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Fall Sports Tips for Young Athletes

At [NY Foot Health](http://www.NYFootHealth.com), we know families are getting ready for school, which means back to fall sports. Being part of a team has many benefits for children and teens, from increasing physical activity to building relational and leadership skills. It can also, however, be an opportunity for a foot or ankle injury. Fortunately, there are many ways to prevent [sports injuries](#). Help ensure your young athlete gets off to a safe start with these tips.



Check Up on Foot Concerns—if your child has suffered a sport or other podiatric injury such as an [ankle sprain](#) in the past or if they have a chronic problem like [Sever's disease](#) or flat feet, schedule an exam with your podiatrist to evaluate their current condition. The foot doctor will recommend any necessary accommodations to protect your child's feet while playing sports. Don't have a podiatrist? Use our [online directory](#) to locate one near you.

Gear Up—wear the proper protective equipment like pads and shin guards to ensure safe play. When it comes to feet, the most important piece of equipment is footwear. Buy athletic shoes designed specifically for the sport your child plays and make sure they get professionally fitted.

Learn Proper Technique—learning the correct way to move and make plays is excellent to lower injury risk. The correct form and technique should be emphasized in practice and games.

Strengthen and Condition—focus on conditioning to increase general fitness and build stamina. Make sure stretching is a part of the daily workout to help muscles stay flexible.

Take Breaks—most common chronic sports injuries are due to overuse. Avoid repetitive actions on one part of the foot or leg. Vary the routine and take rests throughout the week. It's also good to rest between sports seasons. Children and teens who go directly from one sport to another year-round are more likely to suffer from chronic pain and damage to joints, muscles, and ligaments.

Never Play Through Pain—if your child gets hurt or is experiencing ongoing pain during play, make sure they get off the field or court and seek medical attention promptly. Ignoring injuries can lead to long-term disabilities and missed playing time.

To learn more about ways to protect your children's feet, [contact us](#) and subscribe to our free [e-newsletter](#).

NY Foot Health wishes you all a Happy Fall!



**September is Falls Prevention Month
Do's and Don'ts for Preventing Senior Falls**



[Click Here](#)

Fun Foot Fact



Did you know that by the time you're 50, you'll have walked 75,000 miles? Feet are complex structures with 26 bones, 30 joints and over 100 muscles, that work together perfectly to keep you moving. Take care of your feet, so that they will take you where you need to go in life.

[Find a Podiatrist](#)

4 Ways to Prevent Diabetes

According to the American Diabetics Association, over 34 million Americans have diabetes, but 88 million more people have been diagnosed with prediabetes. November is National Diabetes Month and at NY Foot Health we want patients to know they can take charge and prevent a prediabetes diagnosis from progressing to diabetes.

What is Prediabetes?

Nearly all patients that develop type 2 diabetes have prediabetes first. Prediabetes means that your blood sugar levels are higher than normal but not high enough yet to be diagnosed as diabetes. You may notice some symptoms of diabetes. In fact, often times your feet are the place where signs of diabetes may first be noticed. Cuts or wounds on your feet that are slow to heal and tingling, pain or numbness in your feet may be pointing to diabetes. You should discuss these symptoms with your podiatrist. If you need to find a podiatrist in your area, consult our online directory. Other symptoms to watch for include:



- Frequent urination
- Excessive thirst
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision

Dialing Back Blood Sugar

Fortunately, there are several steps you can take to bring your blood sugar back into a normal range. These include:

1. **Achieve or maintain an appropriate weight.** Being obese or overweight is risk factor for developing diabetes. Talk to your doctor about what your weight should be and the best plan for helping you achieve your goal.
2. **Make your diet healthier.** Eating nutritious foods such as lean proteins, a wide variety of fruits and vegetables, whole grains and low-fat dairy products can help you control your blood sugar and lower your risk. Make small changes such as swapping flavored seltzer for soda and starting your dinner with a salad. Don't try to completely makeover your diet all at once.
3. **Increase your physical activity.** Strive for 30 active minutes a day for starters. Look for new activities that increase fitness and are fun like dancing, biking or taking daily walks with a friend or family member. Add extra steps to your day by walking while you talk on the phone, parking farther away from the store and making a few extra trips up the stairs.
4. **Quit smoking.** Using tobacco increases the risk of diabetes and cardiovascular disease. Because it causes blood vessels to constrict, tobacco also impedes circulation which can cause serious complications for your legs, feet and rest of your body.

Below are some websites with resources to help you learn more about diabetes:

<https://www.cdc.gov/diabetes/basics/diabetes.html>

<https://www.diabetes.org/diabetes>

<https://www.who.int/news-room/fact-sheets/detail/diabetes>

You can contact us and even refer a friend to our free e-newsletter.



**NEW YORK STATE
PODIATRIC MEDICAL ASSOCIATION**

New York's Only Foot Specialists Since 1895

NYSPMA Member Featured Topics by James Hanna, DPM and Inna Verzub, DPM

Warm Weather and Your Feet

By Dr. James Hanna – Podiatrist in Lockport NY



Warm weather brings potential trouble for your feet. Most people enjoy the warm weather and higher level of activity, but it can create a hostile environment for your feet. Excessive perspiration creates a warm, dark environment inside your shoes. This environment is perfect for the growth of odor-causing bacteria, or the type of fungus associated with athlete's foot. Fortunately, steps can be taken to reduce the chance for these problems even when the sun is glaring and the temperature spikes above 90°.

[Read more](#)

Melanoma and Skin/Nail Problems that Affect the Feet

By Dr. Inna Verzub – Podiatrist in Brooklyn NY



There are a multitude of different problems that might affect the skin & nails of your feet. These can be grouped into three categories:

1. **fungal conditions**
2. **inflammatory conditions**
3. **viral conditions and skin growths (malignant & benign)**

Fungal conditions include tinea pedis, most commonly known as athlete's foot or skin fungus as well as toenail fungus. It thrives in moist, warm, and dark areas. Fungus as well as bacteria are always present on our skin however certain conditions increase overgrowth which creates signs and symptoms that are visible which can become infected. This is the most frequent skin condition seen by podiatrists. Prevention methods include...

[Read more](#)

Recipe of the Month

Zucchini Roll-Ups

- 1 cup part-skim ricotta cheese
- 1-1/2 teaspoons Italian seasoning, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 medium zucchini
- 4 plum tomatoes, seeded and chopped
- 1 can (8 ounces) tomato sauce
- 1 tablespoon tomato paste
- Shredded Parmesan cheese, optional

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Directions

- Preheat oven to 425°. In a small bowl, combine ricotta, 1/2 teaspoon Italian seasoning, salt and pepper. Slice zucchini lengthwise into twelve 1/8-in.-thick slices. Top each slice with 1 rounded tablespoon cheese mixture. Roll up and secure with toothpicks; place seam side down in an ungreased 8-in. baking dish.
- Combine tomatoes, tomato sauce, tomato paste and remaining 1 teaspoon Italian seasoning; pour over rolls. Cover and bake until bubbly, 20-25 minutes. Remove toothpicks before serving. If desired, sprinkle with Parmesan cheese.

Nutrition Facts

4 roll-ups: 175 calories, 8g fat (4g saturated fat), 26mg cholesterol, 643mg sodium, 16g carbohydrate (7g sugars, 4g fiber), 13g protein. Diabetic Exchanges: 2 vegetable, 1 medium-fat meat.

Recipe Courtesy of Taste of Home



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