

# Foot Notes

## February 2023

Oregon  and Ankle Specialists  
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### Treating Your Feet with Care

Mobility is something most of us take for granted until it is compromised. Nothing is more important to our mobility than the health of our feet. Just ask anyone who has been hampered by an acute or chronic foot problem how critical mobility is. You might even know what we mean.

Because of how crucial healthy feet are to optimum mobility, we are often shocked by how long some people suffer with pain in one or both before seeking our attention. The concern for how a foot condition can affect future mobility is a common reason why someone gets serious about eliminating the problem. Unfortunately, suffering with pain for too long can lead to a long-term mobility issue.

We don't take for granted how important our services are to the health and well-being of our patients. We consider ourselves "Mobility Keepers." **Lack of mobility is more than just a physical concern; mental health is tied to it as well.** Mobility that has been compromised long-term has been linked to weight gain, diabetes, hypertension, heart disease and even depression.

The over 50 population become more concerned with mobility than the younger population. **Being able to comfortably walk, jog, golf, travel and walk the dog are activities that require high-performing feet.** Not treating your feet like you would a luxury car can jeopardize these activities.

Correcting an ingrown toenail, eliminating plantar fasciitis, removing a bunion and making orthotics are just some of the things we specialize in to keep our patients mobile. **We also know that by keeping the feet healthy it has a significant impact on the knees, hips and back.** We aren't just treating 2 feet and 10 toes, we're treating the entire physical and mental person as well as all of the people who are close to you. When you aren't as mobile as you would desire to be, whether from a foot problem or otherwise, it affects those nearest to you.

Feet aren't usually a priority, especially if they don't hurt. Making them so can have a huge impact on how you mobile you are later in life. Seeing the consequences of neglected feet is what motivates us to broadcast to our patients and community how important keeping them fine-tuned is to our health and well-being.

# February Special

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February is National Heart Month, a time for everyone to concentrate on their heart health. Although taking time to care for your heart can be challenging as you go about daily life, it is easier than you think to show your heart some love. Even small activities of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

Understand your risks, make healthy choices, and take steps to reduce your chances of getting heart disease. Coronary heart disease, the most common type can be prevented by taking measures to lower your risk of developing heart disease. You can also improve your overall health and well-being.

## Baked Brie with Raspberries & Pecans

*Special treat for that Special Someone*

*Recipe Corner*

### INGREDIENTS

1 sheet frozen puff pastry thawed, if you're planning to cut out designs for the top of your cheese, then thaw a second sheet for that

8 ounce wheel brie cheese

3 tablespoons raspberry jam

1/4 cup fresh raspberries plus more for garnish

1/4 cup candied pecans coarsely chopped

1 egg beaten

cooking spray

### INSTRUCTIONS



Preheat the oven to 375 degrees F. Line a sheet pan with foil, then coat the foil with cooking spray.

Lay one sheet of puff pastry on the foil. If you're using a second sheet of pastry to cut out decorations, you can make your decorations at this time.

Cut a thin slice off the top of the brie. Spread the jam over the brie, then arrange the raspberries and chopped pecans on top.

Wrap the puff pastry around the brie, then pinch the edges to seal shut. Add pastry decorations, if you're using them.

Brush the egg all over the pastry. Bake for 20 minutes or until pastry is golden brown.

Let cool for 5 minutes, then serve with crackers and sliced apples.