



### In This Issue...

- ✓ The Healthy Heart, Healthy Feet Connection
- ✓ Did you know that January 23rd is National Measure Your Feet Day?
- ✓ Find a Podiatrist
- ✓ Checklist for Enjoying Winter Sports
- ✓ Delicious Low Carb Zucchini Lasagna



## Happy New Year Wishes

## The Healthy Heart, Healthy Feet Connection

With all the running around you've done during this busy holiday season, swollen feet may seem fairly normal, but at [NY Foot Health](http://www.NYFootHealth.com), we want patients to be aware that it can also be a sign of an underlying heart issue.

Swelling of the feet, also known as edema, is one of the symptoms of heart failure. Edema occurs because there is excess fluid trapped in the tissues. Normally, your kidneys would eliminate this fluid, but if your heart is not pumping at its optimal level, the kidneys do not get the full amount of oxygen they need to filter your blood. Decreased circulation also results in a backup of blood, leading to fluid around veins and arteries and increased swelling. Your feet are the most obvious place for fluid to collect, thanks to gravity.

....continued on page 2



....continued from page 1 **The Healthy Heart, Healthy Feet Connection**

**Other Causes of Edema**

However, heart disease is not the only cause of edema in your feet. Standing or sitting in one place for an extended period can result in edema. Other reasons for swollen feet include:

- Certain medications (such as some used for blood pressure and to relieve pain)
- Thyroid disease
- High salt consumption

If you are pregnant, you may also notice as the baby grows, your feet become more swollen.

**Get Swelling Evaluated**

Don't have a podiatrist? Use our [online directory](#) to find one in your community. If you are experiencing swelling in your feet and ankles, it's best to make an appointment with your podiatrist to get it checked out. The foot doctor will take a complete medical history, examine your feet, and conduct other tests to determine the source of the swelling in your feet.

Other symptoms also associated with heart disease are:

- Sudden weight gain
- Shortness of breath
- Confusion
- Upset stomach

If the podiatrist believes your edema might be pointing to heart disease, they will refer you to an appropriate specialist for further evaluation.

It's always best not to put off getting your feet examined if you notice any unusual symptoms. To learn more about how your feet relate to the health of the rest of your body, [contact us](#) and subscribe to our free [e-newsletter](#).



## Did you know that January 23rd is National Measure Your Feet Day?

This day was created as an opportunity to give feet a little **more** attention. People rarely think about their feet, but they are a vital part of everyday life and require as much, if not more, care as any other body part.

The story behind Measure Your Feet Day originates in ancient Iceland. Ancient Icelanders spent most of their free time participating in activities that involved their feet. When spring arrived, a time was known for extreme rainstorms in Iceland, the natives would run into their huts and celebrate the rain by measuring their feet. From there, it became known throughout the world, and Measure Your Feet Day became a thing beyond Ancient Iceland.



Your feet take you everywhere, so be good to them.

### Measure Up!

Accurately measuring your foot is all possible thanks to the Brannock Device. The Brannock Device is the standard foot measuring tool for the world's footwear industry. But few people can call the device by name, much less identify its inventor, Charles Brannock.

Brannock was born into the shoe business. His father Otis helped found the Park-Brannock Shoe Co. in Syracuse, New York. As a Syracuse University student, Charles wanted to find the best way to measure the foot. He played around with the idea for a couple of years and finally built a prototype using an Erector set. In 1926 and 1927, Brannock patented the device and created their company in Syracuse, which is still around to this day.

Before the Brannock Device, the only available option was a primitive block of measured wood. The Brannock Device dramatically improved the accuracy of a foot measurement, to 95-96 percent correct. There are now models for men, women, children, athletic shoes, and ski boots.

## Find a Podiatrist

Podiatrists are medical specialists who help with problems that affect your feet or lower legs. They can treat injuries as well as complications from ongoing foot health issues. You might hear them called a podiatric physician or doctor of podiatric medicine (DPM).

Podiatrists help patients who suffer from foot conditions affected by diabetes. It is extremely important to keep your daily appointments with your podiatrist to avoid serious complications that diabetic patients can experience.

It is important to take care of your feet so that they can take you where you need to go.

Let NY Foot Health help you find a [podiatrist](#) near you today!



[Find a Podiatrist](#)

## Checklist for Enjoying Winter Sports

At [NY Foot Health](#), we know many of our patients love this time of the year because of their fun doing winter sports like skiing, snowboarding, and ice skating. We believe in getting the most out of these cold-weather activities. You have to start with the feet first. Below is a checklist to follow before hitting the slopes or the ice rink.

