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**Men – Don't Neglect Your Feet!**



Americans recognize Father's Day every June by gathering and celebrating the father figures in our lives.

Fathers do all they can to take care of us – but do they take care of themselves? Men often ignore subtle, nagging pain and physical problems and "tough it out." But these types of problems can often become chronic issues that require more serious treatment to heal.

Here are some common foot problems that men often have – and too often ignore:

**Fungus** - Athlete's foot isn't just an annoying itch – it's an infection that won't go away by itself. Worse, this fungus can be spread to your hands and other body areas. Over-the-counter products may just give temporary relief. Come see us to have the proper oral or topical medication prescribed.

**Fungal nail** - Yellow, chalky or brittle toenails aren't normal! For a permanent solution to this problem, we'll prescribe oral or topical medication. In severe cases, debridement or removal of the infected part of the nail may be recommended.

**Bunions** - Because of bad shoe choices or even genetics, the base of your big toe may have shifted sideways, crowding out the other toes and creating a painful bump at the base of the big toe. Painful bunions don't get better by themselves – come in for help.

**Hammertoe** - Over the years, your toe may get permanently bent in the middle joint from small, tight shoes or muscle imbalances. Switch to shoes with roomy toe boxes and keep those toes stretched and flexible.

**Arthritis** - Yes, arthritis can hit your feet too. Switch to a workout that's easier on your lower limbs such as swimming. Invest in new, supportive shoes for walking and running.

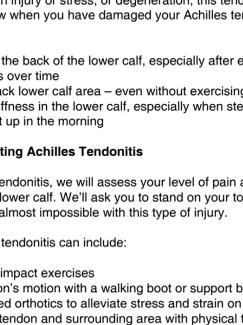
**Plantar warts** - These nasty skin problems can really be painful. The virus is contagious and easily picked up at public pools and locker rooms. A podiatrist has the right methods to get rid of that wart permanently.

**Flat feet** - If you suffer from hip or back pain, the real culprit may be flat feet. Let us fit you with arch inserts if your flat feet are painful and make recommendations for the best shoe for your unique foot type.

**Heel pain** - Inflammation of the plantar fascia, a thick band of tissue running along the bottom of your foot, can cause stabbing pain with each step. Come in and let us treat your plantar fasciitis with physical therapy, custom-made orthotics or injection therapy.

Do a favor for yourself or for that favorite man in your life – get help from a qualified podiatrist. Remember, the sooner you address a foot problem, the sooner it will be treated and the quicker you will be free of pain!

**Achilles Tendonitis Can Hit Professional Athletes and Weekend Warriors**



Ouch! Achilles tendonitis can really hurt.

The Achilles tendon is the largest tendon in the body and runs down the back of your lower leg, connecting the heel to the calf muscle. This tendon helps us with all motions including walking, jumping and running.

The Achilles tendon is thick and strong enough to withstand forces of 1,000 pounds or greater! But it is also the most commonly injured tendon because of athletic injuries.

Because of overuse, an injury or stress, or degeneration, this tendon can become inflamed. You will know when you have damaged your Achilles tendon – here are some common symptoms:

- Pain or aching at the back of the lower calf, especially after exercising or running
- Pain that worsens over time
- Swelling in the back lower calf area – even without exercising
- Tenderness or stiffness in the lower calf, especially when stepping onto the floor when you first get up in the morning

**Diagnosing and Treating Achilles Tendonitis**

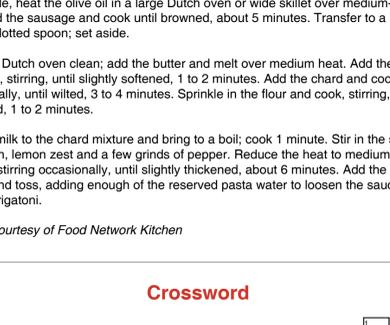
To diagnose Achilles tendonitis, we will assess your level of pain and swelling in the back of your heel and lower calf. We'll ask you to stand on your toes, as this can be extremely painful and almost impossible with this type of injury.

Treatment for Achilles tendonitis can include:

- Switching to non-impact exercises
- Limiting the tendon's motion with a walking boot or support bandage
- Using custom-fitted orthotics to alleviate stress and strain on the tendon
- Stretching of the tendon and surrounding area with physical therapy or proper at-home exercises
- Using over-the-counter anti-inflammatory medications – with our doctor's advice – to reduce pain and swelling

In severe cases that don't respond to conservative treatments, surgery may be necessary.

**Recipe of the Month  
Rigatoni with Swiss Chard and Turkey Sausage**



Now in season at your local farm, Swiss chard has stems that look a little like celery and can be green, red or rainbow-colored - a mixture of red, orange, pink and yellow. Cutting off the colorful stems and using just the leafy greens gives this savory pasta a healthy dose of magnesium and vitamins A and C.

**Ingredients**

- Kosher salt
- 12 ounces rigatoni
- 2 tablespoons extra-virgin olive oil
- 12 ounces spicy turkey sausage, casing removed, crumbled
- 4 tablespoons unsalted butter
- 6 cloves garlic, chopped
- 1 bunch Swiss chard, stems removed, leaves chopped
- 1 tablespoon plus 1 teaspoon all-purpose flour
- 1 3/4 cups milk (not skim)
- 1/2 cup grated parmesan cheese (about 1 ounce)
- Grated zest of 2 lemons
- Freshly ground pepper

**Directions**

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta.

