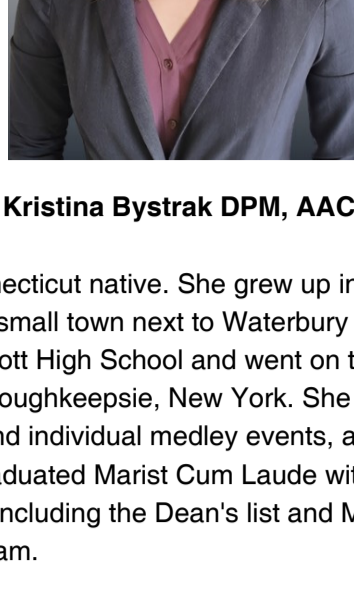




### In This Issue...

- CT Family Foot Care and Surgery Welcomes Dr. Kristina Bystrak
- How to Fall-Proof Your Home
- Ouch! Why Do My Feet Hurt?
- Recipe of the Month: Chicken with Brussels Sprouts and Apple Cider Sauce

### CT Family Foot Care and Surgery Welcomes Dr. Kristina Bystrak



Dr. Kristina Bystrak DPM, AACFAS

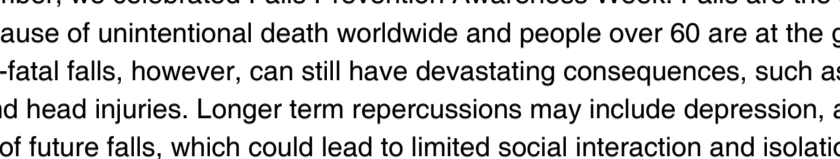
Dr. Kristina Bystrak is a Connecticut native. She grew up in Wolcott, Connecticut, which she jokingly refers to as "the small town next to Waterbury that nobody has heard of." Dr. Bystrak graduated from Wolcott High School and went on to pursue her undergraduate degree at Marist College in Poughkeepsie, New York. She competed on Marist's Division 1 swim team in backstroke and individual medley events, as well as playing flute in the Marist College Band. She graduated Marist Cum Laude with a Bachelor of Science in 2015 with academic honors, including the Dean's list and Metro Atlantic Athletic Conference All-Academic Team.

Dr. Bystrak continued her studies at the New York College of Podiatric Medicine in New York City. During this time, she served as an academic tutor, held several club leadership positions, and became involved in the New York Cares volunteer organization. After being a medical volunteer at several marathons, Dr. Bystrak developed a passion for running, completing two half marathons, among other races.

Dr. Bystrak graduated from NYCPM with her Doctor of Podiatric Medicine in 2019 and completed her surgical residency training at St. Francis Hospital and Medical Center in Hartford, Connecticut, from 2019-2022. During residency, she expanded her medical knowledge of foot and ankle surgery and served as chief resident from 2021-2022. Outside of residency, Dr. Bystrak also began learning Krav Maga, which she now substitutes teaches in her free time.

Dr. Bystrak is a licensed podiatric physician in the state of Connecticut and is Board Qualified in Foot Surgery. She looks forward to joining the team at CT Family Foot Care and Surgery and providing high-quality personalized care to her patients.

### How to Fall-Proof Your Home



In September, we celebrated Falls Prevention Awareness Week. Falls are the second leading cause of unintentional death worldwide and people over 60 are at the greatest risk. Non-fatal falls, however, can still have devastating consequences, such as broken bones and head injuries. Longer term repercussions may include depression, anxiety, and fear of future falls, which could lead to limited social interaction and isolation.

While your home is typically thought of as a safe haven, it's where six out of ten falls occur. Below are some tips for reducing fall risk from room to room:

#### Entryway:

- Increase lighting on walkways and stairs
- Repair loose stones and/or broken concrete

#### Bedrooms:

- Make sure there is a clear and well-lit path to the nearest bathroom
- Avoid long bedspreads that hang onto the floor around the bed

#### Bathroom:

- Install grab bars around the toilet and in the shower
- Apply no-slip strips to the tub and shower floor

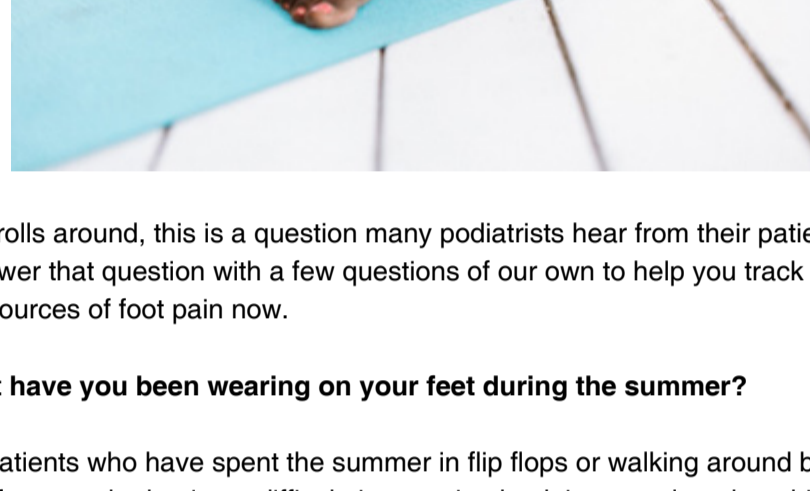
#### Other areas in the home:

