



News and Updates *April 2020*

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. MARK FILLARI

We would like to welcome Dr. Mark Fillari as part of the team at Burlington County Foot and Ankle Associates, Inc.

Dr. Fillari has always wanted to be in the medical field. He even used to teach at a tech school for medical assistants.

But his desire to become a podiatrist began when he took his grandparents to their foot doctor appointment. When discovering that Dr. Fillari had an interest in medicine, that doctor invited him to shadow in the office. While there, he learned about all the various aspects of podiatry. From diabetic foot care to surgery, from ingrown toenails to sports medicine.

He has always felt he wanted to specialize in a certain medical field. And podiatric surgery was where his heart found a home.

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.

Do You Have to Worry About Sharing Plantar Warts?

Having a case of plantar warts is bad news, obviously. But potentially worse news is the thought of being responsible for spreading it to others!

Nobody wants to be known as the one who helped their family or friends develop bumps and lesions on their feet. Even if they are usually harmless, they're still no fun to have! And in many cases, it could be hard to hide the fact that you had them to begin with, making you "patient zero."

But do you really need to be concerned about spreading plantar warts to your loved ones? Well, yes and no.

Plantar warts are caused by a strand of HPV, the human papillomavirus. The virus infects the outer layer of skin on your feet, often through tiny cuts or other weak spots.

HPV thrives in warm, damp areas, so public showers, poolsides, and locker rooms tend to be common spots for picking it up.

The good news is that plantar warts are not easily transmitted via direct, skin-to-skin contact. However, it's still possible, and precautions are still recommended.

Here are some quick tips for helping reduce your chance of spreading plantar warts:

- Don't touch your warts (and wash your hands thoroughly whenever you have to!).
- Don't share your nail clippers or other items that touch your feet with anyone else.
- Don't share towels with others.

Of course, getting your plantar warts treated is also a great way to keep from spreading them. You can't spread what you no longer have, after all! Let us know about your problem and we'll be happy to help.



Nutrition for Foot Health

When you eat a meal, do you ever think about what kind of effects it could have on your feet?

If you answered no ... well, we can't really blame you for that. How often do we really think about how nutrition affects any individual body part as we're eating something?

But here's the truth: Nutrients play very important roles in maintaining our foot health—and no, you don't have to eat anything bizarre to get the benefits!

Here are a few ways different nutrients can play healthy roles in your feet:

- **Vitamin D and Calcium.** These two nutrients work in tandem to promote healthier bones and reduce the risk of osteoporosis. You might think of it as more of a "back problem," but osteoporosis can also degrade the strength of bones in your feet and increase your risk of foot fractures.
- **B Vitamins.** Nerve health is crucial to the feet, and feet are unfortunately one of the first places that tend to suffer nerve damage when a systemic nerve problem arises. Rich B vitamin intake can help improve some cases of neuropathy and help overall nerve function.
- **Omega-3 fats.** These fats often found in fish (but also plant oils) have often been touted as beneficial to the brain, but they can help your feet as well. They can play a role in reducing inflammation.

Patients can have different needs, both for their diets and their feet. If you want to know more about what kind of diet might be best for your foot health, don't be afraid to ask.

Mark Your Calendars

- April 2** National Ferret Day: Keep your shiny objects out of reach!
- April 4** National Walk Around Things Day: Can take this figuratively, but literally is better!
- April 8** National Zoo Lovers Day: There are about 350 in the country to visit.
- April 11** National Barbershop Quartet Day: A harmonious day, indeed.
- April 16** National High Five Day: Up high!
- April 19** National Garlic Day: Perhaps have some breath mints on hand.
- April 25** National Telephone Day: Do you have a landline?
- April 28** National Zipper Day: Modern version invented in 1913!

Simple Tips for Better Sleep

If bedtime feels like more of a struggle than it should be, you are not alone. At least 60 million Americans suffer from occasional or consistent sleep problems, according to the National Institutes of Health.

Culture and life demands have a way of messing with the quality of sleep, but it's one part of life where you should not cut corners. Better sleep makes for better days, for both physical and mental comfort.

Here are a few tips to help you take in more Z's. If your problems are persistent or severe, we recommend consulting with a sleep specialist.

- **Make bedtime a habit.** Just like you wouldn't miss taking medicine around the same time every day, make it a habit to begin a sleep routine around the same time, as best you can. Do not give yourself excuses to stay up and keep doing stuff. You're just wiping yourself out more for tomorrow.
- **Wake up at a consistent time.** Just as going to bed should be consistent, so should be waking up. A set wake time helps build the drive for sleep over time. In other words, sticking to a steady waking time (instead of sleeping in) will gradually make going to sleep easier.
- **Keep your brain relaxed.** Smart phones and tablets before bed get your mind racing. Try to put them away at least an hour before you head to bed. Similarly, if you wake up in the middle of the night, resist the urge to check the clock. As soon as you do, you start trying to calculate how much time you have left before your alarm. Your brain doesn't need that at the moment!



Slow Cooker Mediterranean Stew

This meatless stew is not thin on flavor!

Ingredients

- 2 14-ounce cans of fire-roasted diced tomatoes (no salt added)
- 3 c. low-sodium vegetable broth
- 1 c. coarsely chopped onions
- ¾ c. chopped carrots
- 4 cloves of garlic, minced
- 1 tsp. dried oregano
- ¾ tsp. salt
- ½ tsp. crushed red pepper
- ¼ tsp. ground pepper
- 1 15-ounce can of chickpeas (no salt added), rinsed and divided
- 1 bunch Lacinato kale, stemmed and chopped
- 1 Tbsp. lemon juice
- 3 Tbsp. extra-virgin olive oil
- Fresh basil leaves
- 6 lemon wedges (optional)

Preparation

- Combine tomatoes, broth, onion, carrot, garlic, oregano, salt, crushed red pepper and pepper in a 4-quart slow cooker. Cover and cook on low setting for 6 hours.
- Measure ¼ cup of the liquid from the slow cooker into a small bowl. Add 2 Tbsp. chickpeas, and mash with a fork until smooth.
- Add the mashed chickpeas, kale, lemon, juice, and remaining chickpeas to the mixture in the slow cooker. Stir to combine. Cover and cook on low setting for about 30 minutes or until kale is tender.
- Ladle evenly into bowls (should make 6) and drizzle with oil. Garnish with basil. Serve with lemon wedges, 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...

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Your Foot Pain Can Travel Upward!

When we say your feet are the foundation of your body, we mean it! They bear the weight of standing, walking, and running every day.

But, like any foundation, problems in its structure can lead to negative effects farther up. In other words, a problem that causes pain in your heel or arches may also contribute to pain in your knees, hips, or lower back!

It's all due to how everything is connected. The structure of your foot influences how weight is distributed across your feet as you move. If you have an abnormality such as flat feet, that can cause the distribution of weight to fall off balance.

And when weight distribution is off balance, the way you walk can also be affected. You might walk with more pressure on your toes, for example, or have your feet roll inward too far. When the way you walk changes, muscles and bones farther up have to adjust to keep you upright and functional. This can place extra strain on certain areas, leading to pain there as well.

Many times, treating the cause of pain in the feet can have significant positive effects on pain in the rest of your body. If you have been holding off on having your persistent pain addressed, we encourage you not to wait any longer. Treatments such as custom orthotics can go a long way toward restoring better balance and gait, and improving the entire structure that is you!

