

NORTH AUSTIN

FOOT & ANKLE

INSTITUTE

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Is Your Foot Structure Making You Fall Apart?

You might not want to hear this depending on the condition of your house, but your body is a lot like a building—and your feet are the foundation.

The feet and ankles support the rest of your body structure as you stand. This is of course an extremely important job, and any abnormalities within the structures of your feet and ankles themselves can have wider effects on what is happening above.

The way your weight is distributed over your feet can be altered with an abnormality such as high arches or flat feet. This can lead to pain in the feet and ankles, but it can also have an impact on the way you walk, which can affect the ways your legs and hips move.

A problem in the feet, in turn, can lead to pain and misalignment higher up in the body, just the way a shifting foundation can cause stress and problems in the walls of your home.

And, just like you might stabilize a foundation to prevent further stress and damage to your home, custom-made orthotics and other treatments can help you find greater comfort and stability in your own structure.



If you are suffering from foot and ankle pain, it has the potential to lead to more problems down the line. Don't hold off on finding the relief and treatment you may need. Let us know; we'll be happy to help.



Need a Different Nail Polish Remover?

Try These Instead.

If you paint your nails, you will need a way to remove that polish as well. But some people are not enthused with most standard nail polish removers and the chemicals they contain.

Acetone tends to be the major worry in nail polish remover. It's the chemical that tends to best do the job and using it normally (e.g. not drinking it or bathing in it) should not provide any long-term ill effects. Even so, some people can be sensitive to the fumes from acetone or find it irritates their skin. For them (and for anyone else who wants to try them!) we offer some considered alternatives:

- **A Lemon Juice and Vinegar Mix** – Mix 1 tablespoon of fresh lemon juice and 1 tablespoon of white vinegar. Soak your fingers for 5-10 minutes in warm water, then use a cotton ball to apply the mixture to your nails. Rub gently with the natural acid mixture to remove old polish.
- **Toothpaste** – Some swear by toothpaste as a polish remover, but your mileage may vary. Apply a small amount of toothpaste to each nail, then scrub with an old toothbrush. A whitening toothpaste may be most effective.
- **New Polish** – Nail polish itself contains a solvent, which evaporates as the polish dries. In a pinch, you can try using the solvent of a slow-drying nail polish to soften old polish on a nail. Use a top coat or a dark, slow-drying polish, and wipe it off quickly after applying.

If you are having trouble with nail polish remover, be sure to let us know. We might be able to suggest additional alternatives, and at the very least want to be aware if you might have certain sensitivities or allergies.

Mark Your Calendars

- May 2nd** World Password Day – Are all of your accounts secure?
- May 5th** National Astronaut Day – Honor the farthest travelers in history!
- May 9th** National Lost Sock Memorial Day – Pour out some fabric softener for those we have lost.
- May 13th** National Apple Pie Day – Can't get much more American than that!
- May 17th** National Endangered Species Day – From red pandas to rhinos, help protect vanishing breeds.
- May 24th** National Scavenger Hunt Day – Get out there and search!
- May 28th** National Hamburger Day – Do you prefer mayo or ketchup?
- May 31st** National Smile Day – Try to keep one on all day.



Do Zinc and Vitamin C Really Work for Colds?

Any time you start seeing people dropping out sick at work or among your family, that chill runs down your spine. *Am I next?*

A lot of people turn to supplements such as zinc and vitamin C in an attempt to boost their immunity and stave off a possible sickness—but do these nutrients really have much of an effect?

Unfortunately, science does not provide a lot of foundation for the effectiveness of either common cold remedy. According to a review of studies by the Cleveland Clinic, vitamin C has shown anywhere from a low 8 percent increase in recovery rate to no effect at all.

Zinc originally had a study in the past touting its illness-fighting benefits, but doubt was cast upon it when it was shown the study was funded by—you guessed it—a manufacturer of a zinc product. Studies since then have not shown any significant benefits against colds.

In the end, taking supplements with zinc or vitamin C likely won't hurt you (but do be careful not to take huge quantities of zinc, as it can be poisonous in such quantities. Never take more zinc per day than you would find in a standard multivitamin). Otherwise, they probably won't help you any more than a placebo might.



Broccoli Melts

Looking for a delicious twist on serving broccoli? Give these melts a try!

Ingredients

- 1 pound of regular broccoli (or broccolini)
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- Red pepper flakes
- Coarse salt
- Finely grated zest, followed by the juice of half a lemon
- ½ c. finely grated aged Pecorino-Romano
- 8 slices of your favorite bread
- 8 thin slices of provolone

Preparation

- Peel the broccoli stems with a vegetable peeler, then cut into large chunks (if using broccolini instead, cut into 2-inch portions).
- Pour about 1 inch of water into a large sauté pan, adding salt to taste. Bring to a boil, add broccoli, and cover with a lid. Let the broccoli steam this way for 2 minutes, then drain and pat dry on paper towels. Chop into small, half-inch pieces.
- Wipe the sauté pan dry and place on medium heat. Add olive oil and let heat for 1 minute. Add garlic and pepper flakes (if desired) and heat for about one minute, until garlic is starting to look golden. Add broccoli and cook 1-2 more minutes, seasoning with salt. Transfer it all to a bowl, then add the lemon zest and juice, Pecorino, and more salt and pepper flakes (if desired).
- Preheat broiler. Arrange slices of bread on a baking sheet and lightly toast on both sides. Scoop broccoli mixture onto each slice, lay a slice of provolone on top, and cook under broiler until cheese has melted and begun to blister.



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Getting Cold Feet (and It's Not Nerves)?

So, you suffer from a case of cold feet and a) you're not standing in snow and b) it's not your wedding day. What gives?

If you find your feet consistently feel cold without any good, discernable reason for them to be, the cause may be more internal than external. Potential causes of cold feet include:

- **Poor Circulation** – It is already more challenging for blood to reach our feet than many other parts of our body. If something begins to reduce that flow, the feet often feel it first. Potential causes of poor circulation can include heart conditions, peripheral arterial disease, smoking, and diabetes.
- **Nerve Problems** – If nerves in the feet are damaged or misfiring, it can cause a variety of sensations, including feelings of temperature change when there is none. This type of damage can be the result of trauma, or effects of conditions such as diabetes.
- **Raynaud's Phenomenon** – Raynaud's is a unique condition in which smaller blood vessels in the body narrow as a reaction to external cold and even stress (so maybe it is your wedding day after all!). Additional symptoms can include numb or tingling feelings, as well as a color change in the skin.

If you consistently deal with cold feet, it's a symptom worth informing us about. We can get to the root of the problem and find the best ways to keep you warmer and more comfortable.