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## The Center for Podiatric Care & Sports Medicine Receives 2018 Best of Manhattan Award

### Manhattan Award Program Honors the Achievement



The Center for Podiatric Care & Sports Medicine has been selected for the 2018 Best of Manhattan Award in the Sports Medicine Clinic category by the Manhattan Award Program.

Each year, the Manhattan Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small businesses through service to their customers and our community. These exceptional companies help make the Manhattan area a great place to live, work and play.

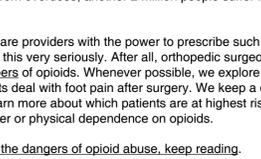
Various sources of information were gathered and analyzed to choose the winners in each category. The 2018 Manhattan Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Manhattan Award Program and data provided by third parties.

#### About Manhattan Award Program

The Manhattan Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Manhattan area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Manhattan Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

## NYC Podiatrists Discuss: Foot Pain After Surgery and Avoiding Opioid Dependence

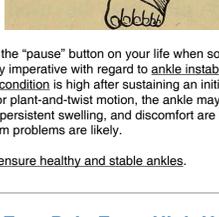


According to the CDC, an average of 115 Americans die of an opioid overdose every day. The misuse of prescription painkillers is one of the greatest crises our nation faces. By some estimates, nearly a third of the people prescribed opioids take their pills improperly. According to the National Institute on Drug Abuse, 8-12% of opioid users become dependent on the drugs, and 4-6% transition to heroin. In addition to the 33,000 Americans who die from overdose, another 2 million people suffer from substance use disorders.

Naturally, as healthcare providers with the power to prescribe such potent painkillers, we take our role in all of this very seriously. After all, orthopedic surgeons are the third-largest prescribers of opioids. Whenever possible, we explore effective alternatives when helping patients deal with foot pain after surgery. We keep a close eye on the latest research to learn more about which patients are at highest risk of developing a psychological disorder or physical dependence on opioids.

Educate yourself on the dangers of opioid abuse, keep reading.

## Ankle Instability: NYC Podiatrists Offer Tips and Treatment



While it's not easy to hit the "pause" button on your life when something goes wrong in your body, it is especially imperative with regard to ankle instability. The risk for re-injury or developing a chronic condition is high after sustaining an initial ankle injury. After an errant step off the curb or plant-and-twist motion, the ankle may feel unstable, wobbly, and weak. Tenderness, persistent swelling, and discomfort are commonly experienced. If left untreated, long-term problems are likely.

Important tips ahead to ensure healthy and stable ankles.

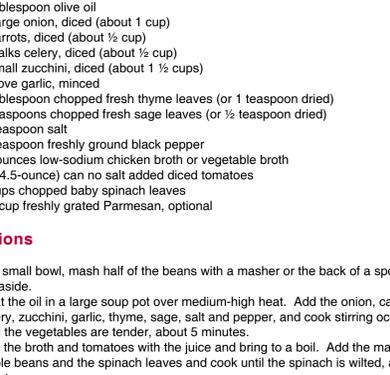
## Reduce Foot Pain From High Heels With These Podiatrist Recommendations



Podiatrists at The Center for Podiatric Care and Sports Medicine understand the love-hate relationship you likely have with your favorite pair of high-heel shoes. You love them because they complete your outfit but you hate them because, by the end of the day, your feet are begging you to take them off. We also understand that there are times when you wear high heels, even through the pain. While we can't promise ways to eliminate pain from wearing high heels, here we offer tips for reducing foot pain from high heels.

Ahead are a few suggestions to finding the most comfortable shoes.

## Recipe of the Month Tuscan Vegetable Soup



Make a big batch of this comforting, veggie-packed soup and eat well all week long. It only takes 35 minutes to cook up, and at just 145 calories and 4 grams of fat per serving, you can eat guilt-free!

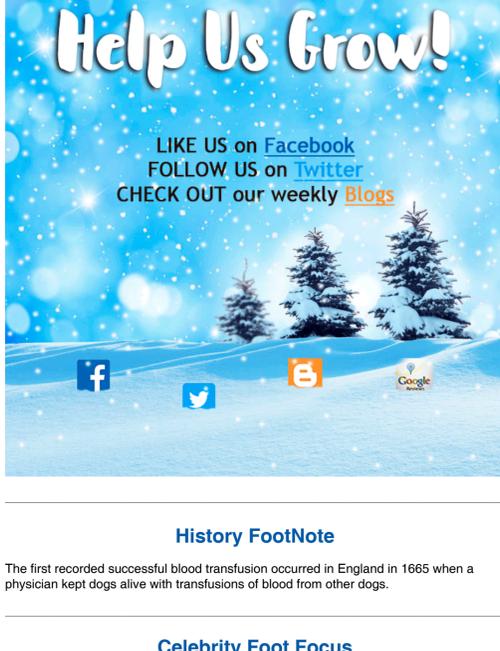
#### Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1 ½ cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

#### Directions

1. In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

*Recipe courtesy of Ellie Krieger*



## History FootNote

The first recorded successful blood transfusion occurred in England in 1665 when a physician kept dogs alive with transfusions of blood from other dogs.

## Celebrity Foot Focus

Jamie Lee Curtis, LL Cool J, Peyton Manning and Wynonna Judd are just a few of the celebrities who regularly donate blood.

## Foot Funnies

😄 What do you call a dinosaur with smelly feet? Ex-stinked

## Trivia

**What part of your body is more likely to get frostbite?**

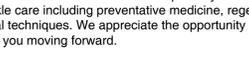
- A. Stomach
- B. Toes
- C. Thighs
- D. All of the above

**Answer: B. Toes**

Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow.

It usually affects your toes, nose, ears, cheeks, chin, and fingers. When you are out in the cold, your body tries to preserve heat. More blood is forced to your core to keep your heart and lungs warm. Blood flow is reduced to your extremities -- such as fingers and toes. That makes the skin and tissue more likely to freeze.

## Follow us...



## 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 sophisticated 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.

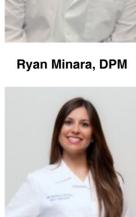
## Meet Our Doctors



**Josef J. Geldwert, DPM, FACFAS**



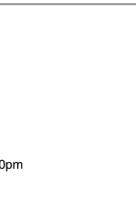
**Katherine M. Lai, DPM, FACFAS**



**Ryan Minara, DPM**



**Mariola Rivera, DPM  
 NYC Only**



**Vera Malezhik, DPM**

## Our Offices

**Manhattan Office**  
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 Monday-Thursday 7:30am - 4:30pm  
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 White Plains, NY 10601  
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**Office Hours**  
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 Tuesday- Wednesday 9:00am - 5:00pm  
 Thursday 10:00am - 6:00pm  
 Friday 9:00am - 1:00pm

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