

Foot Notes

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Oregon  and Ankle Specialists
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Sock It to Me--Your Socks Have Gone High Tech

New technology has invaded our homes and offices. It has become essential in how we correspond with one another, how we drive our cars, and even how we stay warm in the winter. Even the socks we wear have undergone transformations that relate to technology.

New technology has made fabrics healthier, more comfortable, and better looking than ever. Using fabrics like synthetics and polyester blends and getting away from cotton can help keep feet dry, leaving them comfortable and blister-free.

Since your feet and legs spend several months of the year covered in footwear, it is essential to choose the right sock for your needs. From fabric to fit, making sure your footwear has all the latest features is key.

Here are some tips to choose socks that are right for you, and the occasion:

- A sock with a poly/cotton blend, incorporating cotton and synthetics is an excellent option for everyday wear. Opting for either a thick or thin sock will not affect the health of your feet!
- Socks should fit like a glove. There should be no loose fabric around the toes or heels. Socks that bunch up can cause friction and lead to blisters. Socks that are too tight can decrease circulation and comfort.
- If you have diabetes or decreased circulation, seamless socks are now available to prevent friction that might result in irritation.
- Athletes should look for socks that wick moisture away from the foot. The best material is a cotton/polyester blend which will provide an excellent comfort level, great wear, and moisture absorption.
- All socks should be tried with the appropriate shoes. Do not try your running socks on with your dress shoes-- that's a recipe for buying the wrong socks.

Ask Dr Gauntt for recommendations. The technology involved can be overwhelming, but we can provide you with the appropriate guidance that matches your activities.



End of Year
Special

**Foot care
products
10% off**

**Does not include pads or
oral medications**



If your insurance is renewing soon, so may be your health savings

Most insurance benefits reset on January 1st, 2023. This means deductibles and out of pocket expenses will end with the New Year.

And if you have a Flexible Spending Account (FSA) you usually lose that money too, even though it's your money, that came out of your paycheck (*please check with your plan administrator to confirm*).

You have until the end of the year to have your health care costs covered by your insurance and spend any FSA funds before you have to be out-of-pocket again for the deductible, and potentially lose your FSA monies.

If you have a foot care problem (or would like a new pair of orthotics), now's the time to visit us and get the well-deserved care you (or your family) need.

Our appointments from now until the end of the year fill up fast; please call right away, so you don't miss out! Our friendly staff will be happy to answer any questions you may have.

Creamy White Bean Lemon Pesto Orzo Soup

Yummy comfort food!

Recipe Corner

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 shallot, chopped
- 4-6 cloves garlic, smashed
- red pepper flakes
- 2 tablespoons salted butter
- 2 cups dry orzo pasta
- 6 cups low sodium chicken or vegetable broth
- 1 can white beans
- kosher salt and black pepper
- 1/2 bunch kale, finely shredded
- 1/2 cup basil pesto
- 1/2 cup whole milk or canned full fat coconut milk
- 1 cup grated parmesan cheese
- zest and juice of 1 lemon



Instructions

1. Heat the olive oil in a large dutch oven over medium-high heat. Add the shallot, garlic, and chili flakes and cook until fragrant, about 5 minutes. Drop in the butter, then stir in the orzo. Cook until golden, 1-3 minutes. Pour in the broth and bring to a boil over high heat. Season with salt and pepper. Stir in the beans and kale. Season with salt and pepper. If you have one, add a parmesan rind. Simmer 8-10 minutes until the orzo is al dente, stirring often. It should become very creamy.
2. Stir in the pesto, milk, parmesan, and lemon, cook another few minutes until warmed through.
3. Divide the orzo and broth among bowls and add additional parmesan and black pepper. I like to add some fresh dill, parsley, or basil too!

Courtesy of Half-Baked Harvest (one of our favorites!)