



# How to Be Kinder to Your Feet in 2020

There's plenty of stress in the world, so being kind can go a very long way. Taking a moment to be kinder to others is well worth it—but you should also take time to be kinder to yourself.

The way we treat our feet may not always be what's best for us. If we put a little thought and an occasional moment into what we do, however, we can counter these actions and even improve our comfort in the long run!

Here are a few mini-resolutions to consider making for the coming new year:

- **Move and stretch more!** Stretching your feet, ankles, and calves can be a great help toward fending off heel pain during the day. And even if you're not battling pain, they're a great way to improve strength and flexibility. You can do many stretches at your desk or anywhere else you happen to be.
- **Reduce barefoot time.** Going barefoot outside can be dangerous. Not only might you step on something damaging, but you increase your risk of picking up fungal infections as well. Consider shower shoes around the pool and in locker rooms, and even a nice, supportive pair of slippers at home, as some of our recommended Vionic house slippers.
- **Keep your shoes on the level.** We probably don't have to tell you about the ways high heels can wreak havoc on feet. However, wearing completely flat shoes is not a good move, either. They do not provide much support to the feet and can contribute to conditions such as plantar fasciitis and stress fractures. If you have flat feet, flat shoes will make things even worse.

And, of course, one of the best ways you can be kinder to your feet is asking us about any questions or concerns you may have. Let us help you set a course for care that aligns with your specific needs.

## About the Doctor

Marizeli Olacio, DPM, AACFAS



Dr. Marizeli Olacio is the founder and director of Omega Medical Group (OMG). She is a Miami-based podiatrist specializing in foot and ankle surgery, sports medicine, charcot

reconstruction, diabetic limb salvage, flatfoot correction, pediatrics, and wound care. She graduated from the Barry University School of Podiatric Medicine and completed her residency at Mercy Hospital in Miami, where she worked with professional athletes including the Miami Heat players. She established OMG to help people of all ages and walks of life reach their personal goals while remaining as active as possible. As a foot and ankle specialist it is her priority to educate each patient on their pathology, to ensure they are given the individual treatment deserved, from pediatrics to adults. She is committed to providing results that keep your feet in step for better health.



# Signs Your Orthotics Need a Checkup

Custom orthotics can be an outstanding tool for helping many patients find relief from problems caused by structural abnormalities. This may mean treating heel pain, reducing callus-causing friction, or even taking excess pressure off a bunion.

Custom orthotics can do a lot of hard work, but that means they can't last forever, either. Eventually, the materials of an orthotic will wear down to the point where it is providing less (or no) supportive help. It is also common for circumstances to change, and the need for orthotics to change with them.

Regular maintenance and replacement of orthotics is essential to maintaining optimal performance and relief. Here are a few signs that you should have your current orthotics checked.

- **They Look Worn** – Sometimes the best signs are simple ones. If your orthotics look thin, cracked, or broken off in places, it's time for new ones.
- **Your Shoes are Wearing Unevenly** – Custom orthotics should provide even distribution of weight over your feet. If your shoe treads are wearing more heavily on one side of a shoe than the other, it's a sign that this job is not being performed at its best.
- **You Are Feeling Increased Pain and Discomfort** – This can happen gradually over time, so it pays to stop and carefully take stock of the situation. If you have noticed increased heel, foot, or ankle pain recently, it may be due to your orthotics wearing down.
- **You Have Changed** – Changes in weight and events such as pregnancy can create new situations that your current orthotics might not be fully prepared to handle. They may need an adjustment.

If you have questions about your orthotics, never hesitate to reach out to us. We're happy to help!

## Mark Your Calendars

- December 2** National Mutt Day – Make a mixed breed dog happy.
- December 4** National Dice Day – D6? D20? How do you roll?
- December 6** National Gazpacho Day – No, don't send it back. It's supposed to be cold.
- December 11** National App Day – Rate a favorite or clean up some you don't use.
- December 14** National Bouillabaisse Day – (It's a French fish stew.)
- December 18** Answer the Phone Like Buddy the Elf Day – "[Name] the Elf, what's your favorite color?"
- December 21** Crossword Puzzle Day – Give yourself a little break during the rush.
- December 25** Christmas Day

**December 29** Tick Tock Day – Have any unfinished business for the year? Time's moving!







# Have Back Pain? Consider Your Sleep Position

There are multiple possible causes for consistent back pain. Some of them even deal with the structures of our feet and legs! We can certainly help you determine whether the biomechanics of your feet are responsible for your back woes and you may need change of shoes, custom orthotics, but another possibility may be the position in which you sleep.

