

August 2014



This Summer Protect Feet from the Heat

One perk of a beach-bound vacation is knowing you can lounge happily with your toes dangling in the warm water, shoe-free, with sand at your feet. But this ideal setting can come with its own set of troubles.

Luckily, there are ways to prevent foot predicaments so you can enjoy barefoot bliss:

- Wear shoes or flops around the pool, to the beach, in the locker room and even on the carpeting or in the bathroom of your hotel room, to prevent injuries and limit the likelihood of contracting any bacterial infections.
- Remember to apply sunscreen all over your feet, especially the tops and fronts of ankles, and don't forget to reapply after you've been in the water.
- Limit walking barefoot as it exposes feet to sunburn, as well as plantar warts, athlete's foot, ringworm and other infections, and also increases the risk of injury to your feet.
- Stay hydrated by drinking plenty of water throughout the day. Drinking water will not only help with overall health, but will also minimize any foot swelling caused by the heat.
- Keep blood flowing with periodic ankle flexes, toe wiggles, and calf stretches.
- Activities at the beach, lake or river may require different types of footwear, so remember to bring an assortment.
- If your shoes get wet, make sure they have dried out completely before your next wear to prevent bacteria or fungus from growing.
- If you injure your foot or ankle while on vacation, seek professional medical attention from a podiatric physician. Many often only contact a doctor when something is broken or sprained, but a podiatrist can begin treating your ailment immediately while you're away from home.

Adapted from APMA

August Special Revitaderm

Medical-strength care for
thick, dry callused skin

\$22.00

Reg. \$25.00



Fun Foot Facts

During an average day of walking, the total forces on your feet can total hundreds of tons, equivalent to an average of a fully loaded cement truck.

The average person will walk about 115,000 miles in a lifetime. That's more than four times around the earth!

1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.

There are 250,000 sweat glands in a pair of feet. No wonder they can get stinky!

Walking is the best exercise for your feet. It contributes to your general health by improving circulation and weight control.

Most people have one foot bigger than the other.

Recipe Corner

CHICKEN CURRY SALAD

Great one dish meal for those hot summer days!

6 cups cooked chicken, cubed

1/2 cup celery, thinly sliced

2 cups grapes, cut in half

1 can waterchestnuts, drained

2 cans pineapple chunks (I like the tidbits, they are a little smaller)

2 cups sliced almonds

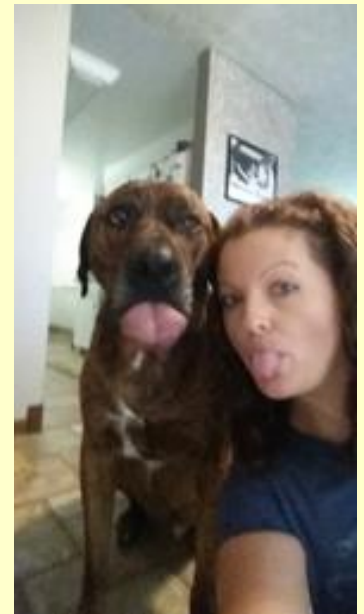
2 cups light mayo

1T. lemon juice

2T. soy sauce

1t. curry powder (or more if really like curry!)

Mix mayo, lemon juice, soy sauce and curry powder in a small bowl. Add to remaining ingredients. Chill and eat!



Oregon Foot Care Centers is excited to add a new member to our practice.

Dannielle works front desk in our Hillsboro office.

She comes with many years' experience in the healthcare field.

Want to strike up a conversation? Ask her about her dog, Whiskey!