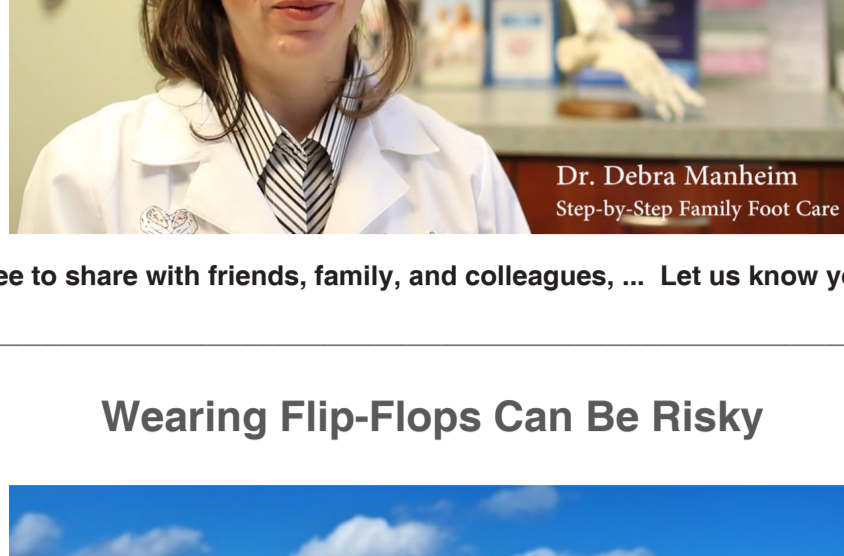




### In This Issue...

- Click here to watch Dr. Manheim's new video about the office
- Wearing Flip-Flops Can Be Risky
- Could That Be Psoriasis on Your Feet?
- Prevent an Ankle Sprain Before It Happens!
- Recipe of the Month: Fresh Fruit Salad w/Orange Poppy Seed Dressing

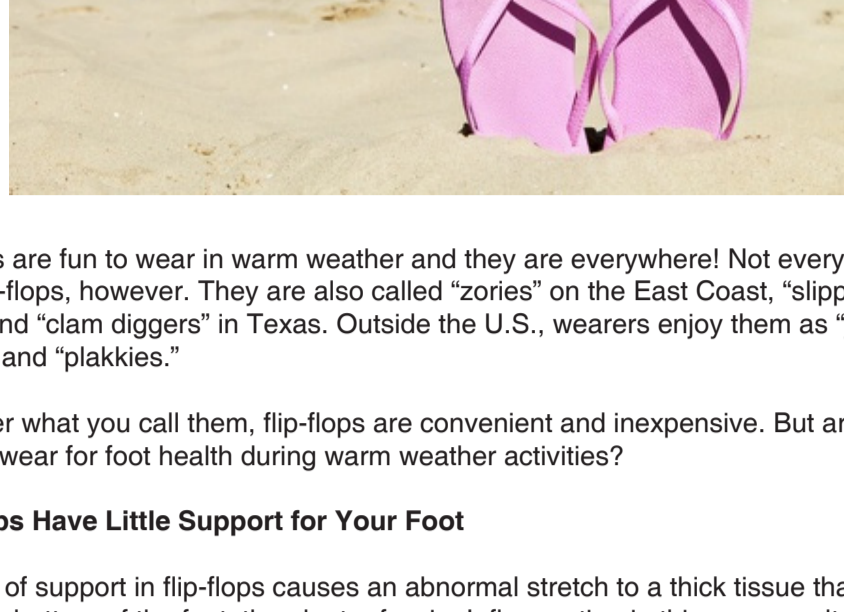
### [Click here to watch Dr. Manheim's new video about the office](#)



Dr. Debra Manheim  
Step-by-Step Family Foot Care

Feel free to share with friends, family, and colleagues, ... Let us know your thoughts.

### Wearing Flip-Flops Can Be Risky



Flip-flops are fun to wear in warm weather and they are everywhere! Not everyone calls them flip-flops, however. They are also called "zories" on the East Coast, "slippers" in Hawaii and "clam diggers" in Texas. Outside the U.S., wearers enjoy them as "jandals", "thongs" and "plakkies."

No matter what you call them, flip-flops are convenient and inexpensive. But are they the best footwear for foot health during warm weather activities?

#### Flip-Flops Have Little Support for Your Foot

The lack of support in flip-flops causes an abnormal stretch to a thick tissue that runs along the bottom of the foot, the plantar fascia. Inflammation in this area results in heel pain from plantar fasciitis, a painful condition that is worst when you first get out of bed in the morning.

