

# Foot Notes

## July 2023

Oregon  and Ankle Specialists  
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### **Pain in a Toe can be a Sign of Arthritis**

Pain and swelling of one joint in your toe can be a sign of arthritis.

**WHY IT MATTERS:** Getting arthritis diagnosed as early as possible can go a long way towards potentially preventing it from causing more pain and destruction.

When someone comes to us to have a painful swollen toe evaluated, arthritis is one of the conditions we think of.

There are certainly other things that can cause this type of pain such as:

- Gout
- Injury
- Bone tumor
- Cyst

An x-ray evaluation of the toe is essential to making an accurate diagnosis.

In some cases, we'll order a blood test which can indicate some forms of arthritis.

Rheumatoid and Psoriatic Arthritis are two of the most common types we see in the feet.

Again, a single swollen joint in one of the toes can be a sign of one of these types of arthritis.

If you have a joint like this, start by treating it like any other type of pain and inflammation, that is, apply ice, take Advil or Aleve and rest the part.

If the toe doesn't improve in a week, a consultation with us would be a good option.

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Special*

*Gormel  
Crème*

Wonderful for  
moisturizing and  
softening dry feet

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## Our Feet aren't the Only Ones Getting Hot

Dogs' paws can be just as sensitive as humans' feet. That means they're equally as likely to get burnt walking on a hot surface as their owner would be.

Check first before you walk your pups. Simply touch the pavement with the back of your hand for seven seconds. If you can't hold out for the full seven seconds because the surface is too hot, then it's also too hot for your dog's paws.



## Recipe Corner

### Smash Burger Tacos (Big Mac Style) These are insanely good!!

#### Ingredients

##### For the Big Mac Sauce

- 3 tbsp mayonnaise
- 3 tbsp ketchup
- 1 tsp apple cider vinegar or white wine vinegar
- ½ tsp Tabasco or your favorite hot sauce
- 2 tsp Worcestershire sauce
- 1 tsp mustard

##### For serving

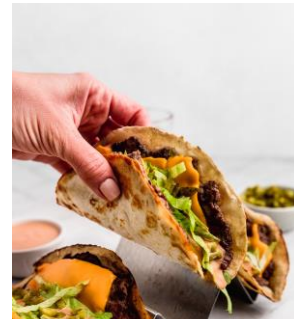
- 1 iceberg lettuce leaf finely sliced
- 2 tbsp finely chopped dill pickles

##### For the Big Mac Tacos

- 200 g ground beef (10% fat) (1lb)
- Salt and pepper to taste
- 4 small flour tortillas
- Vegetable oil for cooking
- 8 slices of American cheese / American cheddar

##### For the Big Mac Tacos (Smash Burger Tacos)

1. Mix the ground beef with salt and pepper.
2. Press a thin layer of beef onto the tortillas. Have them all ready before you begin cooking.
3. Preheat a hot skillet or griddle over high heat. It should be smoking.
4. Add a bit of oil to the pan and place one tortilla with the beef side down. Flatten/smash it using a flat surface. I used the bottom of a saucepan. Leave it there for 1-2 minutes and then flip.
5. Place two cheese slices on top of the beef and place a lid on for 30 seconds to help the cheese melt.
6. Remove it from the pan and repeat with all the tacos. To keep them warm, you can keep them in the oven at 120°C/240°F on a cooling rack so that they don't go soggy.
7. Serve with the lettuce, Big Mac Sauce and pickles.



Recipe courtesy of Cravings Journal