

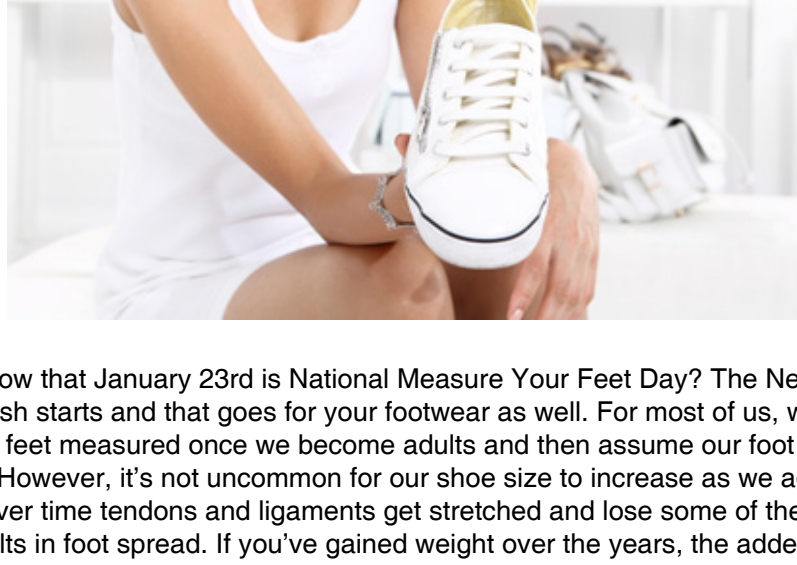


Office/Hours [See Below](#)

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Start the New Year with New Shoes



Did you know that January 23rd is National Measure Your Feet Day? The New Year is a time for fresh starts and that goes for your footwear as well. For most of us, we stop getting our feet measured once we become adults and then assume our foot size stays the same. However, it's not uncommon for our shoe size to increase as we age. It's because over time tendons and ligaments get stretched and lose some of their elasticity which results in foot spread. If you've gained weight over the years, the added strain to the lower extremities can also cause your foot size to increase.

Shoe Shopping Savvy

Here are a few tips for your shoe shopping trip:

- Plan to shop later in the day or evening. This is when your feet will be at their largest and this will help ensure that you get shoes that will feel comfortable all day long.
- Get both feet measured. Many people have one foot that is larger than the other—always buy shoes that will fit the bigger foot.
- Bring or wear the type of sock that you plan to wear with the shoes you are purchasing.
- Look for quality construction and features that will help prevent foot pain. These include good arch support, cushioned insoles, heel cups, and a sturdy tread. For dress shoes, choose styles with a roomy toe box and keep heel height to a maximum of two inches.
- Try on both shoes. If your podiatrist has prescribed a custom orthotic make sure it fits comfortably inside the shoes you're considering. Take your time and walk around the store to make sure the shoes don't pinch, rub, or irritate any part of your foot. Throw out the idea of a "breaking in" period. Shoes should be comfortable from the moment you purchase them.

Don't Wait

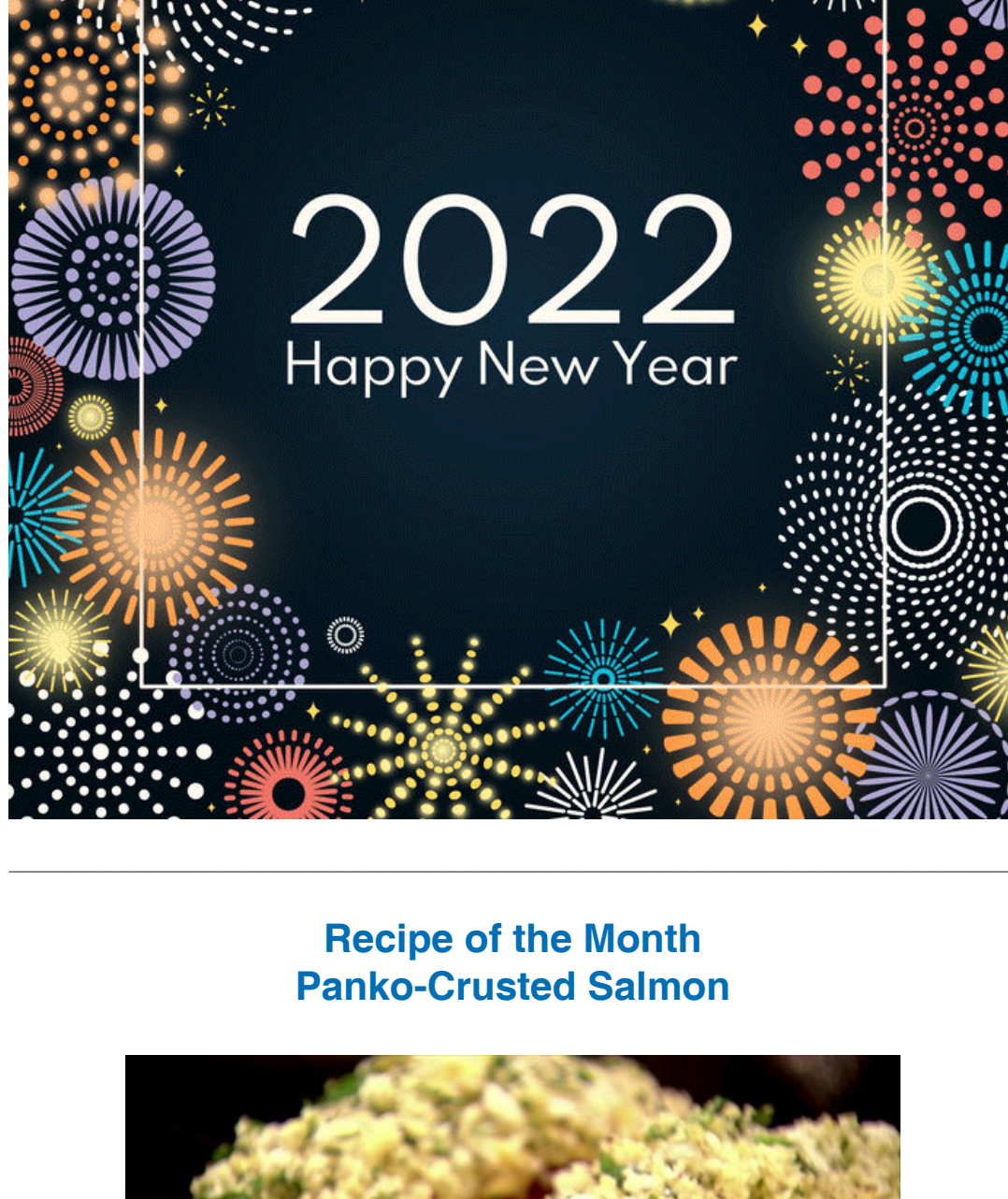
It's been estimated that as many as 90% of people are wearing shoes that are the wrong size for their feet. Improperly fitting shoes is one of the primary causes of many common foot problems including blisters, flat feet, plantar fasciitis, bunions, hammertoes, and ingrown toenails. If you have a chronic foot problem talk to your podiatrist about shoe styles and features that will best accommodate your unique foot.