Another problem when wearing flip-flops is how the toes must scrunch up to grip the sole. This action makes the muscles in your legs work harder and can lead to shin splints and muscle pain as well as toe deformities like hammertoes and claw toes.

Wearing flip-flops can even cause stress fractures because of little shock absorption from the thin sole, increasing mechanical stress on the bones of your foot.

#### Avoid Injury by Limiting Use of Flip-Flops

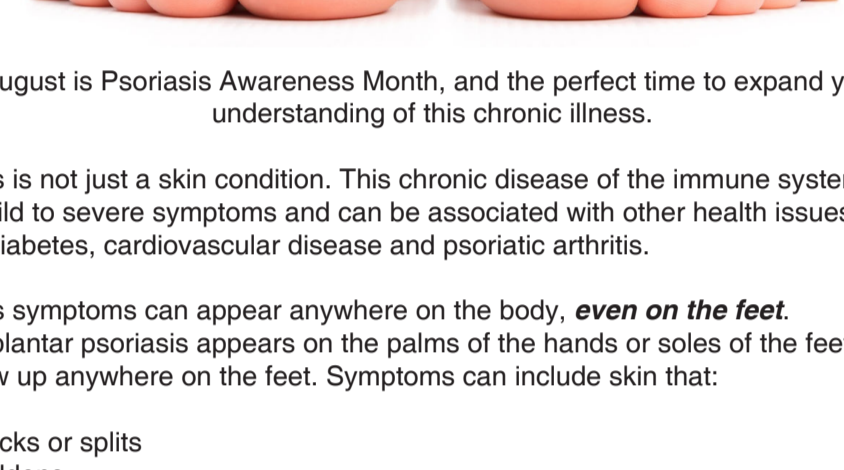
Flip-flops should **never** be worn when your foot needs protection or extra support; for example:

- **Mowing the grass.** Never wear flip-flops when doing yard work, especially when using a lawnmower. This practice can cause severe lacerations and even amputation.
- **Hiking.** Flip-flops simply don't have the support you need when tackling tough terrain. Invest in a pair of hiking shoes or boots for best protection and stability.
- **Bicycling.** Flip-flops don't offer any sideways stability, so it is far too easy for your foot to slide off the pedal. Wear athletic shoes for protection in the event of any contact with the road.
- **Sports.** Enjoying an impromptu pick-up basketball game? Don't ruin your fun with a twisted ankle from playing in flimsy flip-flops. Stick to athletic shoes for your best game.

Even wearing flip-flops during everyday activities can result in toe fractures or torn toenail beds due to the lack of protection. Ankle sprains and even fractures can be the unhappy result from tripping while wearing flip-flops.

If you have injured yourself in any way from wearing flip-flops, come in for a quick diagnosis and effective treatment.

### Could That Be Psoriasis on Your Feet?



August is Psoriasis Awareness Month, and the perfect time to expand your understanding of this chronic illness.

Psoriasis is not just a skin condition. This chronic disease of the immune system can cause mild to severe symptoms and can be associated with other health issues such as Type 2 diabetes, cardiovascular disease and psoriatic arthritis.

Psoriasis symptoms can appear anywhere on the body, **even on the feet**. Palmar-plantar psoriasis appears on the palms of the hands or soles of the feet, but it can show up anywhere on the feet. Symptoms can include skin that:

- Cracks or splits
- Reddens
- Thickens
- Scale off
- Swell
- Blister

Your toenails may also exhibit signs of psoriasis such as holes, changes in shape, thickening, discoloration and nail bed separation. Nail psoriasis can also lead to fungal infections.

You might experience pain from these and other symptoms, and you may be embarrassed and want to cover up the skin damage.

