



Gulfcoast Foot & Ankle Center, Inc.

Foot Notes

October 2011



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Keeping in step: Foot problems common in service industry

Consider the human foot.

Its 26 bones, 20 muscles and more than 150 ligaments make it one of the most complex anatomical structures of the body. A pair of them takes an average of 10,000 steps a day, absorbing the cumulative force of hundreds of tons.

And nowhere are feet more important than in a town with a large service industry like Las Vegas.

"Oh yes, my feet are very important to my career," says Colin Shaughnessy, a valet supervisor at Green Valley Ranch Resort. "I learned that pretty quick."

Yet, feet are perhaps the most overlooked, underappreciated body parts, says orthopedic foot and ankle surgeon Roman Sibel.

Until they hurt.

"Every aspect of your daily life revolves around your feet," Sibel says. About 50 percent of his patients see him for work-related foot and ankle injuries. "I don't think people understand the magnitude of change in life if they can't walk well. It affects everything from

getting up to making breakfast and going to work."

Service industry workers, including cocktail servers, valet runners, cashiers, restaurant workers, dealers and performers, are more susceptible to foot and ankle problems than those in other jobs for two reasons: footwear and time spent on their feet.

"They're not doing desk jobs, they're spending a lot of time walking back and forth," Sibel says. "They're typically wearing a uniform shoe. For women, it's often a high heel."

Leisa Glans, a cocktail server at Red Rock Resort, started her cocktail career at Imperial Palace 17 years ago. She was required to wear three-inch heels; at Red Rock, it's a two-inch heel.

"I'm from Oklahoma, so I never wore high heels," Glans says. "But for that first year, going from sandals to three-inch heels, that was painful. I think my foot just wasn't used to being in that position for eight hours."

Now, however, her feet are used to the shoes and the activ-

ity, so she rarely has problems with her feet.

Sibel sees two kinds of foot and ankle problems: acute and chronic. Arthritis is the most common chronic issue. Ankle sprains are the most common acute complaints, he says, and many patients are women who wear high heels for their jobs. Or they're dancers and performers who don't wear supportive footwear.

"I can't stress the importance of good shoes," says Rich O'Baid, a bellman at Red Rock Resort. He started out at Boulder Station 14 years ago. "Before I got the job, someone said a bellman needs good shoes."

For years, O'Baid has worn Rockports; they're athletic but a little dressy. They give him support around the ankles, too. A good pair of shoes lasts him at least six months, he says. A few months ago, he came across a nice pair of shoes at the store and bought them. They weren't Rockports but they felt and looked good.

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Pumpkin Patch Stuffed Shells



Ingredients:

- Salt and pepper
- Extra virgin olive oil
- 20 jumbo pasta shells
- 1 lb baby spinach
- 4 tbsp. butter
- 1 large onion
- 1 lb extra lean ground beef
- 1 1/3 cups shredded cheddar cheese
- 2 cups milk
- 1/4 cup flour
- 3/4 cup canned pure pumpkin puree

Directions:

1. Add 2 tsp. salt, a splash EVOO and 20 jumbo pasta shells to a large pot of boiling water. Cook according to package directions. Drain and rinse until cool. Cover with damp paper towels.
2. 1 inch water to a boil in the same pot. Add half of 1 lb. baby spinach. Let wilt before adding the rest; stir to wilt. Rinse with cold water; squeeze to get the spinach as dry as possible.
3. Place the spinach on a cutting board and chop with a bench scraper. (Or, if you don't have a bench scraper, let an adult chop with a chef's knife.)
4. Preheat the oven to 400°. In a skillet, melt 2 tbsp. butter. Add 1 large onion, chopped; add 3/4 tsp. salt and 1/2 tsp. pepper. Cook over medium-high heat until tender, 6 to 7 minutes.
5. Add 1 lb. extra-lean ground beef; cook, breaking up with a wooden spoon, until no longer pink, about 3 minutes.
6. Remove the skillet from the heat and stir in the chopped spinach until well mixed. Stir in 1/3 cup shredded cheddar. Let cool.
7. Heat 2 cups milk in a microwave. In a medium saucepan, melt 2 tbsp. butter. Whisk in 1/4 cup flour; cook 1 minute. Whisk in 1/2 cup hot milk, then the rest. When it boils, whisk 1 minute.
8. Remove from the heat; season with 3/4 tsp. salt and 1/4 tsp. pepper. Whisk in 3/4 cup pure pumpkin puree. Stir in 1 cup shredded cheddar. Cover to prevent a skin from forming.
9. Hold a pasta shell in one hand and stuff with a large spoonful of the beef-spinach mixture (about a 1-inch ball). Cover the stuffed shells with a damp towel as you work.
10. Grease a 9-by-13-inch baking dish. Smear the bottom with 1/2 cup of the pumpkin sauce. Arrange the stuffed shells in the prepared pan with the openings face-down.
11. Spoon more sauce on top. Cover the dish with foil and bake until the sauce is bubbling hot, about 25 minutes. Let cool for 10 minutes before decorating with parsley leaves.

