



News and Updates *May 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.

Don't Skip These Spring Training Tips



We've got news for you: the off-season is over. Time to pull on the shorts, strap on the shoes and get out there and start training. Whether you want run a 5k, be the best pitcher on your co-ed softball team, or test yourself in a triathlon, here's a little tip: start slow!

Many of us jump into a training routine with full force, anxious to get in shape and achieve our goals, but doing too much too soon can actually sideline your dreams. In order to avoid injury, it's essential that you gradually build the intensity and duration of your workouts, so your muscles are able to slowly adjust and you don't place too much stress on your bones.

It's also a good idea to cross-train—incorporating low impact activities decreases your risk of overuse issues. You should always warm up prior to activity, too, even if you just do a little walking or a few jumping jacks. In the same way, make sure to cool down with some stretches afterward.

If you do start noticing aches and pains, remember: resting a little now could save you from having to completely throw in the towel later. For more tips, feel free to ask our helpful staff. Let the training begin!

Keep Feet Safe During Mowing Season



According to the U.S. Consumer Product Safety Commission, over 37,000 Americans suffer mower-related injuries each year — many of them involving the feet, many of them preventable.

With mower blades whirring at 50 revolutions per second, injuries can be devastating: severe lacerations, fractured bones, severed tendons, and amputated toes. Even superficial wounds need prompt medical attention to prevent infection. The following precautions can help:

- Wear work boots or yardwork-specific shoes while mowing. Too many people mow barefoot or with minimal foot protection such as flip-flops, sandals, or sneakers.
- Don't mow wet grass with a push mower. It's too easy to slip on rain-soaked grass while mowing, which is a leading cause of mower injuries. Strains and sprains are more likely, too.
- Use a mower with a release mechanism that automatically shuts off the mower when the operator's hands lose contact with it.
- For push mowers, mow across slopes (side to side), not up and down. Conversely, riding mowers should be driven up and down slopes, never across them.
- When operating a riding mower, never allow a child to ride on your lap. Too many injuries occur when children step onto or off the mower. In addition, experts recommend a child be at least 12 years old to operate a push mower; 16 to operate a riding mower.
- Never mow on a riding mower while in "reverse." It opens the door to tragedy. Keep children and pets out of the yard while mowing.
- Prior to mowing, remove potential projectiles from the yard, such as rocks, twigs, toys, etc.

For homeowners with yards, lawn mowing is a fact of life. Mowing-related injuries, however, should not be.

Mark Your Calendars

- May 1** Kentucky Derby Day: Horses from post 17 have never won — 41 tries.
- May 4** Star Wars Day: May the Fourth be with you!
- May 9** Lilac Sunday: Rochester, N.Y., holds the largest lilac festival in North America.
- May 15** National Armed Forces Day: Third Saturday in May
- May 24** National Escargot Day: Enthusiasm for this day is building at a snail's pace.
- May 25** National Wine Day: One of Dr. D's favorite days!
- May 27** Sunscreen Protection Day: Up to 80% of ultraviolet rays can penetrate cloud cover.



A Workout to Commemorate the Fallen

CrossFit is known for their Hero WODs (Workout of the Day), which are named in honor of U.S. military members who died in action. A workout that has turned into a Memorial Day tradition is “Murph.”

Murph is named after Lt. Michael P. Murphy, who was killed in Afghanistan in 2005 when his four-man Navy SEAL team was confronted by overwhelming Taliban numbers during a reconnaissance mission. Two other SEALs lost their lives during the harrowing two-hour firefight. The team’s heroism was portrayed in the movie *Lone Survivor*.

Murphy’s favorite workout was a one-mile run, followed by 100 pull-ups, 200 push-ups, 300 air squats, and topped off by another one-mile run. He wore 20 pounds of body armor while going through the paces. A grueling workout for even the fittest specimens.

Murph originated in the gym, but outdoors is an easy transition if you can come up with a makeshift pull-up bar.

In competition, participants are required to do the workout in unpartitioned fashion — same order as above, same quantity, with a 20-pound weighted vest. Try running that second mile following 300 squats. Even elite participants find the 100 pull-ups to be the bane of their existence.

A full workout but doing it in partitions — for instance, 20 rounds of five pull-ups, 10 push-ups, and 15 air squats bookended by the runs — may be more your speed for noncompetitive scenarios. Beginners may prefer to do a fraction of the total workout (sans the vest), but in the same ratios. It won’t be a true Murph, but the spirit of the occasion will be maintained.

