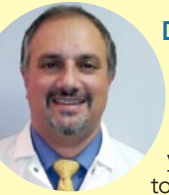




# News and Updates *September 2018*

## What to Do About Nerve Pain in Your Feet

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.



### Dr. John DePalma, D.P.M.

Dr. DePalma has been part of Burlington County Foot and Ankle Associates, Inc. for more than 20 years. He is committed to providing top-notch care to his patients and makes house calls on Fridays for his patients who are homebound.

Dr. DePalma's desire to become a doctor began in the 7th grade when he read a book about yellow fever and the Panama Canal that sparked his interest in medicine. He was first introduced to podiatry in high school while running cross country track. Some of his teammates had shin splints and heel pain from running and had seen a podiatrist who had instructed them to have a teammate learn a taping technique and apply it before every practice. Dr. DePalma excelled at taping and this ignited his passion to study sports medicine and podiatry.

### 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.

A tingling, burning, shooting sensation jolting through your feet can be quite frightening! Even worse could be feeling nothing at all.

Such sensations often arise from some form of nerve condition or damage in the feet.

The nerves in our feet can be particularly susceptible to problems because of their distance from the heart. It's more of an effort for our bodies to supply blood and essential nutrients to this area. If someone has poor circulation or complications from a condition such as diabetes, the nerves are more likely to become damaged or have problems recovering from injury.

Potential nerve damage in the feet, also known as neuropathy, is not something to ignore. Such symptoms may be signs of a deeper problem that may cause worse complications if not addressed.

The good news is that, once we get to the root of a neuropathy cause, there are usually steps that we can take to help alleviate the pain or manage the symptoms. Such methods may include physical therapy, medication, or nerve stimulation therapies.

In some cases, surgery might be required to relieve pressure against a nerve that is compressed against a bone or harder tissue.

If you have been suffering from strange pains or numbness in your feet, don't wait on it any longer. Let us know if you're experiencing pain today!



# Foot and Ankle Care As You Age

Some things become better as we grow older. Other things may require a little more care, or a different type of attention.

Our feet and ankles tend to fall in those categories. When considering foot and ankle care as you age, the main goal is in addressing issues and avoiding problems that may interfere with mobility. Proper care means getting around better!

Here are a few good self-care tips for aging feet and ankles:

- **Keep an Eye on Things** – Regularly examining your feet will help discover irregularities that could be potential problems before they become serious. If something looks or feels out of the ordinary, contact us!
- **Keep Feet Clean and Moisturized** – It's wise to combine these rituals with foot inspections. Use mild soap to clean your feet, followed by a lotion to keep skin from becoming dry and cracked. Do not leave lotion between the toes, however, as this can increase risk of fungal infections.
- **Get Good, Comfortable Shoes** – If you have not had your shoe size measured in a while, have it done by a professional. The shape and size of our feet can change with age, and the shoes that fit a decade ago might be too constricting for you now.

The best advice we can give, however, is to not wait for problems to clear up on their own. If something persists after a few days without improvement—whether it be pain, discoloration, bumps, or other symptoms—give us a call. There is no problem too minor to discuss!



## Mark Your Calendars

At Burlington County Foot & Ankle we care about your health ... and our community! We invite all our patients, patients' families and friends to join our **Team Keep U Walking** at the **Making Strides Against Breast Cancer** walk on **Sunday, October 28 at Cooper River Park in Pennsauken**. The walk is a festive 3.5-mile walk around the park with water stations along the way. You can join our team and walk with us by visiting <http://main.acsevents.org/goto/keepuwalking>. Wear your brightest pinks and join us – have fun while supporting breast cancer research. We hope to see you there!



# Can Small, Frequent Meals Boost Your Energy?

You know the old adage of three square meals a day being the best way to chow down, but there's a case for spreading your meals out over more, smaller installments if you're an athlete.

According to experts at Cleveland Clinic, athletes or people who have physically active schedules may benefit from more frequent "mini-meals" throughout the day. Keeping a steady, more frequent fueling pattern can help athletes maintain steady blood sugar levels, boost their metabolism, and provide a steady flow of nutrients as long as they're up.

Five or six meals per day, starting with breakfast 1-2 hours after waking and eating again every 3-4 hours, is considered a reasonable plan. Each meal should be small to moderate in size. Meals should be high in carbs and moderate in protein and fat.

If you have trouble feeling full during exercise, a meal replacement shake or smoothie might help avoid feeling bloated.

If you don't have as much time during the week, plan on preparing the bulk of your meals over the weekend. Also stock up on non-perishable snacks such as jerky, protein bars, pouched tuna, and nuts. Keep a variety for the full array of nutrition and to add some variety!

Whatever you do, no matter how active you are, don't skip meals. That's a ticket to decreased metabolism and energy every time.



## Hot Mulled Cider

Some people can't wait to get into autumn once September hits. If you're one of them, you'll likely fall for a hot mug of mulled apple cider! You can make some right in your slow cooker!

Note: This recipe is non-alcoholic, but you can add a bit of brandy, bourbon, or rum to your taste.

### Ingredients

- 1 gallon fresh apple cider (look for the cloudy, refrigerated stuff)
- 1 medium orange
- 1 piece of fresh ginger, 1.5 inches
- 5 cinnamon sticks, 3 inches each
- 1 tbsp. whole cloves

### Instructions

- Pour the cider into a slow cooker that can hold more than 5 quarts.
- Cut the orange into quarter-inch rounds and the ginger into quarter-inch thick slices. Add both to the slow cooker.
- Add cinnamon sticks and cloves. For easy removal, place them in a tea ball before adding to the mix.
- Cover the slow cooker and cook 4 hours on LOW, until flavors combine.
- If you want to remove the spices, strain the cider through a fine-mesh strainer or cheesecloth into a large pot.
- Serve in mugs. Garnish with orange slices, if desired.



520 Stokes Road Suite C-5  
Medford, NJ, 08055  
609-714-0052  
www.KeepUWalking.com



## How is your foundation?

Ask about custom Orthotics...

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# Back to School for Feet!

The start of a new school year is an exciting time (well, based on who you ask)!

If you have a child who has gone back to school, it might be a good time to update their shoes. Young feet grow fast, and having a well-fitting pair of shoes to last through the day can help prevent pain and fatigue.

When shopping for new shoes for a school-aged child, keep these items in mind:

- **Have Their Shoe Sized Measured Every Time** – Like we said, young feet grow fast. Don't assume that your child's shoe size has remained the same since your last shopping excursion. A trained sales associate should be able to provide you the correct measurements you need.
- **Don't "Buy Ahead"** – While your child's feet may grow quickly, buying shoes a size over what they are currently at is not a good idea. Shoes that are too large and slide around on the foot are just as capable of causing problems as shoes that are too tight.
- **Consider Lighter Shoes to Start** – Although it's September, summer is still technically here (and sometimes doesn't know when to leave). Shoes that are lighter and more breathable can help keep feet cool and reduce sweating until fall is officially here.
- **Does Your Child Have Flat Feet?** If so, a shoe with a roomy toe box, arch support and shock absorption can make a world of difference. If your child wears orthotic inserts, make sure they fit inside the shoe!

Good luck finding the right shoes you all can agree on! If you run into any problems or concerns about your child's feet, never hesitate to let us know. The right attention now can prevent longer lasting problems in the future!