- **Choose socks designed for winter.** Let's face it, if your feet get cold or damp, your day of winter sports will most certainly get cut short. Many people mistakenly think that two pairs of socks are your best protection against the cold. It is untrue unless you purchase high-quality liner socks specifically designed for that purpose. Instead, choose socks made from a wool blend. These will be warm and wick moisture away from your skin, not hold it in like cotton tends to do. ....continued on page 4



....continued from page 3 **Checklist for Enjoying Winter Sports**

- **Make sure socks fit.** Once you have found the best material, it's time to get the best fit. Winter sports socks should be snug enough that they stay close to your skin but not so tight that they cut off your circulation. Avoid too roomy socks as they will create cold pockets and bunch up in your boots and skates, encouraging blisters. Don't get socks with restrictive elastic around the calf. Some socks are now unisex in size but don't be afraid to try men's or women's styles depending on your foot and calf size and shape.
- **Wear the right boots for your sport.** Never attempt to snowboard or ski with regular snow boots. The boots for these sports will immobilize certain parts of your feet for safety and prevent injuries. Whether buying or renting boots, take the time to ensure you have the correct size. When standing, your toes should just touch the inside of the boot without being cramped. Try the ski tuck position in your boots and make sure there is no pain to any part of your foot. For skates, make sure they don't rub at the back of the heel. It is particularly important if you have Haglund's deformity.
- **Be prepared.** Bring an extra pair of socks in your bag to change into if you do notice your feet feel damp. Also, pack some moleskin and adhesive padding if you start to feel an irritation form on one part of your foot.

If you suffer a foot or ankle injury while participating in a winter sport, use the RICE regimen—Rest, Ice, Compression, and Elevation and contact your podiatrist as soon as possible. If you need to find a foot doctor, use our online directory. For more foot care tips, contact us and subscribe to our free e-newsletter.

## Delicious Low Carb Zucchini Lasagna

Courtesy of Christen Oerum at Diabetes Strong

- Prep Time: 30 minutes
- Cook Time: 1 hour
- Total Time: 1 hour 30 minutes
- Servings: 4

### Ingredients

- 16 oz. ground beef, (92% lean)
- 2 medium zucchini
- 4½ oz. onion
- 2 cloves garlic
- 1 serrano chili
- 5½ oz. mushrooms
- ½ cube Knorr chicken bouillon
- ½ cup shredded low-fat mozzarella
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- Salt & pepper
- Cooking spray



1. Use a julienne peeler to cut the zucchini into ½-inch (1 cm) slices. Sprinkle lightly with salt and set aside for 10 minutes.
2. Blot the zucchini slices with a paper towel. Either grill or broil them in the oven for 3 minutes at high heat.
3. After grilling or broiling, place the zucchini on paper towels (you want to get as much of the liquid out as possible).
4. Cut off the ends of the tomatoes and make an X insertion on top. Place in boiling water for a few minutes, then pour cold water over them and peel off the skin. Alternatively, you could use canned tomatoes.
5. Roughly chop onions, garlic, chili, peeled tomatoes, and mushrooms.
6. Add a little cooking spray to a deep skillet and fry the garlic, onion, and chili for 1 min.
7. Add the tomatoes and mushrooms to the skillet and sauté the vegetables for an additional 4 minutes. Then take them off the heat and set aside.

....continued on page 5

....continued from page 4 **Delicious Low Carb Zucchini Lasagna**

8. Cook the beef with the paprika in the same skillet you used for the veggies until fully browned.
9. Add the vegetables back into the skillet, then add the chicken bouillon and remaining spices. Allow the sauce to simmer for 25 minutes over low heat.
10. Heat the oven to 375 degrees F (190 C).
11. Line a small baking tray with parchment paper and use 1/3 of the zucchini to make a layer in the bottom. Put 1/3 of the meat sauce on top. Add another layer of zucchini and continue like this until you're out of sauce and zucchini.
12. Spread shredded mozzarella on top and bake for 35 minutes.
13. Take the lasagna out of the oven and allow to rest for 10 minutes before serving.

### Recipe Notes

This recipe is for 4 servings of lasagna.

Steps 1-3 are very important for removing moisture from the zucchini, so you don't end up with a watery lasagna.

I do not recommend making this dish ahead of time, as the veggies will start to get mushy after it's sat in the refrigerator for about a day.

If you have leftovers, you can store them in an airtight container in the fridge and eat within a day or 2.

### Nutrition Facts

Low Carb Zucchini Lasagna

Amount Per Serving

**Calories** 244Calories from Fat 71

- **Fat** 7.9g
- Saturated Fat 3.5g
- Polyunsaturated Fat 0.1g
- **Sodium** 558.4mg
- **Carbohydrates** 12.3g
- Sugar 6.3g
- **Net carbs** 8.7g



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