

Foot Notes

Oregon Foot Care Centers

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Keep Your Summer Free From Foot Pain

Ah, summer weather, a great excuse to wear those cute flip-flops and sassy sandals, here are a few tips to keep in mind when shopping for those summer shoes:

WEDGES AND ESPADRILLES

Problem: Increased pressure on toes, bunions, and hammertoes

Solution: Wear only for short periods of time; use an approved insert

PEEP-TOE SANDALS

Problem: Ankle twist or sprain; instability and difficulty walking

Solution: Try a wider, flatter wedge; look for a rubber sole with good traction

GLADIATOR AND STRAPPY SANDALS

Problem: Irritation between toes; callus and dead skin build-up around 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

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; ankle injuries

Solution: Wear lower, more stable heels (two inches or under); use an approved insert

Adapted from APMA



*July
Special*

**Bromi
Talc**

*Provides comfort
and helps
prevent odor*

\$18.00

Reg. \$20.00

**We Feel Good When You
Feel Good!**

'Dr. Gauntt was my 2nd opinion...am I glad I went to him, I could barely walk.. He was thorough, explained his diagnosis, ordered x-rays, MRI which supported his opinion; fitted me with a brace which has helped considerably and referred me to PT. So he is now my 1st opinion! And has a very welcoming staff...Highly recommend.'
Toni H.

Recipe Corner

A great fresh salad for those warm nights. Also great subbing in blueberries for the fruit!

Strawberry Salad with Poppy Seed Dressing

TOTAL TIME: Prep/Total Time: 30 min. YIELD:10 servings

Ingredients

- 1/4 cup sugar
- 1/3 cup slivered almonds
- 1 bunch romaine, torn
- 1 small onion, halved and thinly sliced
- 2 cups halved fresh strawberries

- **CREAMY POPPY SEED DRESSING:**
- 1/4 cup mayonnaise
- 2 tablespoons sugar
- 1 tablespoon sour cream
- 1 tablespoon milk
- 2-1/4 teaspoons cider vinegar
- 1-1/2 teaspoons poppy seeds

Directions

1. In a small heavy skillet over medium-low heat, cook and stir the sugar until melted and caramel in color, about 10 minutes. Stir in almonds until coated. Spread on foil to cool; break into small pieces.
2. In a large bowl, combine the romaine, onion and strawberries. Combine the dressing ingredients; drizzle over salad and toss to coat. Sprinkle with coated almonds. Serve immediately. Yield: 10 servings.

Recipe Courtesy of Taste of Home



5 Second Rule



It's not just us feeling the heat, try the 5 second rule to test if pavement is too hot for your dogs:

The five-second rule: Place the back of your hand on the pavement. If you cannot hold it for five seconds, it's too hot to walk your dog.