



News and Updates *February 2021*

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.



JOHN DEPALMA, DPM

Dr. DePalma has been part of Burlington County Foot and Ankle Associates, Inc. for more than 20 years.

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.



MARK FILLARI, DPM

Dr. Mark Fillari joined the team at Burlington County Foot and Ankle Associates, Inc. in 2019.

Get to Know Dr. Fillari

- He enjoys working out at the gym.
- Favorite movie: *Inception* with Leonardo DiCaprio
- Favorite sport to play: Basketball and Wallyball (A volleyball game in a racquetball court.)
- To relax, he enjoys spending time with friends and family at the beach.



Jack Frost Nipping at Your ... Toes

Raynaud's is a condition in which vasospasms temporarily narrow blood vessels in the fingers and/or toes, restricting blood flow to these areas and causing dreaded cold hands and feet. Raynaud's of unknown origin is called primary Raynaud's (roughly 80 percent of cases). When an underlying condition is to blame, it's referred to as secondary Raynaud's.

Cold temperatures and stress are the predominant triggers of Raynaud's attacks. The skin may turn white, then blue for a while. When blood flow returns, affected areas turn red and may tingle, burn, throb, or feel numb. An attack can range from a minute to several hours. And it doesn't require bone-chilling temperatures to trigger Raynaud's. Sometimes a temperature dip below 60 degrees is all it takes.

Risk factors for primary Raynaud's include being a woman under age 30, family history, and living in a cold climate.

Secondary Raynaud's risk factors include being over 30 years of age; presence of an underlying disease or condition that directly damages blood vessels or nerves aiding circulation; exposure to certain workplace chemicals; various medications; smoking; and residing in a chilly environment.

Simple lifestyle changes can keep primary Raynaud's at bay. Wear warm socks (merino wool socks, not too thick) and enclosed shoes outdoors in chilly weather, and keep your feet dry. Use foot and hand warmers in your shoes and mittens (mittens are preferable to gloves). Consider an electric blanket for sleeping; exercise regularly to diminish stress; and quit smoking, which constricts blood vessels.

People with secondary Raynaud's might need medication on top of lifestyle changes to keep their underlying condition in check.

If stress or chilly weather triggers a reaction in your toes, contact our office for a thorough evaluation.

Help for Dry, Cracking Skin



Winter can be a dry season in many places, and our feet are especially susceptible to drying out for many other reasons, too! For one, our feet contain fewer oil glands than anywhere else on our body, meaning less natural oils to keep skin soft and moisturized. Weight, age, medications, and health conditions can also contribute to your feet feeling like a barren landscape.

Feet that become overly dry are more prone to painful cracks and fissures as well. Taking some time each night to treat your feet, however, can help resolve dry, cracked skin.

Before bed, soak your feet for about 20 minutes in a small tub filled with warm water and liquid soap. Use a pumice stone (gently—it should not hurt!) to exfoliate loosened, dead skin cells. Then simply rinse off and pat dry with a towel.

Once cleaned off, apply a moisturizing foot cream or petroleum jelly generously to your feet. Cover them in a pair of old socks to both lock in the moisture and keep from making a slippery mess! Keep the socks on overnight, then wash your feet off again in the morning.

The above nightly routine can begin to show results in several days. If the problem doesn't show any improvement, or your feet are too cracked and painful, please see us. You may have an underlying problem or need advanced treatment!

Mark Your Calendars

- Feb. 3** Feed the Birds Day: Midwinter food sources get scarce. Birds appreciate seeds most.
- Feb. 5** Weatherperson's Day: 90 percent chance that weather forecasting is a thankless task.
- Feb. 6** Lame Duck Day: Time to give someone else a quack at the job.
- Feb. 9** Pizza Day: Halloween(!) and Super Bowl Sunday lead the way in highest consumption.
- Feb. 12** Lost Penny Day: Find a penny ... a sign of good luck. Find \$100 ... really good luck.
- Feb. 22** Walking the Dog Day: Walk your canine pal or do the yo-yo trick; they both count.
- Feb. 28** National Chili Day: Chili did not originate in Mexico. Try the San Antonio, Texas, area.





