

Our nation's response to the COVID-19 pandemic has changed many things—if even just for the time being. One thing that we never wish to change, however, is our commitment to providing our patients the help they need, when they need it.

So in these times, we are taking multiple measures to remain available to you while keeping your safety and reducing your risk of exposure as our highest priority. In order for us to continue to provide high quality medical service, we are following the strictest and most up-to date CDC guidelines to ensure a safe, healthy, minimal contact with others, and disease-free environment for our patients and staff. This has meant implementing new changes to the way we offer our services and how we run our offices which we are outlining here.



## About the Doctor

Marizeli Olacio DPM, ABPM, 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.

### Offering Telemedicine Appointments

If you do not have a foot or ankle matter that requires direct or urgent care—initial consultations or follow-up appointments, for example—then we are more than happy to schedule a telemedicine appointment so you can meet with Dr. Olacio via videoconferencing.

A virtual appointment via telemedicine is easy and requires next-to-no setup. If you have a device that has a microphone, a camera, and is connected to the Internet, you have basically all you need.

Visit our Telemedicine webpage at <https://miamidpm.com/telemedicine> to learn more about how this service works.

### Offering Valet Medicine Appointments

Not every need can be properly addressed via telemedicine, of course. Some matters simply can't wait, and we are still accepting patients with such needs for in-office appointments.

If you must come for an in-office appointment, rest assured that we are enacting a host of measures to reduce exposure risks for you, other patients, and our staff. Some of these measures include:

- Screening patients for symptoms of illness before setting an appointment.
- Bypassing the wait time in the lobby by waiting in your car until we have an exam room ready for you, then escorting you directly to it.

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# Take on These Tips for Preventing Shin Splints

The term “shin splints” just has something to it that sounds wholly unpleasant, and odds are pretty good you can get a runner to shudder just by saying it.

Shin splints, in general, refers to pain felt along the front of the lower leg, or your “shin bone.” It tends to be more common in runners and other participants in moderate to heavy activity—especially sports with a lot of starting and stopping, such as tennis and basketball. The pain often comes as a dull ache and will often develop or worsen while you’re active.

Activity can place a lot of force on the shins, and sometimes this results in injuries such as stress fractures and muscle strains. Keeping this cause in mind is one of the best first steps you can take toward preventing the problem from occurring.

Here are some general shin splint prevention tips:

- **Give your body recovery time.** Going hard on the track and court all day or not taking enough rest days in your routine can overload your body. Resting or cross-training gives your shins (and the rest of you) an opportunity to rebuild from stress damage and come back stronger than before.
- **Warm up and stretch properly.** Prolonged stress can hurt your shins, but so can the shock of sudden activity when your body isn’t ready for it. Light jogging and jumping exercises are a great warm-up, as well as any stretches that focus on the feet, ankles, Achilles, and calves.
- **Opt for softer surfaces.** If you can, stay off concrete and stick to dirt, clay, or softer gym surfaces. If you’re a street runner, consider hitting the treadmill once or twice per week instead to give your body a bit of a break.

We can provide additional help for shin splint treatment and prevention, including best choices for footwear and what specific exercises would be optimal for you. Just ask!

## Mark Your Calendars

- June 1** National Barefoot Day – PLEASE BE CAREFUL!
- June 9** Call Your Doctor Day – You can call us any other day, too.
- June 13** National Weed Your Garden Day – Don’t spend too much time stooping without breaks!
- June 20** National Vanilla Milkshake Day – Cherry and whipped cream optional
- July 1** National Postal Worker Day – Thank your reliable mail carrier!
- July 5** National Workaholics Day – But at least take a lunch break.
- July 18** National Caviar Day – ...Nah, we’re not going to have any, either.
- July 20** National Moon Day – One small step for man...
- July 31** National Avocado Day – Celebrate with some toast or guac!



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- All our staff members wear respirators or CDC approved face masks to ensure a healthy environment, and all patients entering must also wear a mask. We will supply you a mask if you do not have one.
- We are also having anyone who enters our practice to use a 70% ethyl alcohol-based hand sanitizer found at the entrance of our office to protect your health to the greatest extent
- Extending appointment times to strictly limit the number of people in the office at one time.
- Thoroughly disinfecting and cleaning exam rooms and other areas between patients with EPA registered hospital grade disinfectants such as Lysol and Clorox based products as well as ensuring our staff is continually washing their hands.

You can see more details on these measures and others we are taking by visiting our Valet Services page.

Remember to stay safe and wash your hands.

For more information on how to keep you and our community safe, please visit these links:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHO: <https://www.who.int>



# Know Your PRICE When Injury Strikes

What do you know about “PRICE” as it applies to treating a foot and ankle injury?

The PRICE method is form of first aid when a painful sports injury strikes, such as an ankle sprain. It’s an acronym that stands for:

- **Protection.** Protecting the injured area from further damage is crucial to the healing process. For example, an injured foot or ankle may be protected by limiting or avoiding weight-bearing through the use of crutches. Partially immobilizing the injured area by using a splint, or brace until you come in to be seen may also be a means of protection.
- **Rest.** Take weight off the injured area as soon as you can. The more weight you continue to bear on the injury, the more likely you are to cause more or prolonged damage.
- **Ice.** Apply ice to the injured area for 15-20 minutes, several times per day, to help relieve pain and reduce swelling. Do not apply ice directly to skin (always wrap it in a thin towel or other barrier first) and always wait at least an hour between icing sessions. You don’t want to hurt your skin from too much cold exposure.
- **Compress.** An ACE bandage or compression wrap around the area can also help reduce swelling. However, it’s possible to constrict blood flow by wrapping too tightly. If you’re not confident or comfortable with wrapping (or know someone who is), it’s all right to skip this step.
- **Elevate.** Keeping the injured area above the level of your heart can assist circulation and (once again) help reduce swelling. For your foot or ankle, this can mean propping up on some pillows in bed, or simply reclining back in an easy chair.

PRICE therapy is most effective when started as soon as possible, and for the first 48 hours after an injury. During that time, however, please give us a call! You often need more than PRICE for the best recovery, and we can help you determine whether additional help is needed.

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want to make an appointment  
today, contact us:

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# How to Keep Healthy, Showable Toenails



Plenty of people like to go open-toed in warm weather. Not everyone does it to show off their feet—just preferring the comfort and coolness instead—but nobody wants to be walking around with unsightly, discolored, or brittle nails if they can help it.

Taking care of your toenails through the year not only helps keep them more presentable, but also at lower risk of infections, ingrown toenails, and other miserable problems. Here are some tips to work into your routines:

- **Moisturize.** Keeping the skin around your toes moisturized helps prevent cracks where fungus can get in and slip to the nail. You can also use certain oils, like one of our Dr. Remedy antifungal cuticle oils or our Adessa 40 gel, on your toenails to help keep them from drying out as well.
- **Trim properly.** Always trim relatively straight, not diving into deep curves around the edges. This helps prevent ingrown toenails. Also, keep a little bit of white nail on the ends of your toes for protection. Cutting too short can cause trauma.
- **Wear shoes and socks that fit.** Shoes with narrow toe boxes and socks that are too tight can both stress the nails into growing incorrectly and impede circulation. This can lead to weakened nails, ingrown toenails, or even black toenails.
- **Eat a good diet.** Your nails are made of a protein called keratin. A balanced diet with plenty of vitamins and nutrients helps your body produce keratin more efficiently, leading to healthier looking nails. Go for a good diet over supplements, unless you are advised to take them by a doctor.

Looking for more toenail tips? We are happy to answer any questions you may have about keeping them their best.