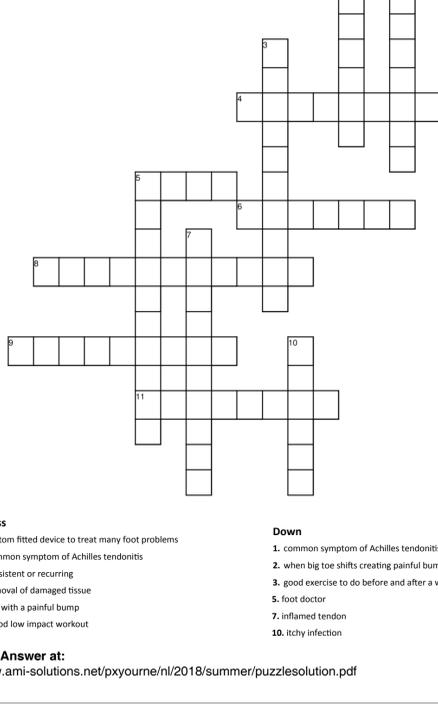
Meanwhile, heat the olive oil in a large Dutch oven or wide skillet over medium-high heat. Add the sausage and cook until browned, about 5 minutes. Transfer to a plate using a slotted spoon; set aside.

Wipe the Dutch oven clean; add the butter and melt over medium heat. Add the garlic and cook, stirring, until slightly softened, 1 to 2 minutes. Add the chard and cook, stirring occasionally, until wilted, 3 to 4 minutes. Sprinkle in the flour and cook, stirring, until combined, 1 to 2 minutes.

Add the milk to the chard mixture and bring to a boil; cook 1 minute. Stir in the sausage, parmesan, lemon zest and a few grinds of pepper. Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, about 6 minutes. Add the pasta to the pot and toss, adding enough of the reserved pasta water to loosen the sauce and coat the rigatoni.

*Recipe courtesy of Food Network Kitchen*

**Crossword**



**Across**

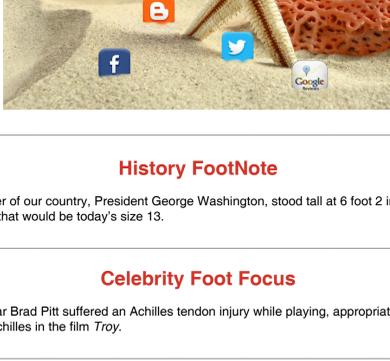
4. custom fitted device to treat many foot problems
5. common symptom of Achilles tendonitis
6. persistent or recurring tissue
8. removal of damaged tissue
9. toe with a painful bump
11. good low impact workout

**Down**

1. common symptom of Achilles tendonitis
2. when big toe shifts creating painful bump
3. good exercise to do before and after a workout
5. foot doctor
7. inflamed tendon
10. itchy infection

**See Answer at:**

[www.ami-solutions.net/pxyourme/nl/2018/summer/puzzlesolution.pdf](http://www.ami-solutions.net/pxyourme/nl/2018/summer/puzzlesolution.pdf)



**History FootNote**

The father of our country, President George Washington, stood tall at 6 foot 2 inches and had feet that would be today's size 13.

**Celebrity Foot Focus**

Movie star Brad Pitt suffered an Achilles tendon injury while playing, appropriately, the part of Achilles in the film *Troy*.

**Foot Funnies**

😄 Why isn't your nose 12 inches long? Because then it would be a foot.

**Trivia**

**Metatarsalgia is a condition describing acute pain in the ball of the foot.**

- A) True  
B) False

Answer: **A.True**

Explanation:

Metatarsalgia is the medical term for acute pain in the ball of the foot. A common overuse injury, metatarsalgia can become chronic as a result of stress and pressure on the ball of the foot. This is often caused by shoes and actions that put an abnormal amount of pressure on the ball of the foot, such as high heels and high-impact sports.

**Meet our Doctors**



**Dr. Eric Ricefield**

**Dr. Mark Yagodich**



**Dr. Aliza V. Eisen**

**Our Offices and Hours**

**Main Office**

39 Rittenhouse Pl Ardmore,  
PA 19003  
(610) 642-8837

Monday:	8:00 am – 4:00 pm
Tuesday:	8:00 am – 8:00 pm
Wednesday:	8:00 am – 3:00 pm
Thursday:	8:00 am – 8:00 pm
Friday:	9:00 am – 2:00 pm
Saturday:	Closed
Sunday:	Closed

**Paoli Office**

1410 Russell Rd #201 Paoli,  
PA 19301  
(610) 644-6501

Monday:	4:00 pm – 8:00 pm
Tuesday:	8:00 am – 12:00 pm
Wednesday:	8:00 am – 6:00 pm
Thursday:	8:00 am – 12:00 pm 2:00 pm – 8:00 pm
Friday:	Closed
Saturday:	Closed
Sunday:	Closed

**Downingtown Office**

797 E Lancaster Ave #9  
PA 19335  
(610) 873-0322

Monday:	9:00 am – 12:30 pm
Tuesday:	1:30 pm – 4:00 pm
Wednesday:	2:00 pm – 5:00 pm
Friday:	9:00 am – 1:00 pm
Saturday:	Closed
Sunday:	Closed

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