



Foot Notes

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jumping, the forces on
the foot can be several
times greater than the
weight of the body."*

A popular New Year's resolution is the desire to lose weight. While many are anxious to get started, it is important that you are fitted with the correct exercising footwear for the physical activity recommended in your weight loss program.

In an article cited in the Chicago Tribune, foot and ankle surgeons predicted an increase in foot pain during the month of January as people try to keep fitness resolutions. It was further suggested that the most common problems for those who go from couch potato to high intensity workouts are sore Achilles tendons, heel pain and pinched nerves.

Foot structure

Let us reflect on the make-up of the foot, which is a complex structure composed of bones, muscles, ligaments, fascial structures, nerves, and blood vessels. The foot must support the entire weight of the body during

walking and standing. During running and jumping, the forces on the foot can be several times greater than the weight of the body.

The human foot is truly a miracle of design, with the capacity to withstand the wear and tear of thousands of steps every day throughout life. Given the change in surfaces over the past 100 years, it is essential that we realize how important it is to get the appropriate footwear to support the foot and avoid the injuries and discomfort to our feet.

Transition

In terms of our fitness program, it is suggested that you ease into exercise. Alternating a hard workout one day with an easy workout the next day may help avoid some of the injuries associated with a rigid workout.

Appropriate equipment

Footwear today is designed for specific activities, having the support in the area where pressure may be present, given that

Announcement

Gulfcoast Foot and Ankle Center welcomes the addition of Dr. John A. Crist to its team of podiatric physician and surgeons. Dr. Crist has been a podiatrist in Collier County for over 20 years. He is on staff at all four hospitals in Collier County. Dr. Crist graduated from the Ohio College of Podiatric Medicine following a bachelor's degree in electrical engineering. He was trained in foot and ankle surgery at Oakwood Hospital in Michigan. Dr. Crist is board certified by the American Board of Podiatric Surgery. Dr. Crist will begin seeing patients at the Bonita office and the Physicians Regional Hospital Office immediately and his practice will merge into Gulfcoast Foot and Ankle Center over the course of the next month.

Upcoming Events

February 4-6, 2011 ~
Everglades 37th Annual Seafood
Festival

Location: Everglades City

Friday 5:00

Saturday 10:00-6:00

Sunday 11:00-6:00

Website:

<http://www.evergladesseafoodfestival.com>

February 5, 2011 ~ Art in the
Park

585 Park Street - 10am to 4 pm

Contact: 239-262-6517

February 12 and 13, 2011 ~ 4th
Annual "Jammin in the
Hammock" Bluegrass and Music
Festival

Come enjoy music, food, and arts
and craft under the Royal Palms
at the head of the Blackwater
River. Bring your lawn chairs
and stay all day. \$15/day or
\$25/both days, children under
14 free when accompanied by
paying adult.

Location: Collier-Seminole State
Park

Phone: 239-394-3397

Website:

www.floridastateparks.org/collierseminole

February 14 - 20, 2011 ~ The
ACE Group Classic: PGA
Champions Tour Event

Location: The Quarry -8950
Weathered Stone Dr. Naples,
FL

Contact: 239-593-3900

February 26 and 27, 2011 ~
Naples National Art Festival
Cambier Park and 8th Street
South - 10am - 5pm

Contact: 239-262-6517

Recipes and Local Events

Smoky Corn and Black Bean

The "Big Game" isn't just about the game—it's about the food too! Score a touchdown with your fellow fans by serving up these healthier versions of game-day favorites.

INGREDIENTS

- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh corn kernels, (about 2 ears)
- 2 tablespoons cornmeal
- 1 pound prepared whole-wheat pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella, preferably smoked mozzarella



PREPARATION

Preheat grill to medium.

Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.

Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 minutes.

Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 minutes.

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Walking Speed Might Reveal How Long You'll Live

Creatures tend to slow down as they near death. But doctors don't use this knowledge as a way of evaluating what's happening to their patients as they age. Stephanie Studenski, a geriatrician who specializes in the care of older people, wants to change that by finding a way to measure diminishing walking speed.

Studenski compares assessing how fast a person walks to weighing a patient. Doctors can look at their patients and see if they've gained or lost weight but they also put them on a scale. Why not do the same with gait?

"If we all already know it, and it's throughout science and its throughout experience, why are we not using it in health care? Why are we not using it in public health?" she asks. "Why don't people have this as part of their understanding as an indicator of health? And the reason I think it's not there is that there hasn't been any way to measure it."

Many long-term research studies of older people have collected data on how fast subjects walk. Studenski contacted the leaders of these studies and got them to give her their data about walking speed, the general health of subjects and their longevity. She collated information about nearly 35,000 people, including their ages, their walking speed and how long they lived. She found that information about walking speed was particularly useful to predict the lifespan for people older than 75.

"There is so much variability between people as they age, more than in any other point in life, once life experience and health and nutrition have influenced how our health is later in life," Studenski says. "And so older people are very different from each other. And so this allows us more individualized our understanding of what might lie ahead at age 70, 75, 80, 85.

Studenski has developed charts that people can use to look up their probability of being alive five or 10 years later according to their age, gender and walking speed. She says clinicians could use the charts to assess patients on a regular basis and track their progress.

"So we can sort of individualize our approach to healthcare planning, to medical management, perhaps to wellness planning more than just by age and gender."

Unfortunately, Studenski says there's no evidence that people who work on improving their walking speed necessarily can extend their lives. But she does say more attention to walking speed can help doctors and families recognize if something's wrong with a loved one sooner and take steps to get help.

Studenski's research is published in the Journal of the American Medical Association.



Visit www.gulfcoastfootcare.com for a free copy of "The Foot Book" and "The Heel Pain Book." You can also call 1-888-794-3462 for your copy of "The Foot Book" and 1-866-414-8006 for "The Heel Pain Book."



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