- Keep frequently used items within easy reach
- Install handrails on both sides of staircases, and increase lighting with switches at both the top and bottom of the stairs
- Remove throw rugs, low lying plants, stacks of magazines, and other tripping hazards
- Be sure electrical, phone, and computer cords are not in walking pathways
- Don't wear slippers or shoes that are stretched out or have tears or holes in them
- Store flashlights in the bedroom, living room, and kitchen in case of a power outage
- Keep your cell phone with you at all times, or consider a life alert system so you can easily call for help if you do fall

### How Your Podiatrist Can Help

Foot pain is a factor that increases your risk of falling. If your feet hurt or burn, you may alter the way you walk, causing you to lose your balance and take a tumble. Always get foot pain evaluated promptly and ask your podiatrist to assess your fall risk. Gait and balance play a key role in fall prevention, and your podiatrist can direct you to resources that can help reduce your chances of falling.

### Ouch! Why Do My Feet Hurt?



When fall rolls around, this is a question many podiatrists hear from their patients. We'd like to answer that question with a few questions of our own to help you track down potential sources of foot pain now.

#### 1. What have you been wearing on your feet during the summer?

For patients who have spent the summer in flip flops or walking around barefoot, your feet may be having a difficult time getting back into regular, closed-in shoes. Traditional flip flops, although a summer favorite for their ease of wear, provide no arch support and are wide open on the sides. This encourages feet to flatten and spread, hence making fitting them back into your fall shoes a bit uncomfortable or even painful. Going barefoot and wearing flat shoes can also result in heel pain.

#### 2. When's the last time you had your feet professionally measured?

Feet can get bigger as you age. Gravity and wear and tear on muscles, tendons and fat pads all combine to make your feet larger than they might have been a decade ago. Most people, however, continue to buy the shoe size they've always been. Some studies indicate that up to 90% of people wear shoes that are actually too small for their feet. Get measured at a reputable shoe store and upgrade your size if necessary.

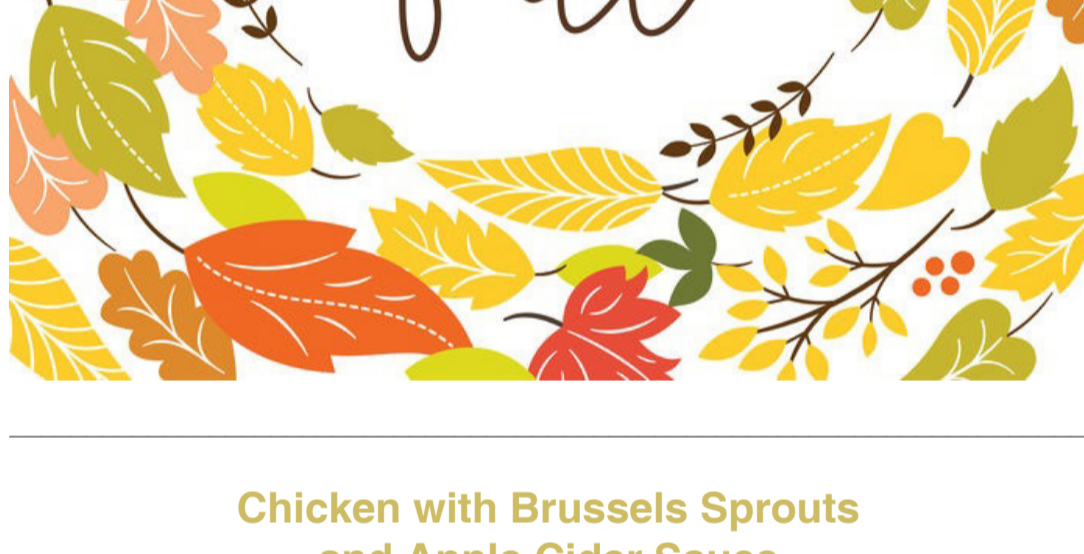
#### 3. How active were you this summer?

If your summer was particularly sedentary or very active, that may affect how your feet are feeling now. New exercise routines might even require new shoes specifically designed for the activity you are doing. If you've been working from home and are now heading back into the office more regularly, your feet may be unprepared for the increased amount of walking.

