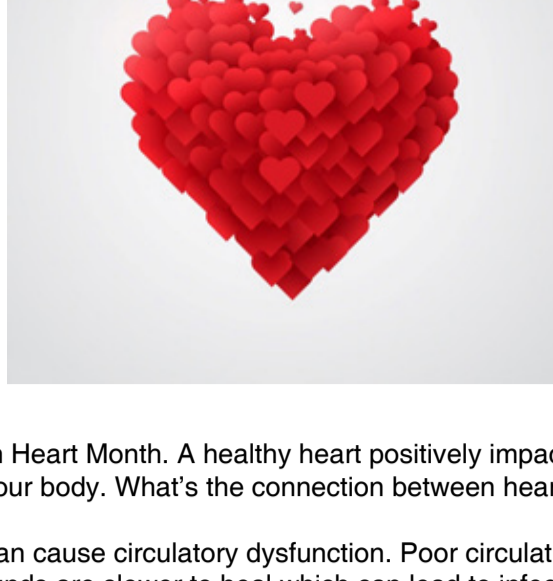




### In This Issue...

- You Gotta Have Heart!
- 3 Surprising Reasons for Heel Pain
- Recipe of the Month: Three Bean and Beef Chili

### You Gotta Have Heart!



February is American Heart Month. A healthy heart positively impacts the health of your feet and the rest of your body. What's the connection between heart and sole?

- Heart disease can cause circulatory dysfunction. Poor circulation to legs, feet, and toes means wounds are slower to heal which can lead to infection and even amputation.
- A healthy heart enables you to be active, and being active improves the condition of your heart. An active lifestyle is also a key component of weight control. Carrying excess weight is both a cause and an exacerbating factor in many common podiatric disorders.

#### Symptoms of Poor Circulation

It's important to recognize the signs that indicate potential heart problems. Pain, burning, achiness, or fatigue in the muscles of your thighs, calves, or feet—particularly if you notice the symptoms when you're active and they subside when you're at rest—are one indicator. Other changes to look for include:

- Swelling in your feet or lower legs
- Hair loss on toes or legs
- Numbness
- Changes in skin color or temperature on your legs and feet

You must get the above symptoms evaluated by your podiatrist promptly.

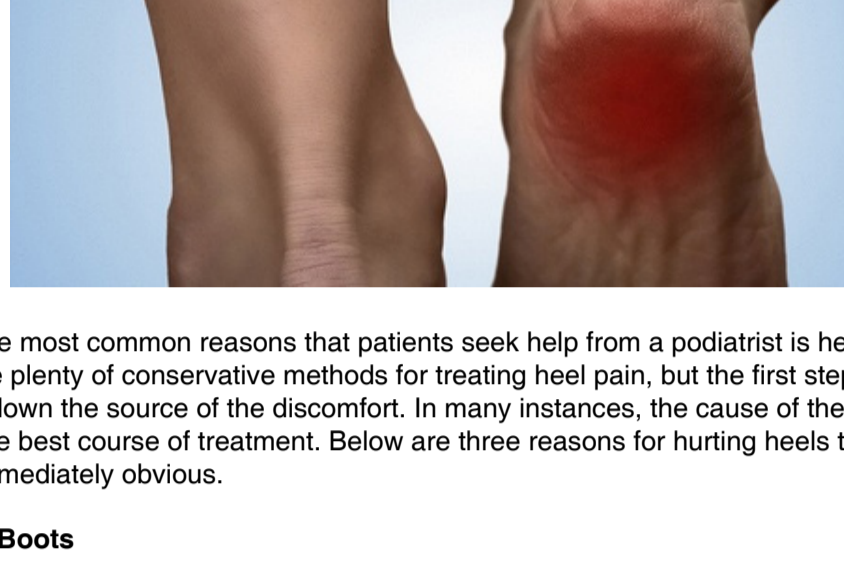
#### Heart-Healthy Habits

There are many ways to be pro-active about the health of your heart. Making positive lifestyle changes and eliminating harmful habits can greatly decrease your risk of developing heart disease. Make your heart happy by:

- Quitting smoking
- Maintaining a healthy weight or losing weight if you are carrying excess pounds.
- Eating a nutritious diet that emphasizes fresh fruits and vegetables, whole grains, and lean protein.
- Exercising regularly—strive for 150 active minutes a week.

