## Foot Notes

Oregon Foot Care Centers

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April 2016

### Sandal Scandal

# Avoid a beach blunder this summer by addressing your footwear woes:



Wedges and Espadrilles

PROBLEM: Ankle Twist or sprain; instability and difficulty walking

SOLUTION: try a wider, flatter wedge; look for a rubber sole with good traction



Peep-Toe Sandals

PROBLEM: increased pressure on toes; bunions and hammer toes

SOLUTION: wear only for short periods of time; use an appropriate insert



Flats and Slides

PROBLEM: arch and heel pain; inadequate cushioning and foot support

 SOLUTION: avoid prolonged wear; try cushioned inserts for shock absorption; select a sole that doesn't twist excessively



Platforms and High Heels

PROBLEM: pain in the ball of the foot and ankle injuries

SOLUTION: wear lower, more stable heels (less than two inches); use an appropriate insert



Gladiator and Strappy Sandals

PROBLEM: irritation between toes; callus and dead skin build-up around the heels; lack of support and shock absorption SOLUTION: select natural materials such a soft, supple leather; ensure proper fit with no toes or heels hanging off-the edge

**Remember, foot pain is never normal!** If you're experiencing persistent pain, visit our office. Dr. Gauntt is uniquely qualified to diagnose and treat conditions of the foot and ankle.

Visit www.OregonFootCare.com to learn more or contract Dr. Gauntt's office: Hillsboro Office: (503) 648-1713 Newberg Office (503) 538-0466

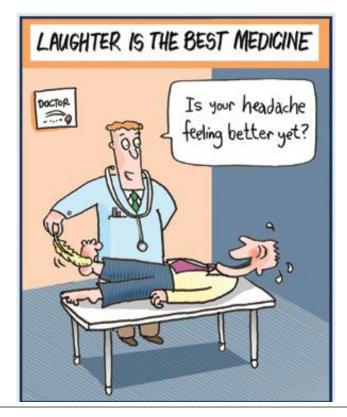
Courtesy of APMA



April Special Biofreeze

Buy 2 get  $3^{\text{rd}}$  ½ off

Reg. \$13.00



### Recipe Corner

### **Chicken Noodle Soup**

I was recently comforting my oldest daughter; cold and allergies, not a good combination but my chicken soup does help! It's really so easy to make your own soup and control the ingredients you like.

### Ingredients

- 1 tablespoon vegetable oil
- 3 cloves garlic, finely chopped
- 8 medium green onions, sliced (1/2 cup) (can use yellow onions also)
- 2 medium carrots, chopped (1 cup)
- 2 cups cubed cooked chicken
- One package of the Reames noodles found in the freezer section)
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon pepper
- 2 cartons low sodium chicken broth (you may need more if you like a lot of broth)

Salt to taste

1 In 3-quart saucepan, heat oil over medium heat. Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.

**2** Stir in remaining ingredients. Heat to boiling; reduce heat.

Cover; simmer about 15 minutes, stirring occasionally, until carrots and noodles are tender.

# **April is National Humor Month**

They say
humor is the
best
medicine (next to
Chicken Soup)

Studies have proven that laughter helps:

Reduce stress

Boosts your immunity system

Eases anxiety and fear Can relieve pain by producing your bodies own natural pain relievers

Improves mood Relaxes muscles

Go ahead, give it a try!

