



Growing Feet and Children Milestones

Young children's feet are not simply small adult feet. They are undergoing constant change and development.

For instance, some cartilage is in a holding pattern until ossification occurs — the transformation of cartilage to bone. Growing bones are softer, too, and are more vulnerable to overuse issues and stress fractures. As soft tissues (e.g., muscles, tendons, and ligaments) and bones develop, they frequently do so unevenly — for a period of time, bone growth outpaces soft-tissue growth, rendering some soft tissues tighter and more injury-prone.

Some children are too young to convey exactly where they are feeling discomfort. Others try to ignore pain or don't know any differently (they might feel discomfort is normal). If your child won't (or can't) tell you about foot or ankle pain, be alert to these hints of trouble:

- Your child seems overly clumsy.
- Their shoe tread wears unevenly.
- Their walking pattern seems odd to you.
- Your child asks to be carried more than other kids their own age.
- You notice bumps, lumps, hard skin, or rashes on their feet.
- Your child avoids social functions and/or sports participation. It's not just a matter of physical health for kids when their feet and ankles aren't functioning properly; it can affect them socially and throw roadblocks onto avenues of possibility.

Podiatric checkups are vital for kids. Milestone ages for them include age 1 (roughly), when beginning to walk; age 3, when they start to walk more like an adult — a "heel-to-toe" gait; age 5 or 6, before starting school; and each year after if playing organized sports.

Early intervention is the key to your child's well-being and proper foot and ankle development. If a podiatric exam is overdue, contact our office today.

About the Doctor



Trinity Foot Center is led by Dr. Lisa Brandy; we are a team of foot and ankle professionals with a passion for keeping

Texans on their feet. We treat all ailments of the feet and ankles, from heel pain and ingrown toenails to athlete's foot, warts, dermatitis, diabetic wounds, and more. Dr. Brandy specializes in the diagnosis and advanced treatments for all conditions of the feet and ankles, with a special passion for heel pain and diabetic foot care. Dr. Brandy believes in treating the "root" of the foot/ankle problem and **not** just the symptoms. She started her private practice in Dallas, TX in 2003 and enjoys every moment! Dr. Brandy is a native of Detroit, MI and in her free time, she enjoys listening to live music, traveling to beach resorts, running, and roller skating.



Plantar Fasciitis

Although plantar fasciitis may be a frequent culprit behind heel pain and discomfort, it sometimes takes a bum rap because of another condition with similar traits: Baxter's nerve entrapment.

The Baxter's nerve runs along the outside, bottom of the heel and transmits vital sensory and motor information involving the heel and smaller muscles of the foot. When it becomes compressed or entrapped, symptoms mimicking plantar fasciitis arise: heel tenderness, sharp or burning pain, tingling, numbness, and foot or ankle weakness. It is estimated that 20% of chronic heel pain cases are attributable to Baxter's nerve entrapment.

Compression/entrapment of the nerve can be caused by repetitive stress, such as running (especially on hard surfaces); wearing shoes that don't fit properly, lack arch support, or have substandard cushioning; obesity; heel spurs; flat feet; or ... plantar fasciitis.

There is one key difference between plantar fasciitis and Baxter's nerve entrapment. Plantar fasciitis is typically worse early in the day, especially upon rolling out of bed, or after sitting for a spell and then getting up. Baxter's nerve entrapment tends to progressively worsen with activity or toward the end of the day.

Symptom similarities between plantar fasciitis and Baxter's nerve entrapment emphasize the need for an accurate diagnosis and effective treatment that only podiatric care can provide.

Conservative treatment options for mild cases range from a change in footwear, orthotics, and customized exercise/stretching plans, to shockwave therapy, massage, and ultrasound therapy, among others. In more difficult cases, ultrasound-guided cortisone injections or surgery might be recommended.

Treatment delays for Baxter's nerve entrapment can cause pain to linger for months, sometimes years. Schedule an appointment with our office to reclaim your quality of life.