A healthy heart and healthy feet go hand in hand to help you live the active life you love!

### 3 Surprising Reasons for Heel Pain



One of the most common reasons that patients seek help from a podiatrist is heel pain. There are plenty of conservative methods for treating heel pain, but the first step is tracking down the source of the discomfort. In many instances, the cause of the pain will dictate the best course of treatment. Below are three reasons for hurting heels that may not be immediately obvious.

#### Fashion Boots

If your footwear of choice from fall until now has been stylish boots, you may have noticed an increased amount of soreness and pain in your heels. Unfortunately, although they're the perfect fashion finish to many of your outfits, these boots are notorious for lacking arch support. Prolonged periods of time spent in shoes without adequate arch support puts increased strain on your plantar fascia, which in turn inflames your heel. Shop for fashion boots that do have good arch support and other features that are healthier for your feet. We sell Vionic boots in our office, which are very fashionable. Stop by to check them out! If your podiatrist has prescribed a custom orthotic, or if you have a set of good arch supports, make sure to wear them with your boots. It's also a good idea to alternate your footwear and not wear the same pair of shoes or boots for multiple days in a row.

#### Foot Fatigue

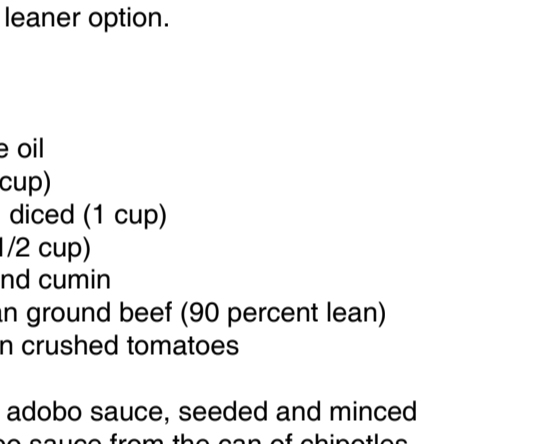
One of the unintended consequences of the COVID crisis and subsequent shutdowns is foot fatigue. Many people are stuck at home and have become increasingly sedentary over the last year. If you're working from home, think about how many steps you're not taking just walking to and from your car, around your office, and out to get lunch. Once you begin to become more active again, your heels (and other parts of your feet) may hurt. If you're able to get out to walk or do other exercises, start out slowly and gradually increase the distance and length of time you're active. If you are still working from home, set an alarm on your phone or watch to remind you to take activity breaks. Consider getting a fitness tracker and make sure you hit your step goal each day. In addition, it's very important to wear a supportive shoe with a good arch support, while you're working from home. Avoid walking around your house barefoot or only wearing socks or unsupportive slippers. We suggest Crocs for an inside-the-house alternative. We also sell Vionic slippers and slides which have great arch supports built into the shoe.

#### Heel Pad Atrophy

On the bottom of the heel is a fat pad that helps cushion your heel and minimize the pounding impact of each step you take. Over time, it's natural for this fat pad to start to break down. Less padding means more stress to the heel and a greater potential for soreness and pain.

If you're experiencing heel pain, call today to make an appointment. Together we'll be able to find the cause and we can prescribe a pain-relieving treatment plan.

### Recipe of the Month Three Bean and Beef Chili



This comforting, heart-healthy chili is perfect for cold February days. Use ground turkey or chicken for an even leaner option.

