

Our Offices

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History FootNote

In 1904, at age 22, Dr. William Mathias Scholl patented his "Foot-Eazer" – a lighter, more flexible arch support that has sold millions over the years.

Feet and Ankles Are Vulnerable to Skin Cancer Too

Many of us ignore the possibility of skin cancer in the feet and ankles, as they often are sheltered from the sun by shoes and socks. But feet are vulnerable to skin cancer, too, including some types that are unrelated to sun exposure.

May is Melanoma/Skin Cancer Detection and Prevention Month

This annual health observance, sponsored by the American Academy of Dermatology (AAD), raises awareness of this serious disease and encourages individuals to prevent skin cancer or detect it.

Types of Foot Cancers

The three main types of cancers seen in the foot and ankle are:

Squamous Cell Carcinoma: This is the most common type on the skin of the feet. In early stages the cancer is confined to the skin and doesn't spread. The cancers can spread throughout the body when advanced. They are usually painless but can be itchy. On the feet, squamous cell cancer may resemble a fungal infection, plantar wart, an ulcer, eczema or other common foot skin conditions.

Malignant Melanoma: Malignant melanoma is one of the deadliest skin cancers, and patient survival depends on very early detection.

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Celebrity Foot Focus

Kristen Bell and Scarlett Johansson are among the celebrities who regularly wear orthotics to ease the pain of wearing brand new high heels on the red carpet.

Trivia

Running barefoot is better for your feet than running in shoes.

- A. True
- B. False

Answer: B. False

Explanation:

Doctors don't agree that "natural" running is safer. Barefoot running seems to improve strength and balance, but the lack of protection can cause more puncture wounds and increased foot stress. So, the jury's still out.

A melanoma will grow and go deeper into the skin, often spreading throughout the body via blood vessels and the lymphatic system. These cancers may be found on the skin of the feet, including the soles, and sometimes beneath the toenails. Melanomas may resemble benign moles, ingrown nails, blood blisters, bruises, plantar warts, ulcers caused by poor circulation, or foreign bodies.

Basal Cell Carcinoma: Basal cell carcinoma often appears on skin that is exposed to the sun, so it occurs on the feet less often than other parts of the body. These cancers rarely spread beyond the skin and are one of the least aggressive cancers. On the feet and ankles, basal cell cancers resemble benign ulcers or non-cancerous skin tumors.

Step Into Action

- Limit time spent outdoors in the sun, especially between 10 a.m. and 4 p.m.
- Apply sunscreen with an SPF of at least 15. Read the product's instructions to learn about how often to reapply and the recommended amount – especially for children.
- Don't neglect your feet and ankles when using sunscreen.
- Examine your feet and those of your children regularly. Look carefully between the toes and on the sole too. Report any skin changes, bumps, open sores, cracks or ulcers to your podiatrist.

Visit Us for a Comprehensive Skin Examination of Your Feet and Ankles

Because skin cancer symptoms often imitate benign foot conditions, it is important to have a professional evaluation.

We are uniquely trained to recognize and treat abnormal lower leg and feet skin conditions. Since skin cancers on the feet and ankles may look very different from those on other parts of the body, our clinical training is important to recognizing those differences. Early detection is best, so don't delay in calling our office for an appointment.

Safe Biking Means Foot Protection for Motorcyclists

It's a perfect day to take the motorcycle out for a ride, so you check fuel and fluid levels, grab your sunglasses and gear up with helmet and gloves.

Joke of the month



Long and Short of the Problem

Adam, an elderly man was seated in the doctor's waiting room. When he was called in to see the doctor, Adam slowly got up, and, grasping his cane and hunching over, slowly made his way into the examining room.

After only a few minutes, Adam emerged from the room, walking completely upright. Paul, another patient who had watched him hobble into the room all hunched over, stared in amazement. 'That must be a miracle doctor in there,' he exclaimed. 'What treatment did he give you? What's his secret?'

Adam stared at Paul and said, 'Well, the doctor looked me up and down, analyzed the situation, and gave me a cane that was four inches longer than the one I had been using.'

....continued from page 2 **Safe Biking Means....**

But wait! Don't forget to protect a part of your body that is most vulnerable in an accident – your feet. In an accident or tip-over, your feet will probably be one of the first things to hit the pavement. If you fishtail, you may have to drag a foot to steady the bike. And don't forget those hot exhaust pipes near your feet.



Be Choosy When Buying Motorcycle Boots

Boots are best – never bike with sneakers, sandals or flip-flops. You'll need protection for the ankle, heel, toes and sole of the foot. Here's a quick buying guide:

- Try on boots late in the day when feet are largest.
- Look for boots that protect the shin and even the calf for best protection.
- Check the soles – sewed-on leather soles are stronger than glue in case you have to drag your feet along the road.
- Choose oil-resistant leather or composition soles and waterproof leather uppers.
- Select boots without laces, or laces that are covered with buckles or zippered covers, so the laces will not get tangled in a motorcycle part and cause an accident.
- Boots should fit snugly but not too tight. Make sure they are comfortable walking and sitting, and that they don't cut into the back of your calves when you bend.

Plan a spectacular spring motorcycle ride at MotorcycleRoads.com.

Recipe of the Month **Curried Chicken Wraps**

Here's a tasty addition to your Memorial Day picnic!

Ingredients

- 3 split (1 1/2 whole) chicken breasts, bone in, skin on
- Olive oil
- Kosher salt
- Freshly ground black pepper

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Find Us On...



Meet our Doctor



Alec Hochstein, DPM



- 1 1/2 cups good mayonnaise
- 1/3 cup dry white wine
- 1/4 cup chutney (recommended: Major Gray's)
- 3 tablespoons curry powder
- 1 cup medium-diced celery (2 large stalks)
- 1/4 cup chopped scallions, white and green parts (2 scallions)
- 1/4 cup raisins
- 1 cup whole roasted, salted cashews, chopped

Directions

Preheat the oven to 350 degrees F.

Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin, and shred the chicken in pieces.

For the dressing, combine the mayonnaise, wine, chutney, curry powder, and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade. Process until smooth.

Combine the chicken with enough dressing to moisten well. Add the celery, scallions, and raisins, and mix well. Refrigerate for a few hours to allow the flavors to blend. Add the cashews to the chicken.

Fill the center of each tortilla with the chicken mixture. Fold the 2 sides of the tortilla over the filling so that the sides overlap. Roll the tortilla from bottom to top, and cut in half diagonally.

Recipe courtesy of FoodNetwork.com