newsletter | september 2019

www.drghealingfeet.com

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our offices

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we at the center for podiatric care and sports medicine take pride in treating all of our valued patients like members of our family, with kindness, compassion, empathy and integrity. we strive to continuously solidify, enrich, and renew our already extensive knowledge and advanced surgical techniques. we appreciate the opportunity to participate in your aspects of foot and ankle care including preventative medicine, regenerative medicine, wound care, orthotics,_meshes, bunionectomy, hammer toe corrections, bunions, neuromas, trigger toes, plantar fasciitis, heel pain, blunt and pencil toe deformity, and ankle injuries.

our goal is to offer you solutions for every foot problem we can. we believe that feet are the foundation of your body, and if they are badly taken care of, it will affect you overall. you will find that our services range from preventative care to treatment for the most common foot problems: debilitating bunions, hammertoes, and neuromas. we also treat many other conditions of the foot and ankle. if you have a problem, we can help you.

also, we are happy to treat all types of foot injuries with skill and efficiency. if you live in the new york city or white plains area, the center for podiatric care and sports medicine is here to help you.

now that the weather is cooler, new yorkers have taken to the indoor courts to keep up their love of tennis. tennis has many health benefits from increasing aerobic capacity to transitioning into the game. don't let these painful foot conditions keep you off the court!

the sheer speed of tennis opens us up to accidents and injuries, particularly to the feet and ankles. if you live in the new york city or white plains area, the center for podiatric care and sports medicine is here to help you.

at the center for podiatric care and sports medicine, we see tons of runners, especially leading up to the new york city marathon. we often recommend this active pursuit to new groups added each month.

something you love. that's probably why many runners here in new york city look to join running clubs. here in nyc, there are clubs for competitive long-distance runners, as well as hobbyists who like to socialize and meet other fit new yorkers. niche groups are growing in popularity, and we have found that people are more likely to stick to a group if they feel like they are part of a community and that this is something they love.

there's nothing like being surrounded by a group of people who can motivate you to do something you love. that's probably why many runners here in new york city look to join running clubs.

we have solutions to all your foot problems! keep reading!

Celebrity Foot Focus

Katie Holmes and amal clooney have followed.

standing “pigeon-toed” on the red carpet – gwyneth paltrow started it and celebrities followed.

the bata museum in toronto is the only north american museum dedicated to shoes.

Recipe of the Month:

flatbread pizza features sweet figs, caramelized onions, creamy goat cheese and arugula.

Fig, Goat Cheese and Arugula Flatbread

Ingredients

• 1 small flatbread
• 3-5 fresh figs, sliced
• 1/4 cup caramelized onions
• 1/2 cup goat cheese
• 2 cups arugula
• olive oil

Instructions

1. Preheat oven at 400°f.
2. Brush the flatbread with olive oil. Add dollops of the goat cheese evenly over the flatbread. Add the onions and figs.
3. Bake 10 minutes or until the goat cheese melts a bit and the edges of the flatbread brown.
4. Remove from the oven. Top with arugula, salt, pepper and a drizzle of balsamic reduction.

Recipe courtesy of marisamoore.com