Skating Through History

Today's ice skates bear little resemblance to their forebearers from over 3,000 years ago. The first skates were developed in the Scandinavian region (no surprise there!) and were comprised of the shin bones of cattle and horses — a.k.a. “bone skates.”

Holes were pierced in ends of the bone and fitted with leather straps that attached to the wearer's footwear. Not very elegant, but efficient enough to navigate frozen waterways.

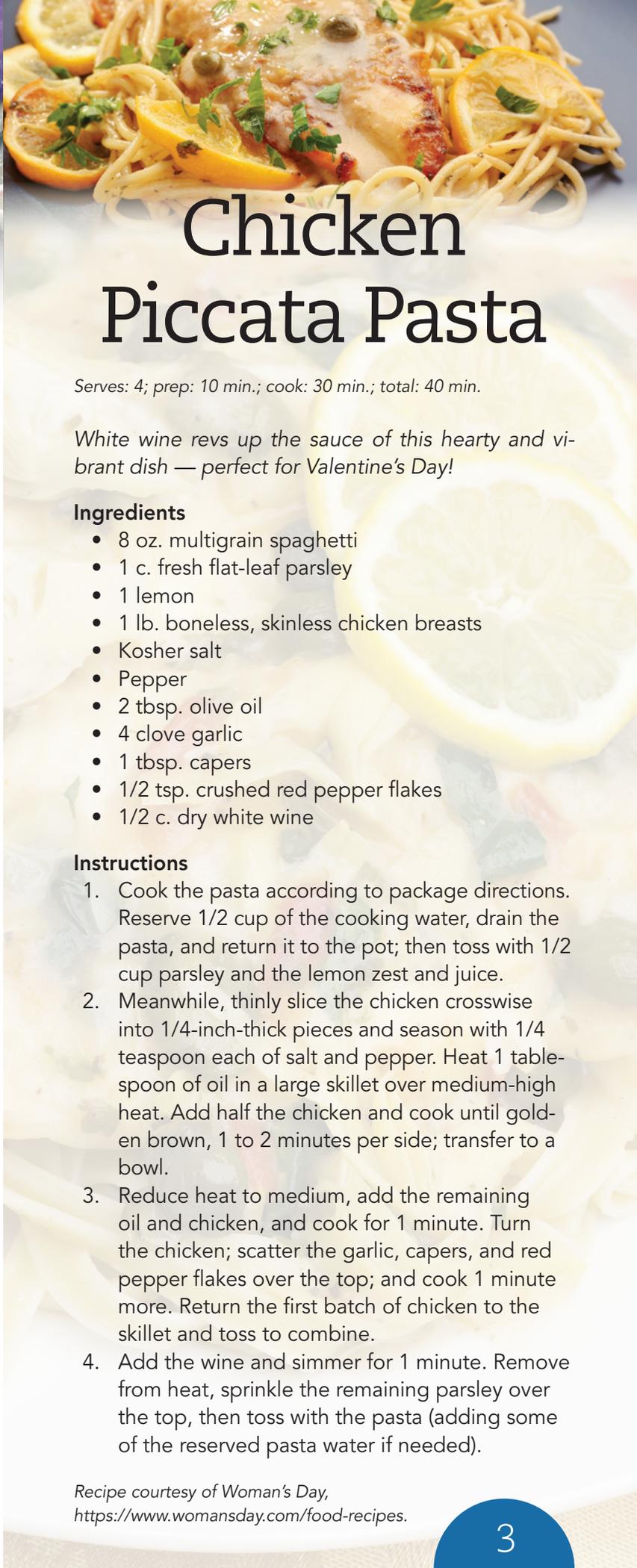
Locomotion was a tad different from modern skates. “Skaters” did not push off with their legs to propel themselves. They stabbed a sharp stick into the ice, between their legs, and pushed off with that. Since bone skates had no sharp edges and were flat and slippery — fat in the bones produced oily surfaces — they could glide in all directions, but turns were challenging.

