

# Foot Notes

Brought to you by Dr. Powers

News and Updates

# August 2017



## Running Away from Foot Problems

### Meet the Doctor

#### Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board of Foot and Ankle Surgery



Association of Extremity Nerve Surgeons

A lot of fitness fads come and go, but running remains one of the most popular forms of exercise. It certainly has its benefits—it gets your blood pumping, strengthens your heart, and helps with your overall fitness, not to mention managing your weight. Plus, you can pretty much do it anywhere, at any time! There's no need for a gym membership nor expensive equipment. Despite its many advantages, however, all of that pounding can have some serious impact on your feet.

To avoid foot pain or injury, be sure to have proper footwear that fits well and provides adequate support and comfort. Those with underlying conditions can benefit from orthotic inserts as well. In addition, it is essential to warm up before you start your run, and stretch afterwards to keep your muscles relaxed and flexible. Increase mileage or intensity gradually, and if you have pain, don't ignore it. A small problem can quickly turn into a big one if not cared for properly and promptly. Just ask our expert staff!

So go ahead and head for the hills, hit the road, or tackle the trails. Just make sure your feet are ready to take it on. Visit us for more tips on how to keep your feet fit and healthy while you run. We'll be happy to help with any problems you are experiencing currently, as well as provide guidance for prevention of problems in the future. Strap on your running shoes and head to our office today.

# Zucchini and Feta Fritters

Serves 6. Each serving has 6.3 g of carbs and 3.3 g of fiber. Total NET CARBS = 3 g per serving.

Golden brown zucchini fritters with the salty tang of feta cheese. A great way to use up zucchini and a perfect low carb appetizer or side dish.

## Ingredients

- 2 cups finely shredded zucchini
- 1/2 tsp salt
- 1/2 cup golden flax seed meal
- 2 tbsp coconut flour
- 2 tsp dried oregano
- 1 tsp ground marjoram
- 3/4 tsp pepper
- 1/2 tsp kosher salt
- 1 cup crumbled feta
- 1/4 cup scallions, chopped
- 2 large eggs
- 6 tbsp coconut oil or butter
- 1/4 cup Greek yogurt for garnish (optional)



## Instructions

1. Place zucchini in a fine-mesh sieve and sprinkle with salt. Toss a few times and let drain 1 hour. Then press on zucchini to release as much moisture as possible. Set aside.
2. In a large bowl, combine flax seed meal, coconut flour, oregano, marjoram, pepper and salt. Stir in feta and scallions, then stir in drained zucchini and eggs until thoroughly combined.
3. Form mixture into patties about 3 inches in diameter and 3/4 inch thick. You should get 12 to 14 patties.
4. In large skillet, heat half of the oil or butter over medium high heat until shimmering. Place half the zucchini fritters into the pan and cook until browned and cooked through, 3 to 4 minutes per side.
5. Remove to a paper towel lined plate and repeat with remaining oil and remaining fritters. Serve warm.

Source: [alldayidreamaboutfood.com](http://alldayidreamaboutfood.com)

## Mark Your Calendars

- August 2** National Ice Cream Sandwich Day – eat fast before it melts!
- August 5** National Mustard Day – celebrate by grilling out.
- August 6** Sisters Day – give your sis a hug!
- August 7** National Lighthouse Day – how many have you visited?
- August 26** National Dog Day – try one of our tips for dog-friendly fun.
- August 31** National Trail Mix Day – pack a snack and take a hike!





# Patient Success Story

## FOOT & ANKLE PHYSICIANS

Please share with us how you feel about the care you received  
in our office...

Dr. Powers as well as his staff have been nothing short of wonderful. I do not now, nor have I ever cared for going to Dr's for any reason. I also am very hard to please when it comes to service. I expect what is promised and most of the time am let down - until now. Dr. Powers and his staff have gone above and beyond what I expected. As a rule I never tell someone where they should go for their medical issues - I give Dr. Powers praises to anyone who will listen, including to my family Dr.

Thank you so much for all you have done. Wish I would have come years earlier!

Please print your:

Name

Jessicas Jarris

Date

July 25, 17

Is it OK for us to reprint/display to the public what you have written?  Yes  No

Signed

J. Jarris

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# Back-To-School Gym Shoes News

School's starting soon and that means stocking up on pencils, paper, folders, markers, glue sticks and more! Of course, if your child has a physical education class, you better add gym shoes to that list.

Kids grow fast so don't try having them squeeze into last year's pair. Shoes that are too tight can cause a host of problems, like ingrown and black toenails, and blisters. Even if it's just for one class, it's better to play it safe and take your child new gym shoe shopping for the new school year.

Be sure to have his or her foot measured and choose shoes that offer ample cushion and plenty of support. There should be a thumb's width between the longest toe and end of the shoe (the golden rule!) and no child should ever have to "break them in" -- shoes should always feel comfortable right from the get go!

Keep in mind that most schools require non-skid, light-colored soles, too, in order to avoid damage to gymnasium floors. Check with your child's school for any other regulations, and try not to think about the fact that your kids will need new shoes again next year!

Remember, properly fitting children's footwear as an investment in the protection and health of their feet and necessary for a problem-free, active life -- which of course, is priceless!

