



How to Be Kinder to Your Feet in 2020

There's plenty of stress in the world, so being kind can go a very long way. Taking a moment to be kinder to others is well worth it—but you should also take time to be kinder to yourself.

The way we treat our feet may not always be what's best for us. If we put a little thought and an occasional moment into what we do, however, we can counter these actions and even improve our comfort in the long run!

Here are a few mini-resolutions to consider making for the coming new year:

- **Move and stretch more!** Stretching your feet, ankles, and calves can be a great help toward fending off heel pain during the day. And even if you're not battling pain, they're a great way to improve strength and flexibility. You can do many stretches at your desk or anywhere else you happen to be.
- **Reduce barefoot time.** Going barefoot outside can be dangerous. Not only might you step on something damaging, but you increase your risk of picking up fungal infections as well. Consider shower shoes around the pool and in locker rooms, and even a nice, supportive pair of slippers at home.
- **Keep your shoes on the level.** We probably don't have to tell you about the ways high heels can wreak havoc on feet. However, wearing completely flat shoes is not a good move, either. They do not provide much support to the feet and can contribute to conditions such as plantar fasciitis and stress fractures. If you have flat feet, flat shoes will make things even worse.

And, of course, one of the best ways you can be kinder to your feet is asking us about any questions or concerns you may have. Let us help you set a course for care that aligns with your specific needs.

About the Doctors

JEREMY MCVAY, DPM

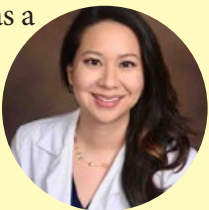
Dr. Jeremy McVay established McVay Foot & Ankle to provide comprehensive, compassionate foot and ankle care for

the Colorado Springs and the surrounding area. Dr. McVay specializes in foot and ankle trauma, sports injuries, and reconstructive foot and ankle surgery.



TIFFANY LIU, DPM

Dr. Tiffany Liu has a special interest in pediatric injuries and deformities, reconstructive foot and ankle surgery, diabetic limb salvage, and podiatric dermatology.





Signs Your Orthotics Need a Checkup

Custom orthotics can be an outstanding tool for helping many patients find relief from problems caused by structural abnormalities. This may mean treating heel pain, reducing callus-causing friction, or even taking excess pressure off a bunion.

Custom orthotics can do a lot of hard work, but that means they can't last forever, either. Eventually, the materials of an orthotic will wear down to the point where it is providing less (or no) supportive help. It is also common for circumstances to change, and the need for orthotics to change with them.

Regular maintenance and replacement of orthotics is essential to maintaining optimal performance and relief. Here are a few signs that you should have your current orthotics checked.

- **They Look Worn** – Sometimes the best signs are simple ones. If your orthotics look thin, cracked, or broken off in places, it's time for new ones.
- **Your Shoes are Wearing Unevenly** – Custom orthotics should provide even distribution of weight over your feet. If your shoe treads are wearing more heavily on one side of a shoe than the other, it's a sign that this job is not being performed at its best.
- **You Are Feeling Increased Pain and Discomfort** – This can happen gradually over time, so it pays to stop and carefully take stock of the situation. If you have noticed increased heel, foot, or ankle pain recently, it may be due to your orthotics wearing down.
- **You Have Changed** – Changes in weight and events such as pregnancy can create new situations that your current orthotics might not be fully prepared to handle. They may need an adjustment.

If you have questions about your orthotics, never hesitate to reach out to us. We're happy to help!

Mark Your Calendars

- December 2** National Mutt Day – Make a mixed breed dog happy.
- December 4** National Dice Day – D6? D20? How do you roll?
- December 6** National Gazpacho Day – No, don't send it back. It's supposed to be cold.
- December 11** National App Day – Rate a favorite or clean up some you don't use.
- December 14** National Bouillabaisse Day – (It's a French fish stew.)
- December 18** Answer the Phone Like Buddy the Elf Day – "[Name] the Elf, what's your favorite color?"
- December 21** Crossword Puzzle Day – Give yourself a little break during the rush.
- December 29** Tick Tock Day – Have any unfinished business for the year? Time's moving!





Have Back Pain? Consider Your Sleep Position

There are multiple possible causes for consistent back pain. Some of them even deal with the structures of our feet and legs! We can certainly help you determine whether the biomechanics of your feet are responsible for your back woes, but another possibility may be the position in which you sleep.

Here are a few questions to consider when thinking about bedtime.

Am I Sleeping on My Back?

The best sleeping position for your back is... on your back! This creates an even distribution of weight across the widest surfaces of your body, keeping your general structure in alignment.

Of course, not everyone is most comfortable on his or her back. If you tend to choose between stomach and side-sleeping instead, go for the side. The stomach is the worst sleeping position due to the unorthodox position it can place your neck in.

Side-sleeping is better than stomach-sleeping, but...

Am I Alternating Sides When I Sleep?

Sleeping on just one side is kind of like putting all your weight on just one leg. Eventually, it can cause a painful imbalance. Your weight is just not evenly distributed across your hips and shoulders.

Alternate your side, and also consider placing a pillow between your knees. This can help provide a more natural alignment for your lower half.

Is My Mattress Helping or Hurting Me?

A foam mattress will tend to provide fewer pressure points on your body than an innerspring mattress. That is not to say an innerspring mattress can't be suitable if it is well made. However, firmer springs tend to mean less support for the curvature of your spine.

If you want some extra support but don't want to ditch your springs, try a foam cover for a bit of extra cushioning.



Cauliflower Soup

Seeking a cozy, warm meal perfect for the holidays? This cauliflower soup can be made in a jiffy!

Ingredients

- 1 Tbsp. unsalted butter
- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 leek, chopped (the white and light green parts)
- 2 cloves of garlic, finely chopped
- 1 small head of cauliflower, cored and sliced
- 4 c. low-sodium chicken broth
- ½ c. heavy cream
- 1 bunch of chives
- ½ c. canola or grapeseed oil

Preparation

- Heat butter and oil in a large pot on medium heat. Add onion, leek, and ½ tsp. salt. Cook, covered, stirring occasionally, until very tender (but not brown), 10-12 minutes.
- Stir in garlic and cook 1 minute. Add cauliflower, broth, and cream. Simmer 15-18 minutes, until cauliflower is tender.
- Puree until smooth. (A handheld blender is best, but you can use a standard blender in batches.)
- Separately, in a blender, puree chives and ½ c. oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer. Strain through a coffee filter set over a measuring cup.
- Drizzle the chive oil that was just made over the soup. Add cracked pepper, if you wish.



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Want Clearer Nails in the Future? Start Now!

Fungal toenails are often a stubborn, long-time companion for many patients. While they don't often cause any pain, they can definitely be responsible for some emotional trauma. Self-consciousness and constant concealment of afflicted toes is not the happiest way to go through life.

The good news is that toenail fungus is treatable. The bad news is, it can take several months for the fungus inside a nail to be killed within its fortress.

And even when the fungus is fully eradicated, the thick, brittle battlefield of the infected nail tissue remains. New, fresh nails must grow out to replace them, which also takes time.

Why are we saying all this? Because you might be thinking of plans for next summer. Maybe a vacation. Maybe a big reunion, or even a wedding! Whatever it is, if you want to look your best in open-toed shoes or sandals, the time to start anti-fungal treatment is now!

We know there are many things to consider for an upcoming big event, and that things can sometimes get lost in the shuffle. If getting rid of your nail fungus is an item on your list, then talk with us about it today. The sooner treatment starts, the sooner you get results.

