



GENTLE TOUCH FOOT CARE NEWSLETTER



www.drtheall.com

Winter 2021

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Our Office

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Office hours:

Mon: 8:30am - 4:00pm
Tue: 1:00pm - 7:00pm
Wed: 8:30am - 4:00pm
Thu: 8:30am - 6:00pm
Fri: 8:30am - 4:00pm
Sat: 8:00am - 11:30am
(by appointment)

Foot Funnies



What was the most popular dance in 1776?

Indepen-dance

DID YOU KNOW

As the holiday season has past and a new year begins, it is a good time to reflect on the blessings in our lives. Even in this dark time of COVID, we must be thankful for the friends and family we have. Personally, I was very fortunate to see my first Grandchild, Stacey Jade Theall, born in December. My son Brian and his wife Danielle are the happy parents!



Melanie and I were also "Graced" with a new family member. Gracie, our Cavalier King Charles Spaniel, who really keeps us hopping.

Congratulations to Dr. Snell on passing her exam to become board certified with the American Board of Podiatric Medicine. You can see her Women's Health article in this newsletter.

This is also a time to make our New Year's Resolutions. There is an interesting article on what you can do for your feet to get them off to a good start this year.

Finally, the staff and I wish you the best for 2021!

Stay safe, and we will be here when you need us. Remember, many questions can be answered by going to our website, drtheall.com. Look at the [PATIENT EDUCATION](#) section for videos about common foot problems.

Patient Loyalty Gift Card Program



Existing patients receive a \$10 Walgreen's Gift Card for **every** referral or a friend or family member.

Patient Appreciation Program



Alta Grace C



Daughter of Anwar W



Cynthia R

Every quarter we randomly select 3 patients to receive a \$25 Gift Card to say thank you for visiting. Here are our most recent lucky winners!

History Foot Note

Since the first Inauguration of George Washington in 1789, the procession to the Inaugural ceremonies has provided an occasion for much celebration. In fact, the Inaugural parade that now follows the Swearing-In Ceremony first began as the procession, when military companies, bands, the President's cabinet, elected officials, and friends escorted the President-elect to the Inauguration.

Although most presidents rode to their Inaugurations in a carriage (or later, an automobile), Thomas Jefferson and Andrew Jackson both walked to their Swearing-In Ceremonies.

Today, after the Swearing-In Ceremonies, the new president participates in a parade down Pennsylvania Avenue. President Jimmy Carter started an informal custom in 1977 when he became the first to set out by foot for more than a mile on the route to the White House.

Mr. Carter's walk with his wife, Rosalynn, and 9-year-old daughter, Amy, became a tradition that has been matched in ceremony if not in length by the presidents who followed.

Testimonial

Dr. Bruce Theall and Staff

We want to express our heartfelt gratitude for your steadfast support during this truly unprecedented year. Thanks to you and your staff for rising to meet the challenge of 2020 from the COVID-19 Pandemic.



W.J. and M.W

Women and Their Shoe Choices

By Dr. Audrey Snell

Women are more susceptible to foot problems than men due to the shoe gear they tend to wear. Narrow-fitting shoes make certain problems much worse. The most common problems seen more by women are Morton's neuroma, bunions, heel pain/plantar fasciitis, and ankle sprains; the most common two being plantar fasciitis and ankle sprains.



Plantar fasciitis is usually caused by poor biomechanics and structure of the foot, but women tend to exacerbate the problem by wearing ballet flats and especially Uggs! When wearing these shoes for fashion, you tend to stress out the ligament across the bottom of the foot causing heel pain. Many people in general have been experiencing heel pain since COVID with everyone working from home and wearing no shoes at all! It is best to wear supportive shoe gear such as sneakers with arch support and a stiff sole to prevent this pain from occurring.

Ankle sprains can happen to anyone, but women who wear high heels or platform-soled shoes cause instability to the ankle joint and are much more likely to twist their ankle. An ankle sprain can be very painful and take some time to treat with rest, icing, compression, and elevation.

If you are having these problems, it is best to try more supportive shoe gear! However, if that doesn't help, you should visit us at Gentle Touch Foot Care to help with your pain. Foot pain is very difficult to escape and we want to make you better!
Podiatry Newsletter January

Resolve to Take Better Care of Your Feet this Year

With the New Year comes new resolutions to improve various aspects of our lives. This year why not consider adding a few ways to be more proactive in the health of your feet to your list? Preventing foot and ankle problems and good basic podiatric care has a big payoff: your feet will stay pain-free and enable you to live the active life you love! Below are some resolutions to consider:



Invest in Good Shoes—the number one way to protect your feet from many common disorders is by wearing shoes that are well-made and fit properly. If you have any chronic foot conditions, such as bunions or flat feet, ask your podiatrist for recommendations of the best types of shoes for you. Soft, flexible material in the toe box, adequate arch support, moderate heels, cushioned insole, and no-slip treads are some key features to look for.

