

# Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



April 2017

## Fusilli with Asparagus and Peas

Asparagus and fresh snap peas are seasonal reminder of Spring. A great side dish for Easter or Passover.

12 oz. long fusilli pasta  
1 lb. asparagus  
4 oz. sugar snap peas  
1 c. frozen peas  
1½ tbsp. olive oil  
¾ c. minced shallots  
¼ tsp. each salt and pepper  
1 c. reduced-sodium chicken broth  
1 tsp. grated lemon zest  
3 c. grated Parmesan

Directions:

Bring a 5- to 6-qt pot of salted water to a boil. Add pasta and cook as package directs, adding asparagus and sugar snaps 3 minutes before pasta will be done, and peas 2 minutes before done. Drain pasta and vegetable mixture.

While pasta cooks, heat oil in a 10- to 12-in. nonstick skillet over medium heat. Add shallots, salt and pepper; sauté 5 minutes until tender. Add broth; heat.

Return pasta and vegetable mixture to pasta pot. Add shallot mixture and lemon zest; gently toss to mix and coat. Toss with Parmesan and serve.



## 5 Clues You're Wearing the Wrong Shoes

Did you know that many foot problems start with your shoes? It's not surprising when you consider that our feet have to bear all of our weight and our shoes have to fit just right to support us.

Learn more about whether you need to give your shoes the boot. ([over](#))

## Best Veggies to Plant this Spring

When you go to the nursery to buy plants for your garden, it can be a little overwhelming. When it comes to planting vegetables it's particularly important to know what plants will do best in our Seattle spring. It's also good to know whether to buy seedlings or to start your crop by planting the seeds themselves.

At this time of year our weather is still pretty cool and so planting vegetables that tolerate cool weather well are best.

Two of the best plants to start from seed are lettuce and kale. They're delicious, healthy, and very cost effective since many people tend to eat a lot of these vegetables and seeds are inexpensive.

Another perfect veggie to start now is snap peas. You can start from seeds or from seedlings. Most important is to plant them with a trellis they can cling to since they need to grab on to something as they grow taller.



Delicious Snap Peas

## **Toenail Bruising**

Certainly wearing shoes that are too short can cause this problem, but it's also possible that your shoes don't fit well in other ways. For example, if you purchased a pair of hiking boots and you notice bruises on your big toes after a long hike.

Very likely these bruises occurred as you were hiking down and your toes hit the top of your shoes. Size is not the only thing to look for in a boot; correct width in the heel and other places has to be just right or your feet will slide forward.

## **Pain Across the Top Of Your Foot**

You've tried clogs several times but they kill the top of your feet. Very likely you have a high arched foot that won't accommodate your shoe choice. Choose shoes with a flexible midsole and avoid shoes that have straps that hit in the wrong place or won't span the top of your foot. Look for shoes that cover your foot lower down toward your toes. For suggestions see [Barking Dog Shoes](#).

## **Blisters**

Blisters occur due to a combination of poor fit, friction, and moisture. Often shoes that do not keep your heel in place but rise up will put you at risk for blisters. Often this occurs in people who have a narrow heel who have a hard time finding a shoe that will stay in place. It's important to go to a store such as Nordstrom that specialize in fitting all types of feet. If you're active, wearing socks that can wick away moisture will also help in preventing blisters.

## **Toe Pain**

Your toes should never hit the top of your shoes. Now you probably bought your shoes when they fit just fine. You tried them on, walked around in them, and then had the sales person press down on the front to make sure you had plenty of room.

But since then perhaps you had a baby or you've gained weight. It's not uncommon to have your shoe size go up as a result of these changes. Getting rid of that toe pain can be as simple as buying a pair of shoes that fit correctly.

## **Heel pain**

Heel pain and other types of foot pain can occur when you're not getting proper support from your shoes, particularly if you're a runner. The rule is to buy a new pair of running shoes every 500 miles. For the average person that's one a year. But if you run 30 miles a week you're going to need to replace them more often to keep them working for you.

**If you're suffering from any of these conditions, call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain.**



## **Tips for Spring Cleaning and House Maintenance**

After one of the Northwest's dreariest winters in memory, spring comes as a welcome promise of brighter days ahead.

But those chirping birds and cheery daffodils aren't the only things calling.

**Loss-prevention experts** say March is the ideal time to knock off key maintenance tasks, including:

**Cleaning gutters and downspouts.** Prevent clogged and overflowing gutters, which can lead to wet basements,