



Foot & Ankle
Associates of Florida

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News and Updates

December 2018

When Cold Feet Isn't Just Nerves

People often talk about cold feet in terms of walking down the aisle or engaging in a stressful event, but what's going on when your feet just feel cold for seemingly no reason?

Many causes of cold feet are nothing to worry about, but others can be sign of an underlying problem. It pays to talk with a podiatrist about your condition if it keeps returning or causes you concerns for other reasons.

Among the most common causes of cold feet is poor circulation. The feet, being far from your heart, already have a bigger challenge receiving warm blood flow. If a condition is causing your general circulation to be slower, your feet will be among the first to feel it.

A potential cause of interrupted circulation is Raynaud's phenomenon which causes blood vessels in the hands and/or feet to suddenly constrict and spasm, reducing blood flow. While sometimes associated with another condition, Raynaud's phenomenon can also happen entirely on its own to an otherwise healthy person. Also, in some cases, certain medications can mimic this effect.

If you are sensing cold, but your feet don't actually feel cold to the touch, that may be the sign that something is amiss neurologically. The nerves that sense temperature may not be operating as they should and damaged in some way (neuropathy). If that cold feeling also comes with tingling or numbness, the odds of a nerve problem become even more likely.

Don't get cold feet about asking us whenever something in your feet or ankles doesn't feel as it should. We'd rather know and find out nothing's wrong than let something potentially treatable go under the radar!



Foot-Minded Gift Ideas This Holiday



The feet don't get much love during the gift-giving season, unless you count socks.

(Yay, socks.)

With a little thought, however, there are actually plenty of nice ideas for foot-minded giving. Someone with aching feet or in need of some pampering might just come back later with big thanks!

Consider some of these ideas for your loved ones:

- **A Foot Massager or Foot Spa** – Both are devices that the user sets on the floor and places their feet on or into. The spa, of course, is more like a bath, and you can include aromatherapy oils and drying towels for a more robust experience! Either option, however, is a good choice for someone who is on their feet all day and is in need of unwinding this holiday season.
- **A Cushioned Work Mat** – This one is likely not going to elicit many “oohs” and “ahhs” when unwrapped but trust us that an everyday worker with foot pain will remember you got this for them once it provides them more comfort in the office or on the shop floor! If someone stands in one place all day, they certainly need one of these.
- **Scented Lotions** – Another great gift for someone who is looking for a way to unwind at the end of a long day. Dry feet also tend to be more common in winter months, so this is a must!
- **Running Accessories** – Know an active gift recipient? They might go for shoelaces that lock in place and reflective gear for shoes.

If you don't know the specifics for the person you're shopping for, gift cards for stores or spa treatments are always a great option, too!

Mark Your Calendars

- December 1** National Eat a Red Apple Day – We recommend a Fuji or Jazz.
- December 4** National Trick Shot Day – Created by the Harlem Globetrotters!
- December 8** Pretend to Be a Time Traveler Day – WE GOTTA GO BACK, MARTY!
- December 12** Gingerbread House Day – Bring out your confectionary architect.
- December 17** National Maple Syrup Day – Check out our recipe for Maple Cranberry Sauce!
- December 18** Answer the Phone Like Buddy the Elf Day – “[Your Name] the Elf. What's your favorite color?”
- December 21** Crossword Puzzle Day – Line up those letters.
- December 30** Bacon Day – As if you really need a day designated for this.



Does Too Much Screen Time Hurt Your Child's Attention Span?