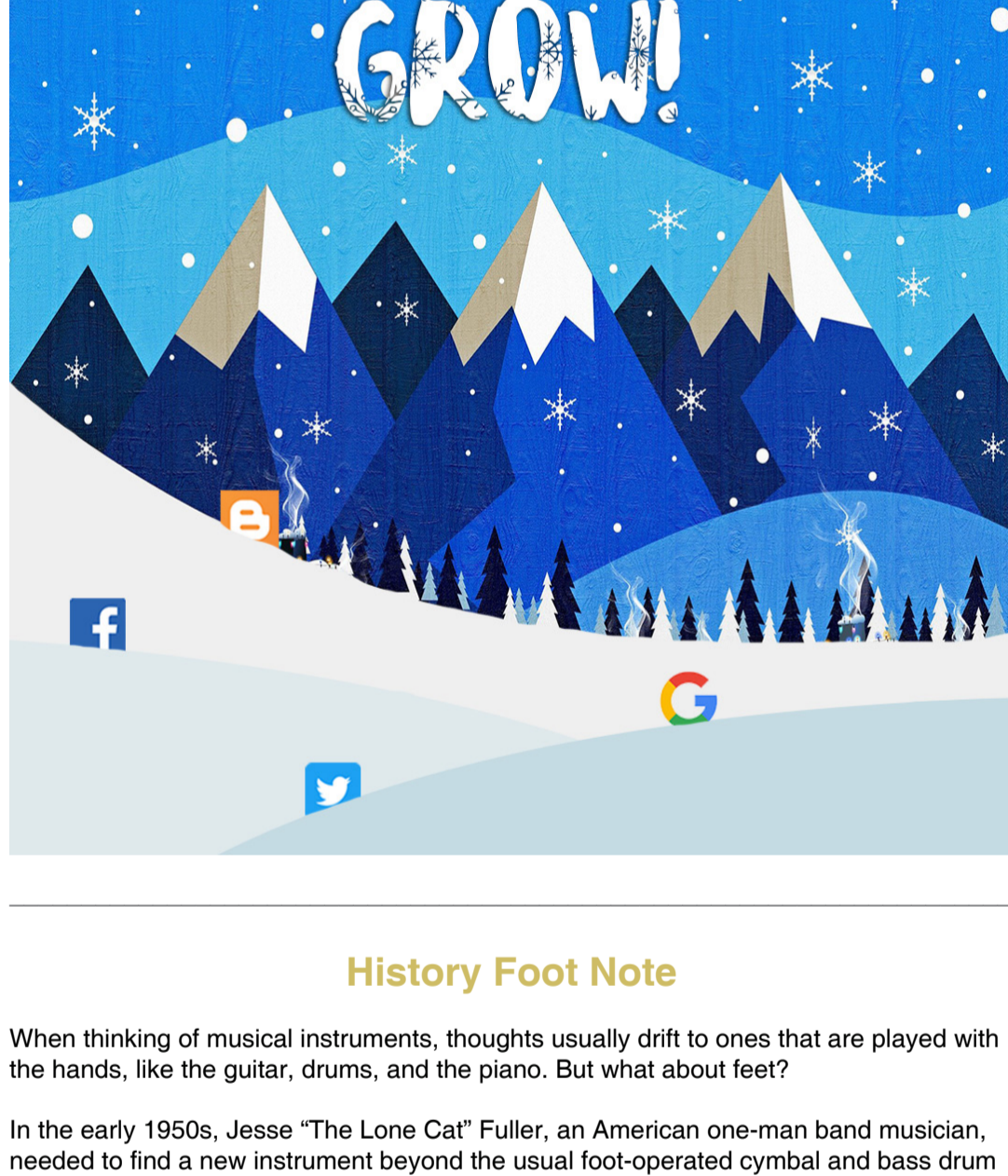
#### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 teaspoons ground cumin
- 1-pound extra-lean ground beef (90 percent lean)
- One 28-ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce, seeded and minced
- 2 teaspoons adobo sauce from the can of chipotles
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- One 15.5-ounce can black beans, drained and rinsed
- One 15.5-ounce can kidney beans, drained and rinsed
- One 15.5-ounce can pinto beans, drained and rinsed

#### Directions

1. Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute.
2. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

Recipe courtesy of [Ellie Krieger](#)



### History Foot Note

When thinking of musical instruments, thoughts usually drift to ones that are played with the hands, like the guitar, drums, and the piano. But what about feet?

