

### Our Offices

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### History FootNote

Flip flops – named for the slapping sound they make when you walk – have a long history. Originated by the Ancient Egyptians as early as 4000 B.C., they gained popularity in the U.S. when soldiers returning home from WWII brought back the Japanese zōri sandals that resemble flip flops.

## Flip Flops May Be Worse for your Feet than High Heels

Flip flops for men, women and children are everywhere. There is a pair for every budget, from the simplest kind available at a dollar store to exclusive jeweled designer models that cost thousands of dollars.

This simple and convenient footwear appeals to most of us – just slip on a pair and head to the pool and beach. But an increasing number of us are wearing them far too long each day and this can cause foot and ankle problems.



### Problems from Wearing Flip Flops Too Often

Most flip flops are flimsy with little or no foot and arch support. Because of this, wearing them for too long can cause plantar fasciitis, or inflammation of the plantar fascia, a band of tissue under the foot that connects your heel to your toes.

Another problem with wearing flip flops is excessive tension and pressure on the toes and arches because you have to grip them with your toes. This can create uncomfortable corns and calluses on the feet or even result in painful stress fractures.

The changeover to wearing flip flops for part of the day should happen gradually or you may feel muscle-overload pain in the shins, fronts of ankles and the feet. You may even unconsciously change your gait which can lead to knee, hip or back pain.

Watch your skin too – because our feet are exposed to the elements while wearing flip flops, the skin becomes dry and rough. If emollient creams and lotions are not applied, the dryness increases and the skin becomes cracked.

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## Celebrity Foot Focus

President Obama scored a presidential first by wearing flip flops while out and about on vacation in Hawaii.

## Trivia

*What is the average amount of sweat your feet will release in a day?*

- A. 1 cup
- B. 1 gallon
- C. 1 teaspoon
- D. 1/4 cup

**Answer: A. 1 cup**

## ....continued from page 1 Flip Flops May Be....

Cracks in the skin are perfect entry points for bacteria that can cause infection, for example when visiting a nail salon for a pedicure.

Lastly, since flip flops are so flimsy they tend to fold up or twist to one side when walking, which may cause tripping. Another dangerous condition is created when a flip flop gets stuck under a car's gas or brake pedal – a study reported that one in nine drivers admitted this has happened to them!

### Be Flip Flop Smart

It's okay to wear flip flops at the pool or beach, but don't wear them all day! Sandals with more support and that have a slight 1" wedge heel are much better for your feet, ankles and knees.

Be careful to treat your feet kindly when exposed to conditions that dry out the skin like beaches, pools and hot sand. Wash feet in warm, soapy water each night and dry carefully especially between the toes. Smooth a rich foot cream into the skin until it disappears.

If you experience any foot or ankle pain as a result of excessive wearing of flip flops, give us a call and come in for an evaluation. Sometimes the solution is easy: rest, ice and gentle stretching exercises. Custom orthotics will add more support for your feet, and medication or splints can resolve more serious cases of plantar fasciitis.

## August is "MedicAlert Awareness Month"

Do you or a family member have diabetes? Do you have any food or drug allergies, or have epilepsy or asthma?



If you become ill or injured, it's essential that first responders as well as those who treat you in an emergency room or hospital know your important medical information. Wearing a MedicAlert bracelet that shows any medical conditions, allergies or medications can result in faster and more effective medical treatment.

The information on a MedicAlert bracelet can also reduce treatment errors because your health history may not be available in an emergency. This ID can speak for you if you are unresponsive.

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### Joke of the month



A man frantically calls his doctor and says, "My wife is pregnant, and her contractions are only two minutes apart!" "Is this her first child?" the doctor queries. "No!" the man shouts. "This is her husband!"

### Find Us On...



### MedicAlert Bracelets Can Save Lives

If you or a family member has any of these health issues, an ID bracelet will alert emergency responders to your condition:

- ADD/ADHD
- Alzheimer's or dementia
- Anemia
- Asthma
- Autism
- Blood disorders or thinners
- Cancer
- Children with special needs
- COPD
- Diabetes
- Dialysis
- Drug allergies
- Epilepsy/seizures
- Food allergies
- Heart disease
- Hypertension
- Lung disease
- Pacemaker
- Stroke risk

The MedicAlert Foundation has established August as MedicAlert Awareness Month. Its purpose is to raise awareness of the importance of having life-saving medical information available in the event of an emergency.

You can find more information at the MedicAlert Foundation's website.

### Recipe of the Month

## Berry-Cream Cheese Tart Recipe

Summer Time Cool and Refreshing Sweetness!

### Ingredients

- 4 ounce(s) cream cheese, reduced-fat, softened
- 2 tablespoon orange marmalade, reduced-sugar
- 4 ounce(s) frozen light whipped dessert topping, thawed, thawed
- 3 cup(s) assorted fresh berries (such as sliced strawberries, blueberries, raspberries, and/or blackberries)
- 1/4 cup(s) flour, all-purpose

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## Meet our Doctor



Alec Hochstein, DPM

## ....continued from page 3 Recipe of the Month

- 1/4 tablespoon salt
- 1/3 cup(s) shortening
- 4 tablespoon water, adding 1 tablespoon at a time

### Preparation

#### Berry-Cream Cheese Filling:

1. Preheat oven to 450°F. Prepare Single-Crust Pastry. On a lightly floured surface, flatten the ball of pastry dough with your hands. Roll dough from center to edge into a circle about 11 inches in diameter. To transfer pastry, wrap it around the rolling pin. Unroll pastry into a 9-inch tart pan with a removable bottom. Ease pastry into tart pan, being careful not to stretch pastry. Press pastry into fluted side of tart pan. Trim pastry to the edge of the tart pan. Prick the bottom and side of pastry generously with the tines of a fork. Line pastry with a double thickness of foil.
2. Bake for 8 minutes; remove foil. Bake for 6 to 8 minutes more or until pastry is golden brown. Cool in pan on a wire rack for 30 minutes.
3. In a medium bowl, beat cream cheese with an electric mixer on medium to high speed about 30 seconds or until fluffy. Beat in marmalade. Fold in whipped topping. Spread cream cheese mixture in bottom of cooled crust. Arrange berries on cream cheese mixture.



#### Single-Crust Pastry:

In a large bowl, stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in 1/3 cup shortening until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of the mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening dough, using 1 tablespoon cold water at a time, until all the dough is moistened (4 to 5 tablespoons cold water total). Form dough into a ball.

*Recipe Courtesy of: [Everydayhealth.com](http://Everydayhealth.com)*