Here are a few questions to consider when thinking about bedtime.

## Am I Sleeping on My Back?

The best sleeping position for your back is... on your back! This creates an even distribution of weight across the widest surfaces of your body, keeping your general structure in alignment.

Of course, not everyone is most comfortable on his or her back. If you tend to choose between stomach and side-sleeping instead, go for the side. The stomach is the worst sleeping position due to the unorthodox position it can place your neck in.

Side-sleeping is better than stomach-sleeping, but...

## Am I Alternating Sides When I Sleep?

Sleeping on just one side is kind of like putting all your weight on just one leg. Eventually, it can cause a painful imbalance. Your weight is just not evenly distributed across your hips and shoulders.

Alternate your side, and also consider placing a pillow between your knees. This can help provide a more natural alignment for your lower half.

## Is My Mattress Helping or Hurting Me?

A foam mattress will tend to provide fewer pressure points on your body than an innerspring mattress. That is not to say an innerspring mattress can't be suitable if it is well made. However, firmer springs tend to mean less support for the curvature of your spine.

If you want some extra support but don't want to ditch your springs, try a foam cover for a bit of extra cushioning.



# Cauliflower Soup

Seeking a cozy, warm meal perfect for the holidays? This cauliflower soup can be made in a jiffy!

## Ingredients

- 1 Tbsp. unsalted butter
- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 leek, chopped (the white and light green parts)
- 2 cloves of garlic, finely chopped
- 1 small head of cauliflower, cored and sliced
- 4 c. low-sodium chicken broth
- ½ c. heavy cream
- 1 bunch of chives
- ½ c. canola or grapeseed oil

## Preparation

- Heat butter and oil in a large pot on medium heat. Add onion, leek, and ½ tsp. salt. Cook, covered, stirring occasionally, until very tender (but not brown), 10-12 minutes.
- Stir in garlic and cook 1 minute. Add cauliflower, broth, and cream. Simmer 15-18 minutes, until cauliflower is tender.
- Puree until smooth. (A handheld blender is best, but you can use a standard blender in batches.)
- Separately, in a blender, puree chives and ½ c. oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer. Strain through a coffee filter set over a measuring cup.
- Drizzle the chive oil that was just made over the soup. Add cracked pepper, if you wish.

1400 NE Miami Gardens Dr., Suite 104

North Miami Beach, FL 33179

Phone: (305)514-0404 • Fax: (305)504-8944

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



If any questions or concerns or  
want to make an appointment  
today, contact us:

Dr. Marizeli A. Olacio,  
DPM, AACFAS

OMEGA MEDICAL GROUP

Phone: (305)514-0404

Fax: (305)504-8944

Website: [www.MiamiDPM.com](http://www.MiamiDPM.com)

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.



# Good Gift Ideas for the Foot Health-minded

The holidays are coming fast, so it's wise to get your gift shopping finished as soon as possible! We're all about foot and ankle health, but trying to survive a mall three days before Christmas is terrible for one's well-being in general.

If you have someone in your life who could benefit from some extra foot comfort, we have a few superb gift suggestions for you. If you would like some more personalized suggestions, don't be afraid to ask us. We'll see what we can come up with!

- **Slippers (with arch support!)** – It's hard to turn down a warm, cozy pair of slippers, but don't just buy the first pair you see. Find a pair designed with arch support in mind, because even short times in slippers should keep feet comfortable (and especially if their house has hardwood or tile floors). One of our favorites and Oprah's, as it's on her 'Favorite Thing' list is the Vionic Gracie Plush slipper. You can avoid the shipping charges and order directly from our office for convenience
- **An Anti-Fatigue Mat** – "A what?" you may be asking. These are mats that cushion feet and reduce the pressure they have to endure each day. It looks simple—and it is—but it may be the best gift for someone who spends all day standing in one spot.
- **A Foot Roller** – A loved one with heel pain will likely love the ability to massage their feet with a sturdy roller. A great example is our Thera-band Foot Roller, but get one that is best suited for where they may most use it: or under a desk at work.
- **A Pumice Stone** – A great stocking stuffer for someone who is mindful of calluses. Our Heel Repairing Kits includes a Terra-Cotta Pumice Stone and allows you to get a free Paraffin Wax for your feet same day, so you can also be pampered.