Mark Your Calendars

- Mar. 3** National Anthem Day: What's sung before many sporting events is just the first of four verses.
- Mar. 10** Daylight Saving Time Begins: Give thanks for automatic digital clock resets.
- Mar. 17** St. Patrick's Day: Guinness is the most popular beer in Ireland; over 25% of sales.
- Mar. 19** First Day of Spring: Migrating birds appreciate stocked bird feeders. Kind of like a rest stop eatery, only healthier.
- Mar. 26** Make Your Own Holiday Day: e.g., All Hail the Writer of "Mark Your Calendars" Day.
- Mar. 29** Good Friday: Every year, London's Trafalgar Square hosts the open-air play *The Passion of Jesus* for free. Live-stream it online.
- Mar. 31** Easter: In C. S. Lewis's *Mere Christianity*, he presents his "Lord, liar, or lunatic" argument.



Irish White Bean and Cabbage Stew

Makes 6 large servings; prep time: 20 min.; ready in 1 hour for stovetop (slow cooker: 8 hours)

A simple, hearty, healthy, and delicious taste of Irish home cooking. Enjoy!

Ingredients

- 1 large onion, chopped
- 3 ribs celery, chopped
- 2 to 3 cloves garlic, minced
- ½ head cabbage, chopped
- 4 carrots, sliced
- 1 to 1½ pounds potatoes, large dice cuts
- 1 bay leaf
- 1 teaspoon dried thyme
- ½ teaspoon caraway seeds
- ½ teaspoon dried rosemary, crushed
- ½ teaspoon freshly ground black pepper
- ⅓ cup pearly barley (optional or substitute with gluten-free grain)
- 6–8 cups vegetable broth or low-sodium vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 can (14½ oz.) diced tomatoes
- 1 tablespoon chopped fresh parsley
- salt to taste



Directions

Stovetop: Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving.

Slow cooker: Place the vegetables, seasonings, and barley into a large (at least 5-quart) slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

Recipe courtesy of www.forksoverknives.com.

Trinity Foot Center

1801 N. Hampton Road
Suite 340
DeSoto, TX 75115
(972) 293-9650
www.TrinityFootCenter.com



Growing Feet and
Children Milestones
See page one.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

Eat Healthy, for Feet's Sake!

March is National Nutrition Month, the perfect time to consider what foods can improve our overall health ... including our feet and ankles!

Vitamin C is a key component in keeping the 33 joints in each foot/ankle combo healthy: 1) it helps the body produce and maintain collagen, a protein structure that is the building block for muscles, ligaments, tendons, and bones; 2), it assists in wound healing; and 3) studies have shown it lowers the risk of gout by reducing uric acid levels. (Good sources: citrus fruits, strawberries, broccoli, cantaloupe, kiwi, tomatoes, bell peppers)

Calcium and vitamin D are essential for good bone health. Calcium strengthens bones, while vitamin D facilitates the bones' absorption of calcium. Dairy products and dark, leafy green veggies are rich calcium sources. The best supplier of vitamin D is sunshine — 15 minutes per day without sunscreen. Salmon, sardines, cod liver oil, tuna, and "vitamin D-fortified" foods are beneficial. If you're thinking supplements, talk to your primary care physician first.

Dark, leafy green veggies are also good sources of B vitamins, which can help ward off peripheral neuropathy for those with diabetes. The riboflavin in spinach is a healing agent that can help prevent diabetic foot ulcers from becoming infected.

Foods high in antioxidants and omega-3 fatty acids can diminish inflammation flare-ups of plantar fasciitis and arthritis. Good sources include fresh fruits and vegetables, nuts/legumes, beans, fatty fish, and whole grains. Whole grains can also reduce the risk of diabetes by helping to control blood sugar levels.

Avoid cracked heels by staying properly hydrated. Good skin care is also abetted by pomegranates, walnuts, and a little bit of dark chocolate now and then.