4 Winter Foot Care Tips

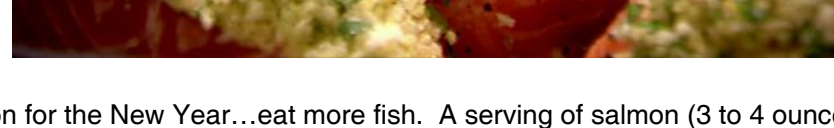


Each season has its own unique foot health concerns. Below are four suggestions for taking better care of your feet this winter.

1. **Commit to regular self-exams of your feet**—It's the time of year for New Year's resolutions so why not resolve to make foot health a priority. Frequently looking at your feet can prevent or slow the progression of many foot disorders. Check for changes in size, swelling, skin or toenail discoloration, bruising, lumps, rashes, and toe deformities and report anything unusual to the podiatrist promptly.
2. **Moisturize More**—When the temperatures go down the heat goes up in our homes, cars, offices, and stores. This can lead to dry skin on the feet. Be sure to apply a rich moisturizer at night and slip on a pair of soft socks to help the lotion work its way into your skin. If you have diabetes, be on the lookout for skin cracks and alert the podiatrist at the first sign of one.
3. **Enjoy Winter Sports Safely**—If you like to ski, snowboard, or ice skate, wear the appropriate footwear and be sure it fits properly. This will increase comfort and decrease the risk of injury and foot pain. Ski and snowboard boots should immobilize the heel, instep, and ball of your foot but you should still be able to wiggle your toes freely. If you have Haglund's deformity use padding to protect the bony enlargement at the back of your heel when ice skating.
4. **Keep Feet Dry**—Spending more time in closed-in shoe styles can increase the chances of your feet sweating. Allowing feet to sit in a dark, moist environment with little or no air circulation is an invitation for athlete's foot and toenail fungus. Change your socks whenever you notice they feel damp. If using an indoor pool or going to a gym is part of your winter fitness routine keep your feet covered when walking in these public places to prevent contracting a fungal infection.



Recipe of the Month Panko-Crusted Salmon



Resolution for the New Year...eat more fish. A serving of salmon (3 to 4 ounces) is about 200 calories. It's very low in saturated fat and a good source of protein. It's also one of the best sources of vitamin B12, is rich in potassium and high in other nutrients like iron and vitamin D.

Ingredients

- 2/3 cup panko (Japanese dried bread flakes)
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- Four 6- to 8-ounce salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Directions

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
4. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.

Recipe courtesy of FoodNetwork.com & Ina Garten



Dimensions Please!

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 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.

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 a company to build it.

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.

Foot Funnies

Q: Why isn't your nose 12 inches long?

A: Because then it would be a foot

Trivia

What part of your body is more likely to get frostbite?

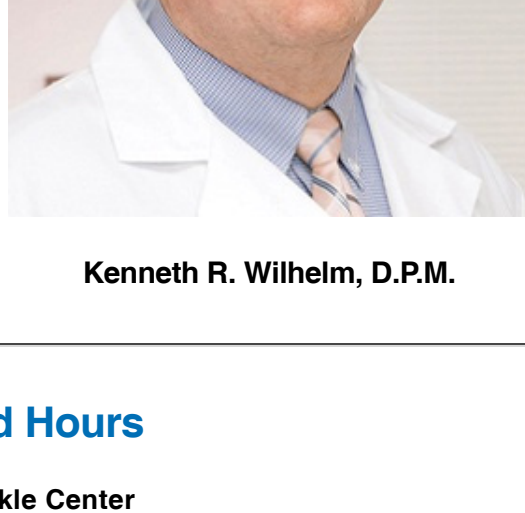
- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

Answer: B. Toes

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. This makes skin and tissue more likely to freeze.

Meet our Doctor



Kenneth R. Wilhelm, D.P.M.

Our Office and Hours

Clifton Foot And Ankle Center
6101 Redwood Square Centre #303
Centreville, VA 20121
(703) 996 - 3000

Monday:	8:15am - 12:00pm
Tuesday:	8:15am - 5:00pm
Wednesday:	8:15am - 5:00pm
Thursday:	8:15am - 5:00pm
Friday:	8:15am - 5:00pm
Saturday:	Closed
Sunday:	Closed

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