



NEW YORK
**FOOT
HEALTH**



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Hello Spring



Obesity and Foot Health

If you're struggling with obesity, the first "why" that comes to your mind for losing weight may not be your feet. But there are good reasons to add your feet to the list of motivating factors. At [NY Foot Health](#), we believe patients may not be fully aware of the connection between their weight and the health of their feet. Consider, however, that your feet carry the weight of your entire body. When you walk or run, you exert a force of 1.5 to 2 times the weight of your body in pressure on your feet. For a 150-pound person, that means a force of 225 pounds when walking and 300 pounds when running.



Risks of Excess Weight

Being overweight can increase both the severity and your chances of developing many common foot problems, including [plantar fasciitis](#), [sesamoiditis](#), [gout](#), [stress fractures](#), [flat feet](#), and [arthritis](#). It will often also lead to knee, hip, and back problems. In addition, excess weight is a risk factor for several systemic conditions, such as [diabetes](#) and heart disease which also have serious medical consequences for your feet.

In addition, patients who are overweight may get stuck in a vicious cycle: the extra weight makes exercising and being physically active tiring and even painful, and therefore they choose to remain sedentary, which in turn increases the amount of weight gained.

Help from Your Podiatrist

Foot and ankle pain is a deterrent to everyday activities like standing and walking. If you're experiencing uncomfortable podiatric symptoms preventing you from being active, it's important that you make an appointment with your podiatrist to get your feet evaluated. (Don't have a podiatrist? You can find one using an [online directory](#).) Your foot doctor can help with [weight management](#) in several ways:

- Diagnose and treat conditions that are causing foot and ankle pain.
- Prescribe exercises and therapies that will increase strength and mobility.
- Detect symptoms of other health conditions such as [diabetes](#), [nerve](#) and [circulatory](#) problems, and arthritis which can also be factors in your ability to attain a healthy weight.

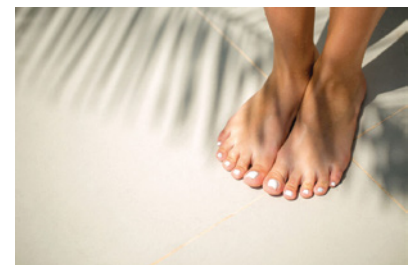
Studies show a 19% decrease in the likelihood of an inpatient hospital admission in patients with obesity who are receiving services from a podiatrist. So don't delay. Take a step toward losing weight by consulting with your podiatrist today.

To learn more about conditions that affect your feet, [contact us](#) and subscribe to our [free e-newsletter](#).

Celebrate National Foot Health Awareness Month

April is National Foot Health Awareness Month and a great time to focus on the many ways you can be proactive in the health of your feet. But first, let's look at how amazing your feet are! Consider the following:

- The average person will walk a total of about 115,000 miles throughout a lifetime. That's the equivalent of walking around the world more than 4 times!
- Your feet contain 52 bones, 66 joints, 214 ligaments, and 38 muscles and tendons.
- There are more nerve endings in your feet per square centimeter than any other part of your body.
- During a typical day of walking the forces exerted on your feet can total hundreds of tons or the amount of a fully loaded cement truck.



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- Your feet are home to 250,000 sweat glands capable of producing as much as half a pint of perspiration daily.

Taking Care of Your Amazing Feet

Here's another statistic: 75% of all Americans will develop foot problems at some point in their lives. Fortunately, there are many ways that you can protect the health of your feet and prevent many common podiatric problems. The health of your feet starts with the health of the rest of your body. Your habits play a big part in the condition of your feet. These lifestyle choices will help you protect your feet:

- **Maintain a nutritious diet.** Your food choices are important in helping you stay at an appropriate weight. Obesity and being overweight are risk factors for many podiatric disorders such as flat feet and plantar fasciitis. Avoiding foods that are high in saturated fats and cholesterol will also help your heart disease and diabetes—two diseases that can pose medical threats to your feet.
- **Don't smoke.** Smoking impedes circulation.
- **Be physically active.** Exercising 3 or more times a week and just trying to be more active in your daily life brings big benefits to your feet. It helps maintain flexibility, fights excess weight gain, and improves circulation.
- **Deal with foot pain promptly.** Don't put off getting podiatric care for foot pain or other unusual symptoms you notice in your feet. When caught in the earliest stages, most foot and ankle disorders are more easily treated and with less invasive measures.

Ask your podiatrist for more ways to improve your podiatric health. Take care of your wonderful feet and they will take you where you want to go for many years to come!

Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)

Strawberry Turkey Spinach Salad

Ingredients

5 ounces fresh baby spinach (about 6 cups)
2 cups julienned cooked turkey breast
2 cups sliced fresh strawberries
1 small sweet yellow pepper, julienned
4 green onions, sliced

Dressing

1/4 cup red wine vinegar
3 tablespoons olive oil
2 tablespoons water
4 teaspoons honey
1/2 teaspoon dried minced onion
1/2 teaspoon salt
1/4 teaspoon pepper



Directions

Place first 5 ingredients in a large bowl. Place dressing ingredients in a jar with a tight-fitting lid; shake well. Drizzle over salad; toss to combine. Serve immediately.

Recipe Courtesy of Tasteofhome.com



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