



# Taking Outdoor Activity Indoors

With the arrival of colder weather and shorter days, many people shift from outdoor running to indoor treadmill running. The treadmill is an excellent workout tool, but there are some things to be aware of when it comes to foot and ankle health.

A runner's stride length frequently changes when going from outdoor workouts to a treadmill. A lengthened stride means fewer steps are needed to complete the same distance. However, feet and ankles may be subjected to a suddenly higher impact with each stride, which can result in injury.

A shortened stride means more strides are necessary to complete the same distance. This reduces the force of impact upon feet and ankles, but the repetitive nature and additional steps can lead to overuse injuries to tendons and muscles. With outdoor running, there are constant subtle and not-so-subtle changes in running surfaces. The body automatically adjusts to these surface shifts, employing a wider variety of muscles than treadmill running to compensate, thus diminishing the risk of overuse injuries.

Common treadmill-related running injuries include plantar fasciitis, Achilles tendonitis, and intermetatarsal neuroma (a condition in which thickened tissue between the third and fourth toes impinges on a nerve).

Ease into the outdoor-to-indoor transition to give your body a chance to adjust. Cut back on the distance and/or time running you were doing outdoors and gradually build up to it. Frequently vary the speed and degree of incline during a workout (you're kind of stuck with the surface). And, a good warm-up and proper running shoes are just as important indoors as outdoors.

If transitioning to indoor running is taking its toll on your feet and ankles, contact our office to regain solid footing.

## 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.



# Summer-Ready Toenails Require a Winter Head Start

If you want unsightly fungal nails (onychomycosis) cured or well on the way to recovery by sandal and beach season, treatment should begin in early winter. Eradicated toenail fungus leaves behind visual effects that will remain until the healthy nail fully grows in — that may take roughly six months.

In its early stages, a fungal nail may be identified by white or yellowish dots appearing under the tip of the nail. Attack the problem at that point. Early treatment equals easier remedy.

As fungal nails progress, they may become fully discolored, thickened, and brittle. Eventually they can split, rise up from the nail bed, emit a foul odor, and become painful. Diabetics with toenail fungus may develop cellulitis — a serious bacterial skin infection.

Don't try hiding fungal nails with toenail polish. It just worsens the problem. If one toenail is beset by fungus, neighboring toenails are next. The fungus can also become entrenched between the toes, migrate to the sole, and spread to a person's hand (and other people) if it touches the foot.

Fungi love warm, moist environments and only need microscopic abrasions on the foot to invade and set up shop. Reduce your risk of contracting toenail fungus this winter:

- Change wet shoes and socks throughout the day as needed.
- Treat shoes with our Fortina antifungal spray.
- Rotate shoes each day to allow the unworn pair to fully dry out.
- Wash your feet at least once per day.

Treatments for fungal toenails include our prescription topical Antifungal nail kit which includes, 2 prescription strength medications to give you faster results. Another option to give an immediate aesthetic improvement is our Keryflex treatment. It is a medical-grade, breathable resin nail applications which is a temporary, and give a natural-looking aesthetic upgrade while the nail is being treated (KeriFlex). Over-the-counter treatments are virtually useless, as they do not penetrate the nail bed.

Don't allow fungal toenails to hinder your summer. Contact our office today to schedule treatment.

## Mark Your Calendars

- Dec. 1** Eat a Red Apple Day: The only apple native to North America? The crab apple.
- Dec. 4** Santa's List Day: Naughty or nice? Santa needs a bottom line to place his coal order.
- Dec. 8** National Brownie Day: A fresh batch for family or friends earns you brownie points.
- Dec. 16** Chocolate-Covered Anything Day: Pickles? Insects? Where do you draw the line?
- Dec. 21** Crossword Puzzle Day: *New York World* newspaper published the first one in 1913.
- Dec. 23** Festivus: Airing of grievances. Feats of strength. Aluminum pole. Thanks, *Seinfeld!*
- Dec. 27** Fruitcake Day: Attention, Christmas recipients. Eat, toss, or prepare for regifting!
- Jan. 3** Festival of Sleep Day: The mattress dates back 77,000 years (grass and leaves ... still counts, though).
- Jan. 4** Trivia Day: Alaska is the only state that can be typed on one row of keys.
- Jan. 10** Houseplant Appreciation Day: They boost one's mood and eliminate airborne toxins!
- Jan. 12** National Hot Tea Day: In 1773, tea brought things to a boil in Boston.
- Jan. 17** Ditch New Year's Resolutions Day: Most of us did this a couple of weeks ago.
- Jan. 18** Thesaurus Day: May you have a stupendous, magnificent, fabulous, splendid day!
- Jan. 29** National Corn Chip Day: Fritos' inventor, Charles Elmer Doolin, didn't eat his creation.

