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**Welcome**



Welcome to the Toe-Tal Foot & Ankle Care Newsletter. We would like to take this opportunity to introduce you to our new quarterly newsletter, with articles we think you will find of interest. We hope you will enjoy our newsletter and we welcome your comments and feedback.

**Children's Foot Health: 3 Common Deformities**



As parents, we tend to worry about our child's growth - is it normal? Should I ask a doctor about something that is worrying me?

When it comes to your child's foot health, it's a good idea to keep an eye on your child's feet and walking pattern. Although some growth milestones may be completely normal for your child, don't dismiss certain foot disorders in the belief that they will be outgrown. Some foot, knee, hip and back problems that surface in adulthood could have been prevented with childhood evaluation and treatment.

Here are a few of the most common child foot deformities and how to handle them:

- **Club foot** is usually present from birth and easily recognizable where the foot points downward or upward or rotates up. This painless condition can later result in disability if not promptly treated right after birth. Treatments include casting or splinting to gradually move the foot into its proper position. Sometimes a tight Achilles tendon must be lengthened. If no improvement is noted, surgery may be indicated.
- **Intoeing** presents as the lower leg bone tilting inward, when the thigh bone tilts as well as by a curvature of the foot. Being cramped in the womb can cause this deformity and there may be a family connection too. A child may also exhibit **outtoeing** where the toes point outwards. Most children outgrow both these conditions. In a small number of cases, intoeing or outtoeing can signal a neuromuscular condition.
- **Flat feet** is also common in children, as most children are born with very little arch. This is called flexible flat foot and your child may have no symptoms at all, or may experience pain or cramping, changes in walking or difficulty with shoes. Custom fitted orthotics can help even if there is no pain. Changing shoes and activities along with physical therapy can ease the child's pain.

You know your child! You can tell when something is going on with their feet or gait or when your child seems reluctant to participate in physical activities. Please come and see us if you have any concerns about your child's foot health - we are happy to help!

**Hike in Comfort with These Tips**



Are you hitting the trail at a local park or at one of our amazing National Parks? Your feet must get you to your destination and back again, so treat them well with these quick tips on hiking footwear and safety:

- Make sure that your hiking boots are not worn out. If they are, invest in a new pair.
- Shop for hiking boots and shoes at a reputable outdoor apparel store. Visit them late in the day when your feet are largest.
- Have your foot measured - length, width and arch length - and ask the specialist which shoe is best for your foot type and destination.
- Don't wear new boots until they have been conditioned.
- Wear thick socks that have been washed a few times. Synthetic fibers are better at wicking moisture away from your skin.
- If your feet are achy after a brief hike - even with good quality, supportive boots - you may benefit from a custom-fitted orthotic to keep pressure evenly distributed.
- Go over your hiking route in advance. Find out what options there are for medical help.
- Tote along a small first aid kit of moleskin or blister pads and bandages.
- Be alert to any "hot spots" where friction may be building up and prompting a blister. Cover the blister and try not to pop it.
- Take advantage of resting time for hydrating and giving your bare feet a soothing massage.

**August Is MedicAlert Month**



Do you or a family member have a medical condition or allergy that an emergency medical professional should know about? August is MedicAlert Month sponsored by the MedicAlert Foundation. Wearing a medical ID bracelet can lead to faster and more effective medical treatment when you need it and can reduce treatment errors.

A medical ID can save your life and the lives of those you love. Visit the MedicAlert Foundation website to learn more about this service.

**Recipe of the Month  
Summer Shrimp Ceviche**



Here's a healthy appetizer recipe for your next party. It may seem like it makes a lot, but it goes fast! Serve with tortilla chips or a healthy alternative.

**Ingredients**

- 1 pound peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes, diced
- 1 large yellow onion, diced
- 1 jalapeno pepper, seeded and minced, or to taste
- 2 avocados, diced
- 2 ribs celery, diced
- chopped fresh cilantro to taste
- salt and pepper to taste

**Directions**

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or 'cook') for about 10 minutes, or until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion, jalapeno, avocados and celery in a large, non-reactive bowl (stainless steel, glass or plastic).
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.

*Recipe courtesy of Allrecipes.com*

**History FootNote**

Around 400 B.C., the Greek physician Hippocrates recommended treating club foot from birth and with graduated manipulations - remarkably similar to today's treatments.

**Celebrity Foot Focus**

Gwyneth Paltrow recently collided with a sofa while rushing around packing her son's overnight bag and broke her foot. The actress confessed that she has broken her toes 8-10 times - ouch!

**Joke of the Month**



What did you learn in school today, son?  
Not enough, dad. I have to go back tomorrow.

**Trivia**

**What is the longest metatarsal bone?**

- A. 1st
- B. 2nd

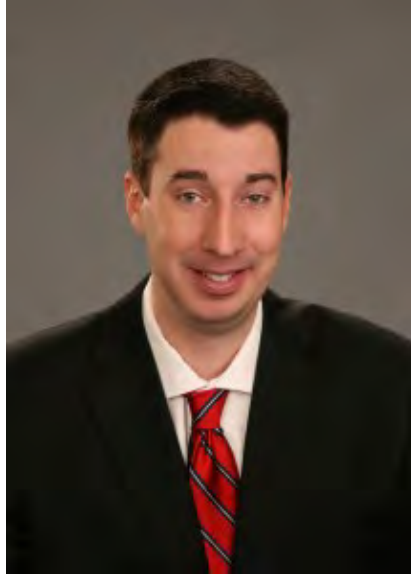
**Answer: B**

The second metatarsal bone is a long bone in the foot. It is the longest of the metatarsal bones, being prolonged backward and held firmly into the recess formed by the three cuneiform bones.

**Follow us...**



**Meet Our Doctors**



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Friday : 8:30am - 3:00pm  
Saturday : - Closed -  
Sunday : - Closed -

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

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