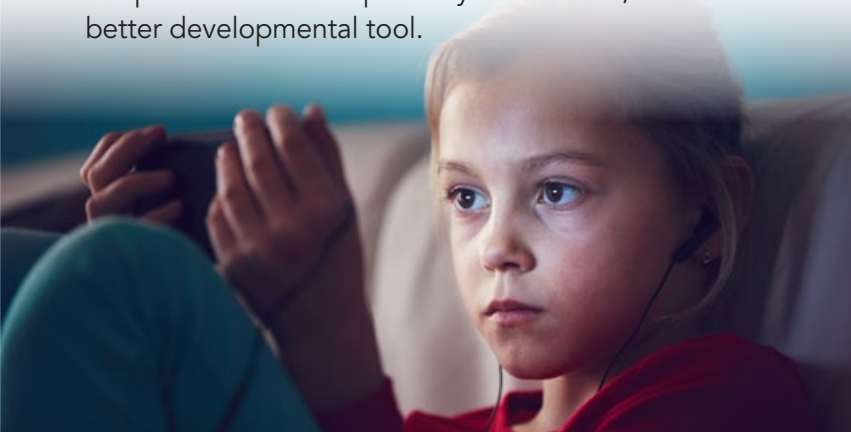
We don't have to tell you how much electronic entertainment has permeated our culture. Cell phones, tablets, TVs, and video games all provide plenty of opportunities for a child to sit and get glued.

This isn't always a bad thing. In many instances, educational apps and shows can help a child's brain development and communication skills. They can also help a parent's mental health sometimes by giving you a much needed break!

That said, studies are pointing toward consequences for spending too much screen time per day or starting kids on screens at too early an age. Engaging in too much screen time too young can actually impede brain development, especially when it comes to focus, concentration, and empathy.

Birth to age 3 is considered a "critical period" in brain development. Our neural networks develop as we are exposed to certain stimuli that naturally occur around us. Screens provide plenty of stimuli, but it's not the right kind. It is too overwhelming at this point in our lives. All of this stimuli is fed to us without giving us the opportunity to process what we are hearing, seeing, and feeling.

Psychologists recommend allowing limited screen time only after age 2. This should be kept to an hour utilizing software that will help your child learn and develop. Keep the real world open to your children; it's a much better developmental tool.



Maple Cranberry Sauce

Cranberry sauce tends to be a holiday favorite. Give it a sweet twist with the use of maple syrup, orange, and cinnamon. No canned stuff here!

Ingredients

- 1 bag of fresh or frozen cranberries, 12 oz.
- ½ c. pure maple syrup
- Zest of 1 orange
- Juice of 1 medium orange (about 2 oz. or 4 Tbsp.)
- ¼ c. water
- ¼ tsp. ground cinnamon

Preparation

- Rinse the cranberries with cold water in a colander. Remove and toss any shriveled or damaged cranberries.
- Combine the cranberries, maple syrup, orange zest, orange juice, and water in a medium saucepan.
- Bring to a boil over medium-high heat, then reduce to a simmer, stirring occasionally until a compote has formed (usually about 20 minutes). Do not worry if the cranberries pop—this is normal.
- Remove the cranberry sauce from heat and stir in the cinnamon. Let it thicken and cool completely at room temperature, then transfer to a bowl and chill in the refrigerator. Sauce will keep for up to 2 weeks and can be made in advance.



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Tips for Relieving Rheumatoid Arthritis Pain

The pain of rheumatoid arthritis can feel like a conqueror over your feet. Swollen joints, big toe pain, aching movement. About 9 out of 10 people with rheumatoid arthritis have some form of pain in this area.

In some cases, custom orthotics, pain medications, and even surgery can make a big difference in a patient's comfort level. Here are some other ways that might also help manage the pain of rheumatoid arthritis in the feet:

- **Change your footwear.** Different shoes can shift pain points in the feet in different ways. A shoe that is comfortable to your condition, or accommodative to orthotics, should be something you will actually want to wear for a variety of occasions.
- **Don't stand for too long.** Staying on your feet all day can be especially painful. Try to schedule your activities out as best you can to give you intermittent periods of standing and sitting.
- **Try heat and cold therapies.** These can include hot baths, foot massages, and icing. Find what works best for you and stick with it.

If your attempts to relieve your arthritis pain have not been panning out well, we are here to help! Please don't hesitate to bring your concerns up with us.