Fast-forwarding to the 13th century, skates began to transition from animal bone to wood, with an iron blade fastened underneath. Control and speed were improved, and the cumbersome sticks were ditched, but the price was diminished gliding capability (a friction thing).

Over the following centuries, a dramatic curl was added to the toe of the blade, which prevented the tip of the skate from getting stuck in the ice and sending the skater sprawling. Longer, thinner blades changed how weight was distributed, so the blade didn't sink as deeply into the ice, creating a smoother glide (it's all about the glide).

In the 20th century, strap-on skates passed the baton to boots with screwed-in blades. Skaters could move more easily and safely, and fewer strides were required to cover a distance.

If you enjoy ice skating but wish you were smoother on your skates, don't fret. You're likely doing much better than you would be on animal bones.



Chicken Piccata Pasta

Serves: 4; prep: 10 min.; cook: 30 min.; total: 40 min.

White wine revs up the sauce of this hearty and vibrant dish — perfect for Valentine's Day!

Ingredients

- 8 oz. multigrain spaghetti
- 1 c. fresh flat-leaf parsley
- 1 lemon
- 1 lb. boneless, skinless chicken breasts
- Kosher salt
- Pepper
- 2 tbsp. olive oil
- 4 clove garlic
- 1 tbsp. capers
- 1/2 tsp. crushed red pepper flakes
- 1/2 c. dry white wine

Instructions

1. Cook the pasta according to package directions. Reserve 1/2 cup of the cooking water, drain the pasta, and return it to the pot; then toss with 1/2 cup parsley and the lemon zest and juice.
2. Meanwhile, thinly slice the chicken crosswise into 1/4-inch-thick pieces and season with 1/4 teaspoon each of salt and pepper. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add half the chicken and cook until golden brown, 1 to 2 minutes per side; transfer to a bowl.
3. Reduce heat to medium, add the remaining oil and chicken, and cook for 1 minute. Turn the chicken; scatter the garlic, capers, and red pepper flakes over the top; and cook 1 minute more. Return the first batch of chicken to the skillet and toss to combine.
4. Add the wine and simmer for 1 minute. Remove from heat, sprinkle the remaining parsley over the top, then toss with the pasta (adding some of the reserved pasta water if needed).

Recipe courtesy of Woman's Day,
<https://www.womansday.com/food-recipes>.



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Diet, Inflammation, and Feet

Inflammation is a normal part of the body's response to infection or injury. Damaged tissue releases chemical messengers that signal white blood cells to get busy with the healing process. Blood flow to the affected area increases and causes warmth, redness, swelling, and sometimes pain. Inflammation should be a relatively short-term process.

However, some foods we ingest trigger the release of inflammatory messengers that raise the risk of chronic, low-grade inflammation that spreads throughout the body. Inflammation then turns from ally to enemy, damaging healthy cells, tissues, and organs, and eventually leading to various diseases.

As for the feet and ankles, chronic inflammation may target the plantar fascia, the thick band of tissue that runs across the bottom of the foot. It's also a common cause of foot or ankle pain associated with osteoarthritis, rheumatoid arthritis, and gout. Over time, chronic inflammation can damage cartilage, ligaments, and muscle, and weaken bones.

Foods notorious for causing chronic inflammation include many baked goods and highly processed foods, which contain refined grains, sugar, and trans fats. The saturated fat found in red meat can trigger inflammation, as can too many omega-6 fatty acids, commonly found in vegetable oils.

Foods/products that spike blood sugar quickly, such as pasta, white flour, and sweets, are associated with inflammation. Inflammation issues may also arise due to allergies to common foods — for instance, those with wheat.

Reduce or eliminate unhealthy foods and replace them with the abundance of available healthful, anti-inflammatory ones. A diet emphasizing fresh fruits and vegetables (especially leafy greens), foods high in omega-3 fatty acids (e.g., tuna, salmon), whole grains, nuts and seeds, and lean meats can do wonders in keeping chronic inflammation at bay.