



Proper Hydration Aids Feet and Ankles

Drinking the right amount of water provides whole-body benefits. Let's break down what it does for your feet and ankles specifically.

Take gout, for instance. Purines found in human cells and many foods are broken down in the body to form uric acid, an excessive amount of which can lead to its crystallization in the joints, especially the big toe. Dagger-like shards stoke extreme pain and inflammation that can linger for weeks. Drinking plenty of water, however, dilutes the uric acid in the bloodstream and aids the kidneys in flushing it from the body more efficiently.

Circulation issues are a common complication of diabetes. Proper hydration helps facilitate healthy blood flow throughout the body to avoid problems brought on by poor circulation.

Foot and calf cramps can be torture. Drinking the proper amount of water goes a long way in minimizing cramps and keeping our speech wholesome.

Proper fluid intake also lowers your risk of swelling (edema) in the feet and ankles. Sounds counterintuitive, but sufficient hydration helps prevent water pooling in the body's lower regions. Want to avoid painful heel cracks and splitting, brittle toenails? Water is a great antidote.

Much of the body's water supply is stored in tendons, ligaments, and collagen fibers. Aging, poor diet, and lack of water make us more vulnerable to injury and inflammation ... and possibly chronic pain.

Drinking more water at meal time can make us full more quickly, enabling us to maintain or shed weight. In turn, your feet will thank you for easing the stress on your foundation.

Proper hydration is always important, even more so over the summer. It can do wonders for your feet and ankles!

Meet Dr. Jonathan Williamson



What is your favorite hobby? Working out, backpacking, travel

What is your favorite food? If I had to eat one food, New Mexican food is the best

Red or Green Chile? GREEN of course

What is your favorite TV show? I am a Simpsons addict

Favorite band? Metallica (I often blast it while operating)

What is your favorite season and why? Summer, all about the heat

What is your favorite ice cream flavor? Extreme Moose Tracks

What is your favorite place in the world? A cruise ship



Foot Punctures Require Special Attention

Over the summer, plenty of people ditch their shoes and go barefoot. That makes podiatrists nervous, as the risk of puncture wounds soars.

Puncture wounds can appear fairly innocent compared to lacerations. They have a small entry hole created by a sharp object, often don't bleed much, and sometimes appear to close up. But don't let looks deceive you; they are a major threat of infection and sometimes penetrate more deeply than first suspected.

In addition to dirt/rust/bacteria being delivered to the wound from nails, needles, toothpicks, bits of glass, seashells, pebbles, and so forth, tiny pieces of those same objects, plus skin, sock, or shoe, may be embedded in the wound.

Unfortunately, many people underestimate puncture wounds and neglect adequate treatment. Get a foot puncture checked out immediately. If our office is open, give us a call. If it's after hours, head to an urgent-care clinic or ER. Even if you do the latter, contact us within 24 hours for a thorough cleaning, extraction of debris, possible antibiotics prescription, and diligent follow-up care. Urgent-care clinic and ER medical personnel provide a valuable service, but they don't have the training that podiatrists do in these matters.

Improper care can lead to an infection that might evolve into a bone or joint infection — an extremely serious matter. Signs of an infection include soreness, redness, warmth, possible drainage, swelling, and fever.

We know that some people will go barefoot in the summer. But "some" should never include those with poor circulation or diabetics with peripheral neuropathy; for them, infection and amputation are too intimately linked.

If you suffer a puncture wound of the foot, contact our office for expert care.

Mark Your Calendars

- July 3** Wimbledon Championships begin: Longest match — 11 hrs. 5 minutes, 2010, John Isner vs. Nicolas Mahut.
- July 4** Independence Day: Only John Hancock and Charles Thompson signed the Declaration of Independence on July 4. The other delegates signed later.
- July 7** Chocolate Day: 70% of the world's cocoa comes from small family farms in West Africa.
- July 14** Shark Awareness Day: Sharks are over 425 million years old and have survived five mass-extinction events.
- July 16** National Ice Cream Day: Hawaiian Punch originated as an ice cream topping.
- July 22** Hammock Day: The Mayans invented hammocks, originally woven from the bark of hamack trees.
- July 29** Lasagna Day: Originally, the word *lasagna* referred to the pot in which the food was cooked.