#### Treating Psoriasis

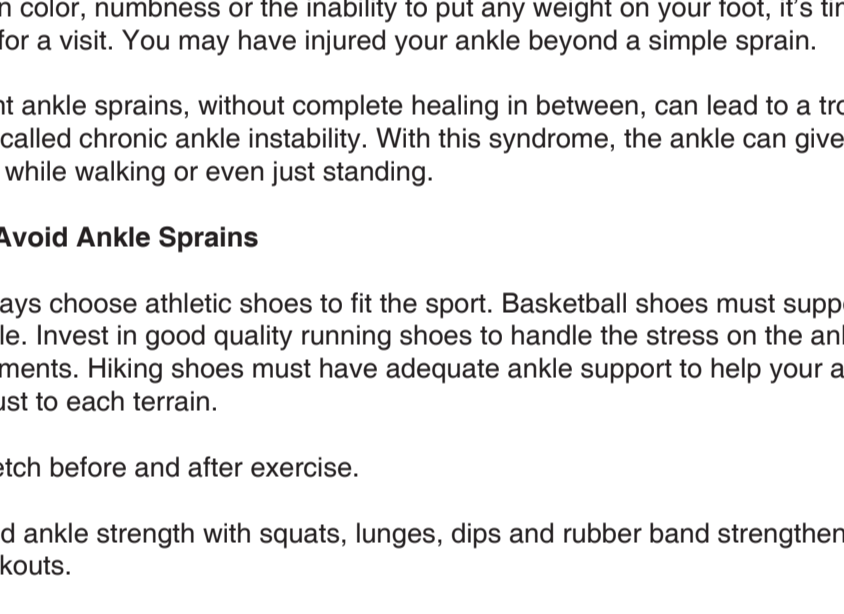
Please come to see us if you are concerned about psoriasis on your feet.

To address the uncomfortable and unattractive skin symptoms, wash the area with a mild soap and apply moisturizers frequently. We will recommend products such as coal tar creams, gels or ointments to slow skin growth and ease inflamed, itchy or scaly skin. Salicylic acid can reduce or soften thick scales and corticosteroids relieve symptoms.

While we treat psoriasis on your feet, at the same time it's important to work with your doctor on treatments that affect the disease on a cellular level.

You can learn more about psoriasis at this National Psoriasis Foundation [website](#).

### Prevent an Ankle Sprain Before It Happens!



Ankle sprains are a pain, and not just because they hurt. When your ankle is injured, you are forced to rest and must avoid many of your normal activities.

If you twist, turn or roll your ankle in an awkward way, the ligaments that help hold your ankle bones together may become stretched or even torn. Most sprained ankles can be remedied with R.I.C.E. treatment: **Rest**, **Ice** the area, use **Compression** and **Elevate** the foot above your head.

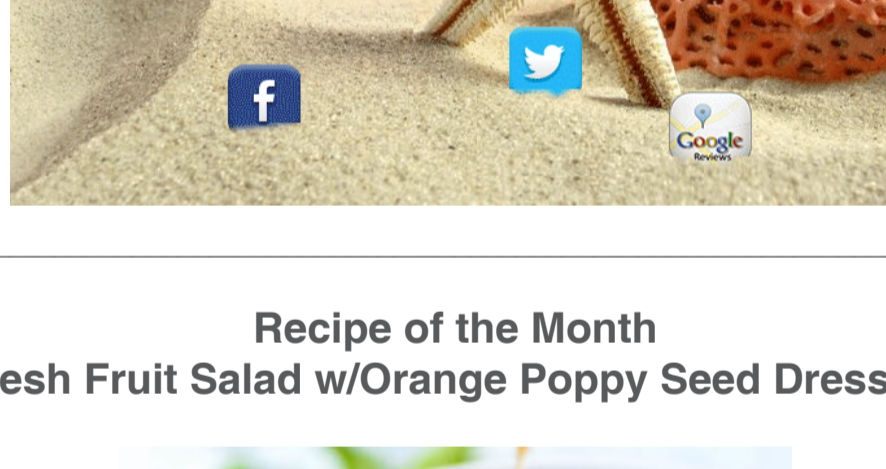
However, if you experience significant swelling, pain even when non-weight bearing, change in color, numbness or the inability to put any weight on your foot, it's time to come in for a visit. You may have injured your ankle beyond a simple sprain.

Recurrent ankle sprains, without complete healing in between, can lead to a troublesome problem called chronic ankle instability. With this syndrome, the ankle can give way at any time while walking or even just standing.