# 'Tis the Season ... for House Fires

Over the winter, the risk of house fires rises, given the cold weather and heaters, fireplaces, and woodstoves kicking into action. The holiday season stokes the flames even more.

Tragically, Christmas tree fires regularly make headlines. According to the National Fire Protection Association (NFPA), one in 45 home fires sparked by a Christmas tree result in a fatality — all other home fires, one in 139.

A Christmas tree should be watered every day and shouldn't be shedding needles. Most freshly-cut trees begin to dry out in four weeks — or sooner, if neglected. Keep it at least three feet away from heat sources.

Inspect Christmas tree lights for damage and frayed wires. Always unplug the lights when leaving the house or going to bed.

Holiday lights should be used as intended — for example, indoor-use lights are not meant for exterior decorating. Don't connect more than three strands of lights together and avoid using staples or nails to pierce wires when displaying outdoor lights.

The NFPA reports that roughly 23 home fires are caused by candle usage each day, peaking on Christmas, New Year's Eve, and New Year's Day. Keep combustible items clear of candles, and place candles in locations where they can't easily be knocked over.

Culinary activity surges during the holiday season. Items left too close to the stove can catch fire, and sometimes with the hustle and bustle, food on the stove is forgotten about. If you deep-fry a turkey, do it outdoors on a flat, level surface at least 10 feet from the house.

Maximize home fire safety by testing your smoke detectors monthly, changing their batteries annually, and keeping a working fire extinguisher handy.



## Crustless Jalapeño Mini Quiches

*Servings: 24 mini quiches; prep time: 10 minutes; cook time: 25 minutes; total time: 35 minutes*

*These crustless jalapeño mini quiches are packed with flavor, low in carbs, high in protein, and the perfect bite-sized holiday appetizer to serve at your next family gathering!*

### Ingredients

- 6 eggs
- 1/2 cup chopped broccoli
- 1/2 cup chopped red pepper
- 1/4 cup chopped jalapeños, deseeded
- 1/2 cup chopped red onion
- 1/4 cup grated cheddar cheese
- 1/8 cup milk
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions

1. Preheat oven to 350 °F.
2. Prepare all veggies by chopping as small as possible. Whisk eggs, milk, veggies, cheese, salt, and pepper in a large bowl.
3. Grease mini muffin cups with olive oil, and carefully pour egg mixture into egg cups, filling to within a couple of millimeters from the top.
4. Cook in the oven for 25 minutes.
5. Let cool and serve on a large serving platter.

*(Recipe courtesy of Taylor Stinson at <https://thegirlonbloor.com>.)*



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)

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# Don't Rush Shoes for Your Little One

Let's cut to the chase: Babies who are not yet walking should not be wearing shoes. There's no hurry even after they begin to walk.

Allow babies to be barefoot as much as possible. It promotes muscle growth, toe grasping, balance, and coordination. It also strengthens the arch and ligaments of the foot and ankle — especially when they're walking.

Shoes are an impediment to babies. They change the natural way babies use their muscles and interfere with sensory information the child would otherwise pick up about the world around them via their feet. Toddlers keep their heads up more when they're walking barefoot; the sensory information they receive from their bare feet is sufficient. When wearing shoes, they tend to look down more frequently, which is when they fall.

Going barefoot also promotes good posture. In addition, proper development of a baby's/toddler's feet can determine their activity level in the future.

When it's cold outside, loose socks and booties are enough to keep a baby's feet warm. They allow for movement and offer breathability. Make sure booties conform to the shape of the child's feet.

Of course, when a child is walking, chilly weather or a gravelly driveway call for shoes. Shoes should be flexible and light-weight, and they should not be restrictive. Select shoes made of natural fibers, such as leather or canvas, which enable your toddler's feet to breathe. Some synthetic fibers trap heat, make a child's feet sweat, and open the door to blisters.

If your child has begun to walk, it's a good time to schedule an appointment at our office. We can check on their development and more easily correct potential structural issues.