

# Foot Notes

Oregon Foot Care Centers

K. G. Gauntt, D.P.M.

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 as 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](http://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<sup>rd</sup> 1/2 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!**

I don't want to brag or  
make anybody jealous,  
but...  
I can still  
fit into the  
earrings  
I wore in  
highschool.