The Memorial Day Murph tradition is widening in popularity. It’s a unique way to honor those who sacrificed everything for our country.



Mother’s Day Frittata

Servings: 6; prep time: 15 min.; total time: 40 min.

Get Mom’s special day off to a fabulous start with this delicious, adaptable frittata. For those so inclined, plenty of veggies and meats can be substituted (including left-overs!). However, it’s best to keep the egg/heavy cream/cheese ratio consistent. Enjoy!

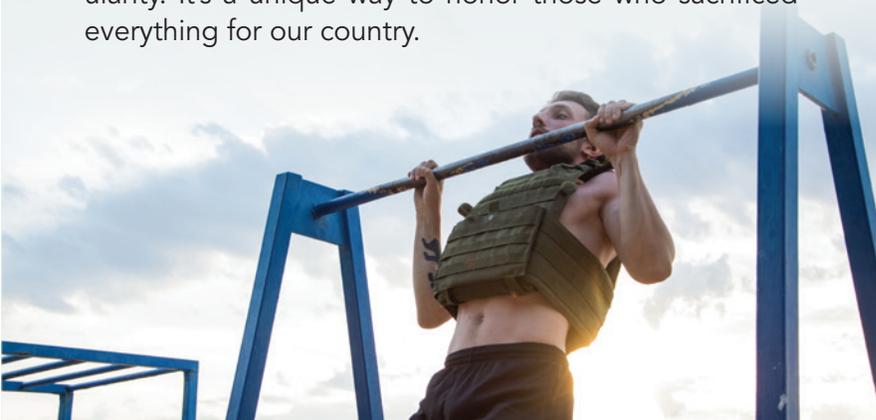
Ingredients

- 8 large eggs
- 1/3 c. heavy cream
- 3/4 c. shredded mozzarella
- Kosher salt
- Freshly ground black pepper
- Pinch of red pepper flakes
- 2 tbsp. extra-virgin olive oil
- 1 shallot, minced
- 3 cloves garlic, minced
- 8 oz. baby bella mushrooms, sliced
- 1/2 c. ricotta
- 3 c. baby spinach

Directions

1. Preheat oven to 375°. In a medium bowl, whisk together eggs, heavy cream, and mozzarella. Season with salt, pepper, and a pinch of red pepper flakes.
2. In a large skillet over medium heat, heat oil. Add shallot and garlic and cook until soft, 5 minutes, then add mushrooms and cook until soft, another 5 minutes. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.
3. Pour egg mixture into skillet, then dollop with ricotta and transfer skillet to oven.
4. Bake until eggs are just set, 12 minutes.

Recipe courtesy of the Delish website:
www.delish.com/cooking/recipe-ideas





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Turning Sobering Numbers Around

According to the CDC's National Diabetes Statistics Report for 2020, over 34 million Americans have diabetes. Over time, elevated blood-sugar levels can cause serious damage to the cardiovascular system, kidneys, eyes, nerves, and feet.

With regard to feet, nerve damage can diminish sensation (peripheral neuropathy); cardiovascular disease can slow healing (peripheral arterial disease). Individually, these conditions are serious health threats. Combined, you've got even bigger problems. When foot injuries go undetected, healing lags, wounds become infected, ulcers develop, and potential amputation enters the picture.

In the United States, nearly 100,000 diabetes-related amputations are performed each year. Globally, it is estimated that a diabetes-related amputation occurs every 30 seconds.

Ten percent of diabetics have foot ulcers; 10 to 15 percent of foot ulcers do not heal; close to one-quarter of those cases will require amputation. Unfortunately, once the ball gets rolling, it's tough to stop. Those who have undergone one diabetes-related amputation have up to a 50 percent chance of requiring another one in three to five years.

Despite the glum numbers, there is good news. Type 2 diabetes (90 to 95 percent of diabetes cases) is preventable with early intervention and lifestyle changes. For those who already have diabetes, it can be managed successfully.

A healthy diet, daily exercise, maintaining a healthy weight and blood pressure, consistently monitoring blood-sugar levels, daily foot inspections, taking medications as directed, and regular, comprehensive podiatric exams are key. Absent circulatory or neurological issues, a yearly exam should suffice. Otherwise, more frequent visits may be recommended.

When it comes to diabetes, amputation need not be part of the equation. If you're due for an exam, contact our office today.