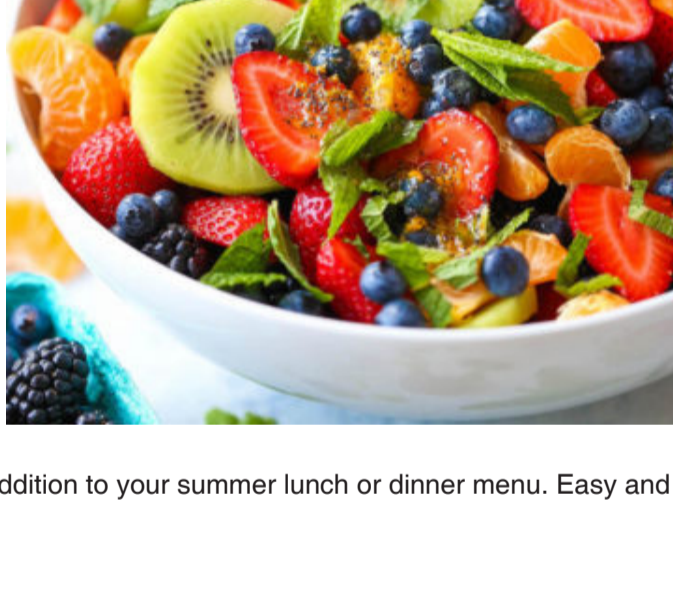
#### How to Avoid Ankle Sprains

- Always choose athletic shoes to fit the sport. Basketball shoes must support the ankle. Investing in good quality running shoes to handle the stress on the ankle ligaments. Hiking shoes must have adequate ankle support to help your ankle adjust to each terrain.
- Stretch before and after exercise.
- Build ankle strength with squats, lunges, dips and rubber band strengthening workouts.
- Strengthen leg, foot, hip and core muscles for better support and alignment.
- Work on your balance so you can quickly respond to any changes. Tai Chi is a gentle exercise that can help improve your balance, as can yoga.

Let us help with your ankle sprain, especially if they recur frequently. Complete healing is essential to avoid chronic ankle instability.



### Recipe of the Month Fresh Fruit Salad w/Orange Poppy Seed Dressing



Here's a healthy addition to your summer lunch or dinner menu. Easy and delicious!

#### Ingredients

- 4 cups strawberries, hulled and halved
- 2 cups blackberries
- 1 cup blueberries
- 4 mandarin oranges, peeled and segmented
- 3 kiwi fruit, peeled and sliced
- 1/4 cup fresh mint leaves, torn

#### For the dressing

- 1/4 cup freshly squeezed orange juice
- Zest of 1 orange
- 1 tablespoon honey, or more, to taste
- 1/2 teaspoon poppy seeds
- Pinch of nutmeg

#### Directions

1. In a small bowl, whisk together orange juice, orange zest, honey, poppy seeds and nutmeg; set aside.
2. In a large bowl, combine strawberries, blackberries, blueberries, oranges and kiwi. Stir in orange juice mixture and gently toss to combine.
3. Let sit at least 15 minutes before serving. Garnish with mint, if desired.\*

### History FootNote

Modern flip-flops have descended from the Japanese zori, which became popular after World War II when returning soldiers brought them back to the U.S.

### Celebrity Foot Focus

Brazilian soccer star Neymar put on quite a show after injuring his foot in a collision in a World Cup game against Mexico. Social media fans went wild making fun of his "play-acting."

### Foot Funnies

😄 What do you call it when all your toes go to sleep? Coma-toes!

### Trivia

**A foot has how many bones?**

- A. 11
- B. 26
- C. More than 30

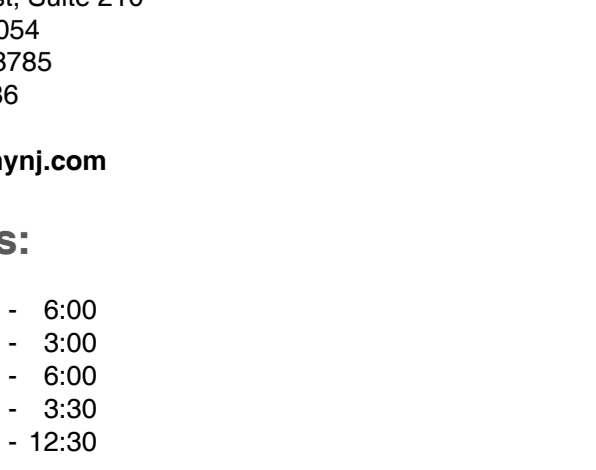
**Answer: B**

About a quarter of the bones of your entire body are in your feet. They get you where you need to go every day. By the time you're 50, your two feet are likely to have logged about 75,000 miles. That's about equal to walking around Earth three times.

### Follow us...



### Our Doctor



Dr. Debra D. Manheim, DPM, FACFAS, FACFAOM

### Our Office

**New Jersey Office**  
3219 Route 46 East, Suite 210  
Parsippany, NJ 07054  
Phone: (973) 917-3785  
Fax: (973) 917-3786

[www.stepbystepnynj.com](http://www.stepbystepnynj.com)

### Office Hours:

Monday : 10:00 - 6:00  
Tuesday : 9:30 - 3:00  
Thursday : 10:00 - 6:00  
Friday : 10:00 - 3:30  
Saturday : 9:00 - 12:30

*Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.*