

Foot Notes

March 2023

Oregon  and Ankle Specialists
K.G. Gauntt D.P.M.

Balance-Boosting Footwear Tips

Falls are the leading cause of fatal and non-fatal injuries among older people, according to the CDC. Each year, 3 million older people are treated in emergency departments for fall injuries. More than 800,000 patients a year require hospitalizations due to a fall injury. In 2015, falls cost more than 15 billion in total medical costs, according to the CDC.

Preventing falls among older Americans is a top health priority, and improved balance can help reduce the risk of a fall. Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance issues.

When selecting a shoe to improve balance, keep these guidelines in mind:

Put shoes to the 1-2-3 test.

Step one: press on both sides of the heel area to ensure the heel is stiff and won't collapse.

Step two: bend the shoe to check for toe flexibility-the shoe shouldn't bend too much in the toe-box area but it shouldn't be too stiff and inflexible either.

Step three: try twisting the shoe; it shouldn't twist in the middle.

Have your feet professionally measured every time you shoe shop. Natural aging and health changes can cause the size of your feet to change. Measure both feet- late in the day – and shop for the larger foot.

Bring the type of socks you plan to wear with the shoes and walk around the store in the shoes before you purchase them.

If you don't feel comfortable or sturdy in the store, don't buy the shoes. Shoes should feel comfortable and supportive right away; if they don't feel good right away, breaking them in won't improve things.

If you have specific health challenges or foot issues, talk to a podiatrist about the best footwear for your needs. If you have custom orthotics – take them with you when you shop and try them out in the shoes you're considering.

Quality shoes can be an investment. Before you buy, check to see if the brand and style you're considering have earned the APMA seal of acceptance. APMA grants the seal to products found to promote good foot health.

March Special

Gormel Crème

Wonderful for
moisturizing and
softening dry feet

\$20.00

Reg. \$22.00

Spring is coming!!!!

Hopefully we will all be able to get out and enjoy it!

Take care of those feet!

Your feet must last a lifetime, and most Americans log an amazing 75,000 miles on their feet by the time they reach age 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented.

No-Knead Bread

Simplest bread, you will be amazed at the results!

Recipe Corner

INGREDIENTS

Makes 1 loaf

- 3 1/4 cups all-purpose flour
- 2 teaspoons salt
- 1/2 teaspoon active dry yeast
- 1 1/2 cups water at 110 degrees F

INSTRUCTIONS

1. In a large bowl, combine water, yeast, salt, and water and mix until a shaggy dough forms.
2. Cover dough and let sit at room temperature for 12-18 hours.
3. Transfer the dough to a well-floured surface. Fold the dough onto itself, pulling the outer edges into the center. Continue, to do this until you create a tight smooth ball that holds its shape.
4. Line a bowl with parchment paper with excess paper over the edge and sprinkle the paper with flour.
5. Place dough ball into prepared bowl, cover, and let rise for 30 minutes.
6. In the meantime, preheat the oven to 450 degrees F and place the dutch oven into the oven with the lid on it to preheat.
7. Once the oven is preheated, carefully remove the lid of the dutch oven. Use the parchment paper as handles to transfer the dough ball into the dutch oven. Put the lid back onto the dutch oven and bake for 30 minutes.
8. Remove the lid and bake for an additional 10 minutes.
9. Using the parchment paper, place the bread onto a cooling rack. Allow to cool for at least 1 hour before cutting into the bread.
10. Enjoy with butter and your favorite jam!



Recipe courtesy of Scratch Pantry and Acre Homestead, a local Youtuber. I love her channel. Lots of recipe and food preservation ideas!