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Foot Care 101



In October, we celebrate International Podiatry Day. Your feet are amazing structures! They consist of 52 bones-- nearly a quarter of all the bones in your body, 60 joints, and over 200 muscles, ligaments, and tendons. Most people walk 2.5 to 5 miles daily and over 100,000 miles in a lifetime. Often, however, feet are overlooked when it comes to care. Foot care isn't difficult; sometimes, the best podiatric care doesn't even start with your feet.

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Help for Heel Pain

One of the most common complaints heard in podiatrists' offices is, "**My heel hurts.**" Heel pain can have several different causes:

- Sports or overuse injury
- Trauma due to a fall or accident
- Disease or other medical condition
- Obesity

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Recipe of the Month

Apple Cinnamon Bread

Anyone who tries this apple cinnamon bread will be thrilled. It has a hearty texture and sweet, home-baked flavor, but none of the fat and calories.



Ingredients

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- Two large eggs, room temperature
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil
- One teaspoon of vanilla extract
- 3 cups chopped peeled tart apples

Topping:

- 1/2 cup all-purpose flour
- 1/2 cup sugar
- Two tablespoons chopped walnuts
- 1/3 cup cold butter

Directions:

1. Preheat oven to 350°. In a large bowl, combine the first six ingredients. In another bowl, whisk eggs, applesauce, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in apples. Transfer to 2 greased 8x4-in loaf pans.
2. For the topping, combine flour, sugar, and walnuts; cut into butter until crumbly. Sprinkle over batter.
3. Bake until a toothpick inserted in the center comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks.

Recipe courtesy of [Taste of Home](#)

October Fun Facts

- October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer.
- October is the best harvesting month for many crops, including apples, carrots, corn, grapes, onions, potatoes, squash, and pumpkins.
- The World Series of Major League Baseball always starts in October. The first World Series occurred on October 1st, 1903, with the Boston Americans, also known as the Boston Red Sox, winning it all.
- October is the spookiest month of the year and is a lead-up to the granddaddy of spooky days, All Hallows Eve, aka Halloween, on October 31st.
- The Great Chicago Fire occurred on October 8th, 1871, destroying the city and leaving 100,000 people homeless.
- In October 1886, France gifted the US with the iconic Statue of Liberty.

October Special Days - Mark Your Calendar!

October 09

Columbus Day and Indigenous Peoples' Day

October 21

National Apple Day

October 26

National Pumpkin Day

October 28

National First Responders Day

October 29

National Cat Day

October 31

Halloween

Trivia

True or False

A pumpkin is a vegetable.

**Answer:** False. A pumpkin is a fruit.

Joke

What was Humpty Dumpty's favorite month?

**Answer:** October because he had a great fall.

Meet Our Doctor



Kenneth R. Wilhelm, D.P.M.

Our Office

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 Tues: 8:30 AM - 5:00 PM  
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 Thurs: 8:30 AM - 5:00 PM  
 Fri: 8:30 AM - 5:00 PM  
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