The pumpkin puree and spinach are rich in immune-system boosters like beta carotene and vitamin C.



Upcoming Events

- 4th Annual Taste of Coconut Point

Date: Sunday, October 9, 2011

Time: 12:00 pm - 5:00 pm

Venue: Coconut Point Mall Estero

- Naples 2nd Annual Stone Crab Festival

Date: Saturday, October 29 - Sunday, October 30, 2011

Time: Saturday - 10:00 am - 10:00 pm

Sunday - 10:00 am - 5:00 pm

Venue: Downtown Naples

Contact: 239-774-2978

www.stonecrabfestival.org

- Spooktacular Halloween on Fifth

Date: Monday, October 31, 2011

Time: 4:30 pm - 10:00 pm

Venue: Fifth Avenue South

Contact: 239-692-8436

www.fifthavenuesouth.com





Custom orthotics can put injured athletes back in fighting form

Football season is upon us, and San Diego Chargers fans are already swept up in a flurry of pre-season excitement. Until last week, however, Antonio Gates' relegation to the Physically Unable to Perform (PUP) list admittedly had some of those fans a little nervous (according to the Union Tribune, the Chargers wanted to be cautious with Gates following his struggles with plantar fasciitis last year). In ensuing days, however, things began to look up for Gates: as of last week, the Chargers tight end success-

fully played through three straight days of training – and while he'll likely remain on the sidelines for the majority of the preseason, head coach Norv Turner tells NBC San Diego that Gates "had three really impressive days, so he's made great progress."

As a professional athlete, Gates is one of many who suffer from the painful symptoms of plantar fasciitis – an inflammation of the tissue on the bottom of the foot (called the plantar fascia) that results in severe pain, stiffness, aching and even burning sensations in between and

after intense physical activity or prolonged periods of rest. Often a side-effect of the rigorous running and training, muscle tightness and related foot problems experienced by many serious athletes, planter fasciitis can be alleviated with acetaminophen, ibuprofen, stretching and extensive rest. In order to facilitate a full recovery, however, many trainers and podiatrists recommend shoe inserts known as orthotics as the best long-term treatment for athletes and more sedentary individuals alike.

Experts: Toe deformities should be treated early

Hammer toes, curly toes, crossover toes and bunions are not only painful, they can be a red flag for other health problems, a new report warns.

According to a review published in the August issue of the *Journal of the American Academy of Orthopaedic Surgeons*, deformities of the lesser toes, which includes all the toes except for the big toe, should be treated as early as possible by a podiatrist to avoid other complications.

"Toe pain can limit a person's quality of life," said the review's lead author, Dr. Khalid Shirzad, an orthopaedic surgeon at Northwest Orthopaedic Specialists, P.S., in Spokane, Wash., in a news release. "When it hurts to walk, that person will start decreasing time spent on activities they enjoy. If the

initial problem is not treated, it may lead to further issues such as skin infections, deformities, and muscular problems."

Most often, the review authors pointed out, deformities of the lesser toes are the result of shoes that don't fit, or hurt. Other causes of these conditions include: injury; inflammatory arthritis; neuromuscular and metabolic diseases, such as cerebral palsy, multiple sclerosis or rheumatoid arthritis; and genetics.

