



**In This Issue...**

- Holiday Help for Your Feet
- 'Tis the Season for Gout
- Recipe of the Month: Mulled Apple Cider with Orange and Ginger

**Holiday Help for Your Feet**



Although the holidays may look different this year with less travel and potentially smaller celebrations, there is still sure to be plenty of activity. This makes it extra important to take good care of your feet so you can do everything you wish to make this season special for your loved ones. Below are some tips for keeping your feet happy and healthy during the holidays.

**Choose Feel-Good Footwear**—let's face it, shopping, wrapping, shipping, cooking—the holidays have you on the go and on your feet. Wearing the right shoes can prevent foot fatigue, injury, and aching feet. Styles with cushioned insoles and heel cups, adequate arch support and gripping tread will help you sail through the season pain-free. Remember that fashion boots and high heels may look great but can be hard on your feet and toes. Now that we're all spending more time at home, take advantage of this opportunity to wear sensible shoes and let your feet relax.

**Feast Wisely**—There are lots of yummy treats around during the holidays and everyone wants to enjoy their favorites. Putting on even a few extra pounds, however, can increase your risk for several common foot conditions and make existing disorders, such as plantar fasciitis and sesamoiditis more painful. Strategize to minimize diet damage. Fill a small plate with foods you love and stop when the plate is empty. Save calories where you can—have seltzer instead of a second glass of wine, choose carrots as dippers instead of chips, etc.

**Stick to Your Exercise Routine**—Don't neglect your regular exercise regimen during this busy time. Fitness activities help improve circulation and flexibility and will also aid in keeping weight gain at bay. A bonus? It will help keep holiday stress in check.

**Stay Dry**—Common infections like fungal toenails and athlete's foot thrive in moist, dark conditions. It's easy for feet to become overheated and start to perspire when the heat's on in cars, offices, and stores. Carry an extra pair of socks to change into when you notice feet feel damp. Use an anti-fungal foot powder or a roll-on antiperspirant to help keep feet dry.

These simple tips will enable you (and your feet!) to enjoy the holidays!

**'Tis the Season for Gout**



Each year during the holidays, this common scenario plays out: You enjoy a sumptuous holiday feast, starting with shrimp and scallops in puff pastry with a rich cream sauce, a prime rib, scalloped potatoes, and a fine red wine. You finish off the evening with dessert and a glass of excellent brandy. Several hours later you awaken in the middle of the night with an excruciating stabbing pain in your big toe. The joint at the base of the toe is red, swollen, and throbbing. Chances are, you are experiencing a gout attack.

**What Pulled the Trigger?**

Gout is an arthritic condition that occurs when crystallized uric acid builds up in a joint. Uric acid is a byproduct of the breakdown of purines—chemicals that are naturally occurring in your body and in certain foods. Some people may overproduce or have difficulty eliminating uric acid from the body. It can build up and cause pain in any joint, but the big toe is the most common site.

If you are prone to gout, purine-rich foods, such as red meat, shellfish, organ meats, red wine, brandy, and rich sauces, may cause an attack. There are other potential factors that may increase your risk for this condition as well, including:

- Diabetes
- High blood pressure
- Obesity
- Stress
- Chemotherapy
- Certain medications and vitamins

For many patients, the predisposition for gout is hereditary.

**Fending Off an Attack**

Give us a call if you have the symptoms described above. If gout is diagnosed, we may prescribe medications or injections for treating the pain, inflammation, and swelling. You may also need to rest your foot and keep it elevated. Gout symptoms will usually stop within three to ten days with treatment. If this is a recurring problem, we will help identify your triggers and tell you how to avoid them.

*As we close out 2020, we wish all of you the happiest of holidays and hope you'll find new ways to share the love and joy of the season during these unprecedented times. We send our warmest thoughts for good times and good health and the hope for a better and brighter New Year!*



**Recipe of the Month**  
**Mulled Apple Cider with Orange and Ginger**



This warmly spiced hot apple cider is the perfect treat for both kids and grown-ups alike. It's delicious aroma will keep you warm and cozy this holiday season!

**Yield**

Makes about 8 cups.

**Ingredients**

- 8 cups unpasteurized apple cider
- 3-inch cinnamon stick
- 10 whole cloves
- 1 navel orange, peeled and sliced crosswise
- 2-inch piece of peeled fresh ginger, cut into 6 slices

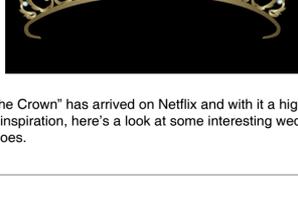
**Preparation**

In a large saucepan combine the cider, the cinnamon stick, the cloves, the orange, and the ginger and simmer the mixture for 20 minutes. Strain the mixture through a fine sieve into a heat-proof pitcher and serve the mulled cider warm.

*Recipe courtesy of Epicurious.com*



**Foot Notes – December 2020**



A new season of "The Crown" has arrived on Netflix and with it a highly anticipated Royal Wedding. As inspiration, here's a look at some interesting wedding customs and facts that involve shoes.

**History Foot Note – Wedding Traditions**

- In Hungary, the groom drinks a toast to the bride out of her wedding shoe.
- In China, one of the bride's shoes is tossed from the roof. The shoe must be red, and this gives the couple good luck in the marriage.
- In the Middle Ages, the father and the groom-to-be would have a shoe ceremony. The father would then give the man authority over his daughter. At the wedding, the bride would put the shoe on to show she was now the groom's possession.
- Also, in the Middle Ages, as a precursor to confetti, shoes were thrown at people about to go on a journey in the belief that it would bring them safe travels and good luck.
- Many British brides have a coin in their bridal heels for good luck. "Something old, something new, something borrowed, something blue,...and a sixpence for her shoe."
- Tying shoes to the newlyweds' car is a tradition that is still practiced today. It has evolved from a Tudor tradition where wedding guests would throw shoes at the bride and groom as they were leaving the church; it was considered good luck if they or their carriage was hit.

**Celebrity Foot Focus – Royal Wedding**

To this day, Princess Diana's elaborate wedding gown is still thought to be one of the most iconic – handmade from ivory silk and lace with a 25-foot-long train. Her ivory wedding shoes, which have been on display in museums around the world, were just as detailed, with 150 pearls, more than 500 sequins, a very slight heel, and a heart-shaped applique on the toes. Designed by Clive Shilton, they also included a hand-painted motif of flowers, gold hearts and leave on the soles.

**Foot Funnies – Wedding Humor**

🐻 Why do you never see a married polar bear?  
*They always get cold feet*

**Trivia:**

**What famous first occurred on the 17th of December, 1903?**

- A. First flight
- B. The first steam engine
- C. The first light bulb
- D. The first person swam the English Channel

**Answer: A - First Flight**

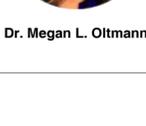
**Follow us...**



**Meet Our Doctors**



**Dr. Craig B. Frey**



**Dr. Megan L. Oltmann**

**Our Office:**

**Solon Office**  
33790 Bainbridge Road  
Suite 201  
Solon, OH 44139  
Tel: (440) 903-1041

**Wound Center Office**  
44 Blaine Ave.  
Bedford, OH 44146  
Tel: (440) 735-4755

**Office Hours:**

- Monday : 11:00am - 6:30pm
- Tuesday : 9:30am - 5:00pm
- Wednesday : 8:30am - 3:00pm
- Thursday : 9:00am - 3:30pm
- Friday : By Appointment Only
- Saturday : By Appointment Only
- Sunday : ---Closed---

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