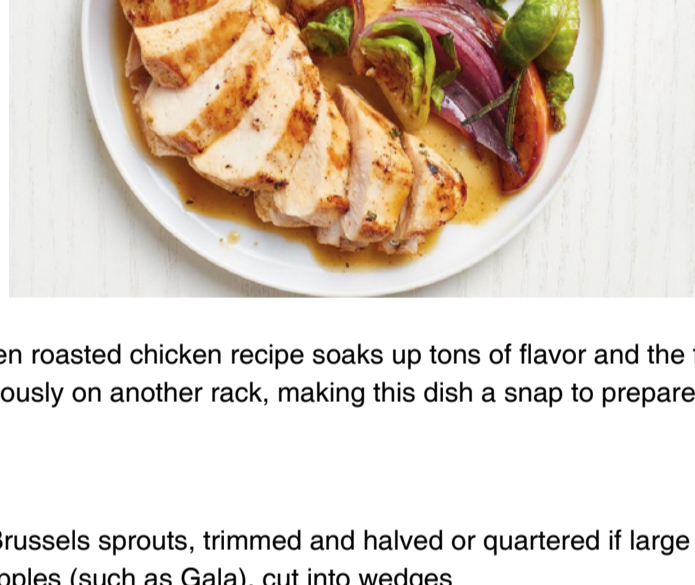
#### 4. Have you had a significant change in weight?

Weight gain can add more fat to your feet and increases the load, causing them to spread. This may require you to seek out a larger size shoe. Conversely, if you lose a large amount of weight, your foot may go down a size or become narrower. Wearing shoes that are too large can also result in foot pain and injury.

If your feet are hurting this fall, it's important to find out why by consulting a professional. Make an appointment with your podiatrist to get to the root cause of your foot pain and identify the appropriate treatment. Accurate measuring of the foot is an important first step to ensure the correct shoe size. Our staff would be happy to measure your feet at your next appointment.



### Chicken with Brussels Sprouts and Apple Cider Sauce



This simple oven roasted chicken recipe soaks up tons of flavor and the fruit and veggies cook simultaneously on another rack, making this dish a snap to prepare.

#### Ingredients:

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar

#### Directions:

1. Position brussels in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the brussels with sprouts, apples, red onion, and the rosemary with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.
2. Meanwhile, heat 1 tablespoon butter in a large, ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper, and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.
3. Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1 tablespoon butter and the vinegar; season with salt and pepper.
4. Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken.

Recipe courtesy of *Food Network Magazine*



### History FootNote

- The Bata Museum in Toronto is the only North American museum dedicated to shoes. More than 1,000 shoes and artifacts are displayed regularly covering 4,500 years of footwear.
- Speaking of shoe sizes...did you know shoe sizes were originally measured in barleycorns? This unit of measurement originated in the United Kingdom during the 14th century and is still being used around the world today. Based on the length of a grain of barley, each shoe size adds a third of an inch, corresponding to the fact that there are three barleycorns in an inch.

### Foot Funnies

🤪 How does a frog feel with a broken foot? Un-Hoppy.

### Trivia:

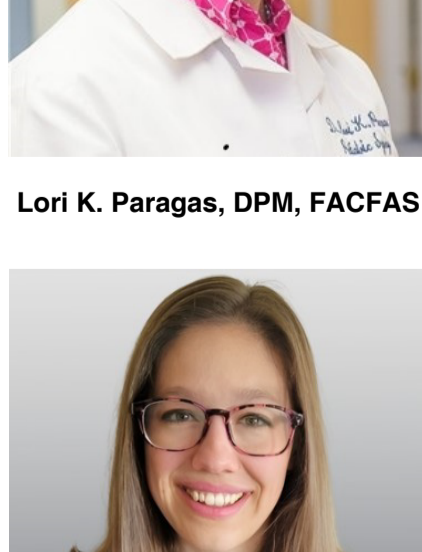
"But the days grow short, when you reach September" is a line from which famous song?

- A. September Song
- B. Farewell to Summer
- C. Back to School
- D. The Autumn Melody

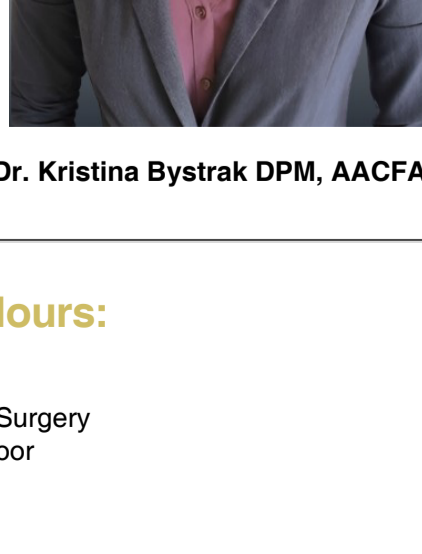
Answer is A.

September Song by Frank Sinatra

### Meet Our Doctors



Lori K. Paragas, DPM, FACFAS



Dr. Kristina Bystrak DPM, AACFAS

### Our Office and Hours:

**Hamden, CT Podiatrist**  
CT Family Foot Care and Surgery  
1952 Whitney Ave., 3rd Floor  
Hamden, CT 06517  
Tel: (203) 288-0129

#### Office Hours:

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

[www.ctfamilyfoot.com](http://www.ctfamilyfoot.com)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.