Ice Cream ... Good for You?

July is National Ice Cream Month, and the recognition is well-deserved. Mouthwatering ice cream spurs outbreaks of happiness but will never be regarded as a staple of a healthy diet due to its high saturated fat and sugar content.

However, ice cream has confounded researchers over the decades with regard to its possible health benefits — a subject they've been hesitant to talk about. The May 2023 issue of the *Atlantic* brought up the story of a Harvard doctoral student who presented his research in 2018. One surprising result was that, among diabetics, eating half a cup of ice cream per day appeared to be linked with a lower risk of heart problems.

The medical and dietary research communities were perplexed. Surely something was overlooked or data was misinterpreted. But so far, nothing has uprooted the student's findings.

This has not been the only ice cream study in which results have tormented researchers. Past studies seem to indicate some health benefits, too, such as lowering the risk of diabetes — news that was frequently placed on the back page, not mentioned at all, or cloaked by linguistic sleight of hand (e.g., referring to ice cream as a "dairy-based dessert" instead of "ice cream").

We all know the case against ice cream when moderation is discarded. Here's the case for ice cream when moderation is restored: It has calcium, protein, vitamins, and fat (we all need some fat); it's middle of the pack on the glycemic index; and there appears to be other possible benefits as mentioned above.

There's no need to completely avoid ice cream, and no reason to pull up the Brinks truck at the supermarket. Just meet at that sweet spot somewhere in the middle and enjoy!



Grilled Steak Pineapple Skewers

Servings: 4–6; prep time: 1 hr.; cook time: 20 min.; total time: 1 hr. 20 min.

Grilled steak skewers with pineapple — a healthy, filling, and flavorful dish.

Ingredients

- 1 pound steak
- 1/4 cup pineapple cut into cubes
- 1/3 cup cherry tomatoes
- 1/4 red onion cut into thick cubes
- 1 yellow bell pepper cut into cubes
- 1 cup Italian parsley, rough chop
- 3 cloves garlic, smashed
- 1/2 cup cilantro, rough chop
- 1/2 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. red pepper flakes

Directions

1. Using wooden skewers, place the steak, tomatoes, red onion, pineapple, and bell pepper onto each skewer.
2. Place the olive oil, parsley, cilantro, garlic, vinegar, salt, pepper, and red pepper flakes into a food processor, and blend until well mixed — this is the chimichurri sauce.
3. Pour half the chimichurri sauce over the skewers and marinate for 1 hour.
4. Grill the skewers for about 10 minutes on each side until the steak is cooked through.
5. Serve with the remaining chimichurri sauce on the side.

Recipe courtesy of thedomesticdietitian.com.



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Makin' Waves to Avert Surgery

Conservative treatment measures have an impressive rate of success for conditions such as plantar fasciitis and Achilles tendonitis, among others. But when these ailments prove stubborn, an advanced conservative measure called extracorporeal shockwave therapy (ESWT) is ready to do battle to stave off surgery.

ESWT involves an applicator, ultrasound gel, and high-energy impulses, or "shock waves," delivered to the injured area. ESWT prompts an inflammatory-like response in injured tissue, which signals to the body to enhance blood flow in that area and create new blood vessels to further that cause. This surge of oxygen and nutrients accelerates the healing process.

There's a lot to like about ESWT. It's noninvasive; there's no risk of infection; local anesthesia is typically all that's required to keep things comfy; and downtime is minimal. In addition, treatment time ranges from 10 to 30 minutes, depending on the nature of the disorder — it won't take up your whole morning or afternoon. For most patients, several treatments will be required before full healing gets kick-started; however, many notice an improvement almost immediately.

Over 80% of patients who have undergone ESWT treatment report that they are pain-free or their pain situation has greatly improved. That's not a bad number to hang your hat on, especially when the remaining option is surgery.

There is one downside to report: Most insurances do not cover ESWT, including government-run ones, even though it's FDA-approved.

If you're experiencing foot or ankle pain, give our office a call for compassionate, thorough, and effective care.

