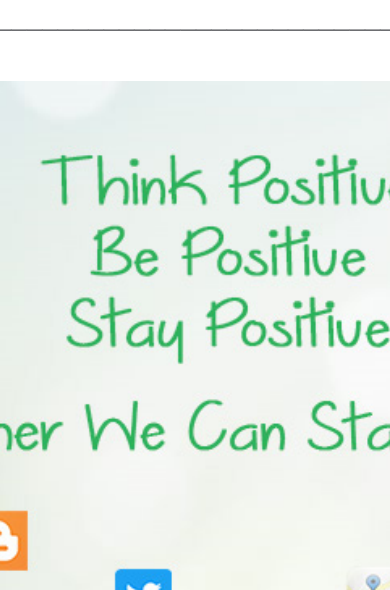


Memorial Day is the day specifically set aside to honor soldiers who died protecting our great country. It's also the official start of summer. The holiday has a somewhat complicated history. Congressman John Alexander Logan from Illinois is given the official credit for establishing Memorial Day. He was a Major General in the Civil War and afterward returned to Congress and also became the first Commander-in-Chief of the Grand Army of the Republic, a Union veterans group whose purpose was to perpetuate the memory of those who lost their lives fighting in the Civil War. In May of 1866, he issued an order designating May 30, 1868, as the day to decorate graves and that this custom should continue annually.

Below are some other interesting historical facts about this holiday.

- Although Logan gets the official nod, Memorial Day was originally known as Decoration Day and got its start from the custom of people decorating the graves of Civil War soldiers with flowers.
- According to the U.S. Department of Veteran Affairs, approximately 25 locations have claimed to be the original site of the observance.
- In 1966 President Lyndon Johnson and Congress declared Waterloo, NY as the birthplace of Memorial Day. In that place a ceremony was held on May 5, 1866, honoring local veterans who had died in the Civil War. Businesses were closed and residents flew their flags at half-staff.
- The holiday was officially signed into law by President Lyndon B. Johnson on June 28, 1968, to take effect on January 1, 1971.
- From 1868 to 1970 Memorial Day was May 30th. It is now celebrated the last Monday in May.
- The red poppy that is seen and worn prominently on Memorial Day got its start from a poem, "In Flanders Field," It was written by WWI Lieutenant Colonel John McCrae when he watched many soldiers, including a close friend, die in Belgium where clusters of the red flowers were growing. Moina Michael, a professor at the University of Georgia, inspired by the poem started making the flowers and selling them as a fundraiser for veterans. She eventually lobbied to have it made the official national emblem of remembrance which occurred in 1920.

## May is Skin Cancer Awareness Month

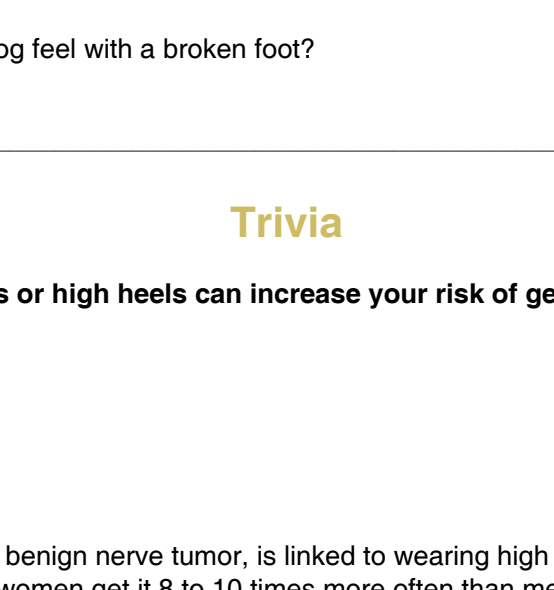


Over 5 million cases of skin cancer are diagnosed in the United States each year and your feet are not immune to this disease. About 90 percent of non-melanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. The good news is that most of these cases are preventable. Healthy habits and early detection are the keys. Below are some ways to protect your feet.

- Avoid sunburn by being aware of the exposure that the skin on your feet is getting to the sun. While it's obvious when you're spending a day at the beach or pool, don't forget that even being out for a few hours shopping leaves skin vulnerable if you are wearing sandals.
- Apply a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher for everyday use. If you are going to spend a significant period outdoors, use a water-resistant sunscreen with an SPF of 30 or higher.
- Put sunscreen on 30 minutes before going out. Don't forget to reapply every two hours and after swimming or if you are sweating excessively.
- Try to find shade from 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- The primary reason skin cancers on the feet go undetected is because they're unexpected. Examine your feet regularly and report any new or changing moles or freckles to your podiatrist or dermatologist immediately. Be sure to check between your toes and your toenails. The Skin Cancer Foundation reminds you to think: NEW, CHANGING or UNUSUAL when looking at marks on your skin.

These simple steps can save your life.

## Recipe of the Month California Veggie Sandwich



Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.

### Ingredients

#### Pickled Vegetables:

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

#### Dressing and Assembly:

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

#### Special Equipment:

- 2 heatproof 1-qt. glass jars

### Recipe Preparation

#### Pickled Vegetables:

1. Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool. Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

#### Dressing and Assembly:

1. Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
2. Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
3. Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

Recipe courtesy of [bonappetit.com](http://bonappetit.com)

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