Commit to Regular Self-Exams—getting into the habit of looking over your feet daily from top to bottom will help you spot any irregularities promptly. Changes in skin or nail color, lumps or growths, bruising, swelling, redness, and cuts or wounds that seem slow to heal may all signal the onset of a foot problem. Nearly all conditions are most easily resolved when caught in their early stages.

Keep Feet Clean and Dry—washing your every day with warm soapy water and drying them completely is one of the best ways to keep fungal infections away. It's also important that feet not sit in sweaty socks. Use a foot powder in the morning or an antiperspirant to help keep moisture down.

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Celebrity Foot Focus

President-elect Joe Biden is on the mend after suffering hairline fractures in his right foot while playing with his dog. The injury was discovered in a scan and it will likely require him to wear a boot for several weeks.

Fractures are a concern generally as people age, but Biden's appears to be a relatively mild one based on his doctor's statement and the planned treatment. At 78 he will be the oldest president when he's inaugurated in January.

President-elect Biden is not the only politician to sustain an injury or endure an accident while in office.

- Despite winning two national championships as a member of the University of Michigan football team, former President Gerald Ford was remembered by many as being a klutz. In a famous incident President Ford tripped and fell on a rainy day down the slippery steps of Air Force One while holding his wife Betty's hand, perhaps giving credence to his legacy of clumsiness.

- In 1992, President George H.W. Bush fell suddenly ill and collapsed (after throwing up at his seat) during a state dinner being given for him at the home of the Japanese Prime Minister
- In January 2002, former President George W. Bush was enjoying some pretzels on the couch in his bedroom during a Baltimore-Miami NFL playoff game. A piece of a pretzel got lodged in his throat, causing him to choke and pass out briefly. He fell and his glasses cut and bruised his cheek.

- President Obama needed 12 stitches after he was hit in the lip by an errant elbow during a pickup basketball game with a group of family and friends visiting for the Thanksgiving holiday.

....continued from page 2 Resolve to Take Better Care....

Take Care of Toenails—trim toenails straight across but avoid cutting them too short. This allows the skin to fold back over the nail and can result in ingrown toenails. For this reason, you should also not file toenails with rounded edges. If you are a diabetic patient, consider asking the podiatrist to handle nail care to avoid possible injury and infection.

Listen to Your Feet—if feet hurt, stop the activity that is causing the pain and contact your podiatrist. Pain is your feet and ankle's way of telling you that something is wrong. Putting off seeking evaluation and treatment could result in a more serious issue.

A Great Gift for the Hard to Buy Person



Gift certificates can be redeemed for many things, including:

- Relaxing routine foot care (including a whirlpool treatment)
- Footwear (including many types of boots, athletic, orthopedic and diabetic shoes)
- Support stockings
- Our large variety of foot care products for damaged or dry skin

Do's and Don'ts for Avoiding Ankle Sprains

Winter temperatures mean slippery conditions that greatly increase the risk for ankle sprains and falls. While you can't control the weather, you can take steps to minimize your chances of sustaining an ankle-twisting injury. Follow the do's and don'ts below:

Do: pay extra attention to the surfaces where you are walking. Dark pavement may indicate black ice. Snowy sidewalks may make the curb difficult to see. Look for well-cleared paths and walkways that have been visibly treated with salt or sand.



Don't: wear shoes that are inappropriate for the conditions. Skinny heels and fashion boots that without a non-slip tread are no match for sleet, ice, snow, or even rain. Always wear shoes with wide, low heels and gripping bottoms when the weather is bad. If you are attending an event that requires more fashionable footwear, bring it with you and change when you arrive.

Do: leave extra time when the weather is inclement. If you are rushing, you're more likely to not see an obstacle or slippery spot and take a tumble.

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Do: consider keeping a small, sealable sandwich bag filled with some sand or cat litter in your winter coat pocket. If you come to a slick spot that you must cross, sprinkle the sand in front of you for better traction.

Don't: neglect to get ankle sprains evaluated. If you do twist your ankle it's important to have your podiatrist examine your ankle and assess how serious the sprain is. Ankle sprains can be deceptive—how much pain you are experiencing does not necessarily correlate with the severity of the sprain. If your podiatrist prescribes physical therapy be sure to complete the full course, even if your ankle stops hurting. The number one reason for repeated sprains and chronic weak ankles is not fully rehabilitating an earlier sprain.

Trivia

What part of your body is more likely to get frostbite?

- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts or your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

Recipe of the Month

Sheet Pan Meatballs with Crispy Turmeric Chickpeas

This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper



MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup panko, or another plain, dry breadcrumb
- 1/4 cup plain yogurt
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

Find Us...



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DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.

Recipe courtesy of thesmittenkitchen.com



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2021

Happy New Year!