



In This Issue...

- NYC Podiatrist Discuss the Most Common Foot Problems
- Don't Let Foot Injuries from Running Stop You from Joining a Club
- 3 Common Tennis Foot Injuries: Treatment & Prevention
- Recipe of the Month: Fig, Goat Cheese and Arugula Flatbread

NYC Podiatrist Discuss the Most Common Foot Problems



The majority of Americans suffer from some type of foot pain, ranging from blisters to ulcers. Most problems are easily treated by podiatrists through conservative measures, but there are some troubles only corrected through surgery. No one wants to undergo an operation, but quality of life can be so much better for people with three of the most common foot problems: debilitating bunions, hammertoes, and neuromas.

[We have solutions to all your foot problems! Keep reading!](#)

Don't Let Foot Injuries from Running Stop You from Joining a Club

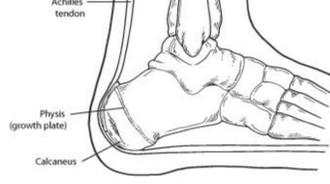


There's nothing like being surrounded by a group of people who can motivate you to do something you love. That's probably why many runners here in New York City look to join running clubs. Here in NYC, there are clubs for competitive long-distance runners, as well as hobbyists who like to socialize and meet other fit New Yorkers. Niche groups include African-American women runners, LGBTQ runners, and 50+ silver runners, with new groups added each month.

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 our patients—as long as they're willing to take good care of their feet and invest in a good pair of [sturdy running shoes](#) a few times a year to prevent foot injuries from running.

[Looking for a club to join? Learn about some of the more popular running clubs in NYC.](#)

3 Common Tennis Foot Injuries: Treatment & Prevention



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 and bone density to improving metabolic function and reaction times. However, 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](#) can diagnose and treat any lower extremity common tennis foot injuries with skill and efficiency.

[Keep yourself in the game! Don't let these painful foot conditions keep you off the court!](#)

Did you know we work with out-of-network insurance benefits for foot and ankle services? We would love to work with you. Nearly every insurance plan imposes a deductible on the subscriber these days. This means you have to pay a certain amount before paying co-insurance (co-pay). We are happy to check your deductible and benefits for you prior to your visit.

Recipe of the Month Fig, Goat Cheese and Arugula Flatbread



This flatbread pizza features sweet figs, caramelized onions, creamy goat cheese and fresh arugula for a sweet and savory meal that really satisfies. It's the perfect light meal to transition from summer to fall!

Ingredients

- 1 small flatbread
- 1 tablespoon extra-virgin olive oil
- 1-ounce goat cheese, softened
- 1/4 cup caramelized onions
- 3-5 fresh figs, sliced
- 2 cups arugula
- 1 teaspoon balsamic reduction
- salt and pepper to taste

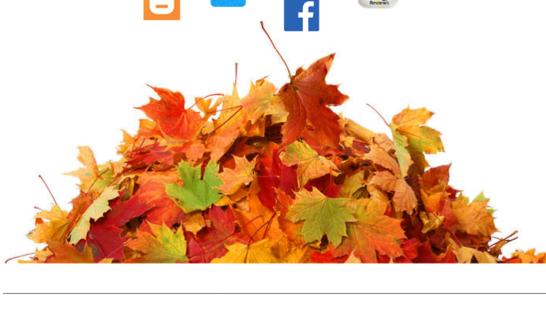
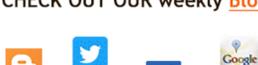
Instructions

1. Preheat the oven to 400F.
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

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History FootNote

The Bata Museum in Toronto is the only North American museum dedicated to shoes. More than 1,000 shoes and artifacts are displayed regularly covering 4,500 years of footwear.

Celebrity Foot Focus

Standing "pigeon-toed" on the red carpet – Gwyneth Paltrow started it and celebrities Katie Holmes and Amal Clooney have followed.

Foot Funnies

🤪 How does a frog feel with a broken foot? Un-Hoppy.

Trivia

"But the days grow short, when you reach September" is a line from which famous song?

- A. September Song
- B. Farewell to Summer
- C. Back to School
- D. The Autumn Melody

Answer is A.

September Song by Frank Sinatra

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Mission Statement

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 base. The doctors offer comprehensive treatment programs utilizing the newest and most advanced modalities in the field of podiatry. We specialize in all aspects of foot and ankle care including preventative medicine, regenerative medicine, and advanced surgical techniques. We appreciate the opportunity to participate in your health care, and keep you moving forward.

Meet Our Doctors



Josef J. Geldwert, DPM, FACFAS



Katherine M. Lai, DPM, FACFAS



**Mariola Rivera, DPM
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Vera Malezhik, DPM

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