In the early 1950s, Jesse "The Lone Cat" Fuller, an American oymal band musician, needed to find a new instrument beyond the usual foot-operated cymbal and bass drum popular with street musicians. He developed the Fotdella, a foot-operated string based musical instrument. Fuller constructed a large upright box with a round top and shaped like the top of a double bass, with a short neck on the top. Attached to the neck were six bass strings that stretched over the body of the instrument.

To play the instrument, there was a homemade set of pedals, each pedal bringing a padded hammer to strike a string when depressed, like the action of a piano. With these six bass notes, Fuller could accompany himself on the 12-string guitar in several keys.

Fuller's wife Gertrude called it a "foot-diller" based on the then-current expression, "killer-diller" which meant exceedingly good. Later, it became shortened to just fotdella. One of Fuller's later fotdella iterations is available for viewing at a museum in Seattle, Washington.

### Celebrity Foot Focus

Foot and ankle injuries are all the rage in Hollywood these days. The end of 2020 and the beginning of 2021 saw many celebrities falling victim to foot trauma – literally!

Hilaria Baldwin fell and broke her ankle while running and side-stepping to avoid an on-coming car. Catherine Zeta-Jones was putting up Christmas decorations and broke her foot after dropping a sculpture on it. Kelly Clarkson injured her ACL after running in high heels on her way to her daytime talk show. Singer Pink fractured her ankle while running downstairs to view the Christmas star. Lastly, Teddi Mellencamp of the Real Housewives of Beverly Hills fractured her foot while playing pickleball. There might be a shortage of walking boots and orthopedic braces in Tinseltown right now!

### Foot Funnies

- Q: What did they say about the couple who had the same shoe size?  
A: They were sole mates.

### Trivia

**Athlete's foot is caused by bacteria found in places such as gyms, locker rooms, and nail salons.**

- A. True  
B. False

Answer: **False**

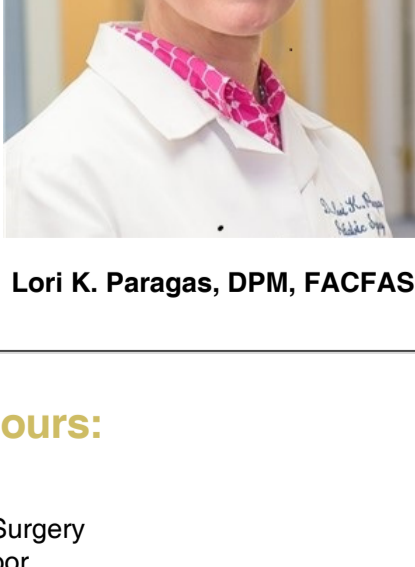
Explanation:

Athlete's foot is caused by a fungus, not bacteria. The medical name for athlete's foot caused by a fungus is tinea pedis and can be contracted in many locations, including gyms, locker rooms, swimming pools, nail salons, airport security lines, from contaminated socks and clothing, and from direct person-to-person by contact. Another colorful name for this condition is "jungle rot," often used by members of the armed services serving in tropical climates.

### Follow Us...



### Meet Our Doctor



Lori K. Paragas, DPM, FACFAS

### Our Office and Hours:

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 Tuesday : 9:00am to 5:00pm  
 Wednesday : 9:00am to 5:00pm  
 Thursday : 9:00am to 5:00pm  
 Friday : Closed  
 Saturday : Closed  
 Sunday : Closed

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