Although diabetes doesn't directly cause toe deformities, it can cause people to lose sensation in their feet, and as a result, they may not notice when they have a painful toe injury or deformity, Shirzad explained.

These foot conditions – in which the toes are bent, misaligned or curled – cause redness, swelling, sores or calluses where the affected toes meet the inside of a shoe, the experts noted. There are, however, several effective nonsurgical treatments for these conditions, including: Pads, gel sleeves, wraps, tape or shoe inserts.

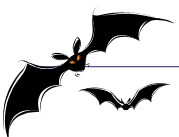
Surgical options are also available for patients with persistent toe deformities, but surgery may involve reconstruction of the soft tissues, bones or both, the authors pointed out in the news release.

"The most important thing the public should take from this is to be conscious of your footwear," said Shirzad. "Well-fitted shoes that do not pinch the foot or constrict the toes can prevent many toe deformities."

"When it hurts to walk, that person will start decreasing time spent on activities they enjoy."

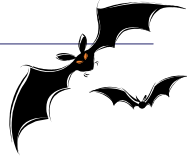


Please visit www.gulfcoastfootcare.com for a free copy of "The Foot Book" and "The Heel Pain Book." You can also call 1-888-794-3462 for you copy of "The Foot Book" and 1-866-414-8006 for "The Heel Pain Book."



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Welcome to the Gulfcoast Foot and Ankle Center, a podiatric medical and surgical practices with offices conveniently located in North Naples, Physicians Regional Medical Center on Pine Ridge Road and Bonita Springs, Florida. Dr. Gordon treats patients in the North Naples and Physicians Regional offices. Dr. Adarve treats patients at the Bonita Springs and Physicians Regional offices. Dr. Crist treats patients at the Bonita Springs and Physicians Regional offices and Dr. Austin treats patients at the Bonita Springs and Naples offices.

For more information on our physician's, offices and ser-

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"After a few months I could feel my feet aching," he says. A giant callus developed on the ball of his left foot. "It really hurt a lot."

He visited a doctor, who shaved the callus off and gave him some ointment to apply. It's better now, but his experience has made him even more aware of the need to take care of his feet.

When Shaughnessy started out as a valet 17 years ago, he wore a cool pair of basketball sneakers for his first week on the job. His feet and then his knees hurt so much, he thought he would have to return to his restaurant job.

Feet are not supposed to hurt, says podiatrist Lawrence Rubin. Retired from his practice, Rubin heads a nonprofit called Lower Extremity Amputation Prevention, or LEAP. He also taught podiatry. Now, he works to prevent foot and lower leg amputations by promoting annual foot exams, especially in diabetics. Diabetes makes people susceptible to foot problems because of loss of nerve sensation.

People tend to ignore foot problems until they get so bad they're hard to heal, Rubin says.

"When there are symptoms and people have painful feet, they think it's normal for them to hurt. They think it's because they're getting older or they've been told they have flat feet. Under none of those circumstances should they hurt," Rubin says.

Podiatrists, foot specialists who are physicians but not medical doctors, see a host of problems, including nail fungus, ingrown toenails, hammer toe, bunions, plantar fasciitis and inflammatory joint disease, Rubin says.

People who get bunions, a bump on the big toe joint, or hammer toe, a clawlike big toe, are genetically predisposed to them, Rubin says. Usually, sufferers have to wear shoes that will accommodate the physiology of their feet. In extreme circumstance, surgery can correct both problems.

Treatments for most foot problems vary from conservative – anti-inflammatories and crutches – to surgery, depending on the complaint. Orthotics help in some instances, both Sibel and Rubin say.

The key to most foot problems is preventing them, especially if your job requires you to be on your feet, Rubin and Sibel agree.

Wearing the right shoes is important. Avoid high heels if you can, Sibel says. Also, rotate your shoes. Try not to wear the same pair two days in a row. This enables them to air out, preventing fungi from spreading, Sibel says. Also, only wear your work shoes to work.