



News and Updates *April 2019*

Welcome to Burlington County Foot and Ankle Associates, Inc.! The mission of our practice is to provide that hometown-country doc customer service in a modern, high tech medical world. Join us so we can keep you walking.



Dr. John DePalma, D.P.M.

Dr. DePalma has been part of Burlington County Foot and Ankle Associates, Inc. for more than 20 years. He is committed to providing top-notch care to his patients and makes house calls on Fridays for his patients who are homebound.

Dr. DePalma's desire to become a doctor began in the 7th grade when he read a book about yellow fever and the Panama Canal that sparked his interest in medicine. He was first introduced to podiatry in high school while running cross country track. Some of his teammates had shin splints and heel pain from running and had seen a podiatrist who had instructed them to have a teammate learn a taping technique and apply it before every practice. Dr. DePalma excelled at taping and this ignited his passion to study sports medicine and podiatry.

Get to Know Dr. DePalma

Favorite Book: The Slight Edge by Jeff Olson (non-fiction). For fiction, I will read anything by Greg Iles.

Favorite Sport to watch: Football

Favorite Sport to Play: Soccer

Favorite Sport I Miss: Running

Favorite Restaurant: Any of the local greats like Rustic Grille, Rivera Pizza, Shamong Diner, Femmina, Tarantella's. My all-time favorite for both my wife and I is Graziano's Restaurant in Chesilhurst, NJ.

What is the most enjoyable part of your job?
Being able to help someone walk out of the office with no pain.

What are some small things that make your day better?
Great conversations about all types of topics.

How do you relax after a long day at work?
I watch a movie – usually one I've seen a hundred times. This way, if I fall asleep, I won't be missing anything.

How to Use a Pumice Stone to Pummel Tough Skin



A pumice stone is not some hoity-toity product reserved for spa use. It's literally a rock. How much more basic can you get?

When used correctly, a pumice stone is an excellent tool for keeping feet smooth and free of dead skin. They're also useful

for reducing corns and calluses. If you don't use a stone right, however, it can lead to a good deal of pain!

Here's a good pumice stone routine to follow:

- Soak your feet in warm water for 5-10 minutes. This helps soften the skin and prepare it for exfoliation. Put the pumice stone itself in the water, too. A wet stone is going to move across your skin more easily than a dried hunk.
- Pat your skin dry with a towel.
- Rub the harsher side of the pumice stone over your skin in a circular motion. Use only light pressure—you are not trying to grind a hole in your foot! Do this for about 2-3 minutes. If your skin starts to feel sensitive or sore, stop immediately.
- Rinse your feet off. If you still see patches of dead skin, gently repeat the process.
- Apply a bit of moisturizer to your skin to finish.

Clean your pumice stone with warm, soapy water when you are done, scrubbing off any dead skin that may remain on it. You will also want to give it a deeper clean now and then by placing it in boiling water for 5 minutes. Allow it to air dry once it is cleaned.

If you are having persistent trouble with corns, calluses, or dry skin, there may be an underlying cause to the problem. We can help!



Getting into Running?

Mind Your Feet and Ankles!

The thrill of starting a running program is motivating, and the health benefits can be great! However, there's a right way and a wrong way of going about it, and the wrong way leaves you more open to frustrating and sidelining injuries.

There are many "couch to 5K" programs out there, and some of them can be very useful. Just diving into one, though, is not the best move.

Everyone has different fitness levels from which they begin and committing to a higher level of activity than your body is currently used to can lead to overuse injuries such as stress fractures, plantar fasciitis, and Achilles tendinitis.

When starting out with running or any other new physical activity, always be patient with your capabilities. It's better to start off a bit lower and discover your limits than surpass them the first time and injure yourself!

A good general rule of thumb for increasing your workout intensity is no more than 10 percent per week. That may mean 10 percent more distance, 10 percent more time, or 10 percent more weight. That is up to you to decide, but never hesitate to reduce the load if you feel it is having a negative toll on your body.

We can help you determine the best equipment, stretches, and other tips for getting more active while keeping your feet healthy. Just let us know what you're planning on doing!

Mark Your Calendars

- April 3** National Walking Day – 30-minute walks have great benefits to your physical and mental health.
- April 5** National Flash Drive Day – A celebration of technology and a day of remembrance for all the thumb drives you've lost.
- April 9** National Cherish an Antique Day – What has a history in your home?
- April 12** National Grilled Cheese Sandwich Day – But there doesn't seem to be a tomato soup day?
- April 17** National Bat Appreciation Day – They're like small, flying dogs.
- April 23** National Talk Like Shakespeare Day – Rhyme (and insult) like the bard!
- April 27** National Pool Opening Day – Have you tested your water?

April 30 National Honesty Day – No Lie!



Is There a Best Temperature for Sleeping?

A room that is too hot or too cold—or at least not at a temperature you are used to—can feel torturous when you are trying to get a good night's sleep. Is there a range that tends to be more ideal than others, though?

According to sleep psychologist Michelle Drerup, a temperature of 60-67 degrees Fahrenheit is most optimal for a good night's sleep. This is largely due to the fact that body temperature decreases as part of falling asleep and having the temperature of the room lower can help aid this along.

If a room becomes too hot or too cold, it is more likely to awaken you from sleep. It can also have a significant impact on the quality of REM sleep. This is the period of sleep when we tend to dream and having it interrupted or deprived can lead to irritability.

What is considered the best sleeping temperature for babies and young children is a little bit higher than that for adults. Try aiming for around 65-70 degrees instead.



Spinach and Feta Pita Bake

This quick and easy dish can serve well as an appetizer at a party, or a meal around the table.

Ingredients

- 1 tub sun-dried tomato pesto, 6 oz.
- 6 whole wheat pita breads, 6-inch each
- 2 roma (plum) tomatoes, chopped
- 1 bunch spinach, rinsed and chopped
- 4 fresh mushrooms, sliced
- ½ c. crumbled feta cheese
- 2 Tbsp. grated parmesan cheese
- 3 Tbsp. olive oil
- (optional) ground black pepper

Preparation

- Preheat oven to 350 degrees F.
- Spread tomato pesto onto one side of each pita bread and place on a baking sheet, pesto-side up.
- Top pitas with tomatoes, spinach, mushrooms, feta, and parmesan cheese. Drizzle with olive oil. Season with pepper (if desired).
- Bake for about 12 minutes, or until pitas are crisp. Cut into quarters before serving.



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How Do You Wash Your Feet?

We don't mean to sound overly parental here, but this is a topic that deserves more discussion than it gets: Are you washing your feet?

Like, really washing them?

Standing in the shower and letting soapy water run down over your toes is not actually cleaning your feet, but it's the route that many go. Washing your feet properly takes a bit more effort but is very much worth it.

Feet that don't get cleaned well are more likely to face irritation. They are also more likely to suffer from fungal or bacterial infections, especially if you spend time around public pools and locker rooms.

Your feet should be washed daily, and mild soap and water should be part of that equation every time. The top and bottom of each foot should be cleaned with a washcloth or other suitable device, and you should get between the toes as well.

If you are worried about slipping in the shower, that is a natural concern. Investing in non-slip mats can help. You can also use a basin, if you prefer.

Once you have washed, make sure your feet are fully dry before putting on any socks or shoes. And that especially includes between the toes again! Having excess moisture against your feet all day can also increase your odds of skin irritation and fungal breeding.

If you have any questions about skin care on your feet, we are more than happy to help. Don't be afraid to ask!