



# A Last Resort for Plantar Fasciitis

When fibers of the plantar fascia — the thick band of tissue that extends along the bottom of the foot — become strained, tiny tears often form, followed by inflammation, tenderness, and pain. And because the plantar fascia supports the arch and helps maintain foot flexibility, it can be miserable when things go awry. The ability to work and overall physical activity may be affected — quality of life in general. On top of that, the tissue becomes less flexible and more injury-prone as we age.

The good news is that conservative treatments for plantar fasciitis prove successful 90%–95% of the time, with patience and persistence. For the other 5%–10%, plantar release surgery may be recommended.

With plantar release surgery, some fibers of the plantar fascia are cut to relax the tension that's causing the pain. Surgical methods include open surgery (longer incision, full view) or minimally invasive surgery (multiple small incisions, tiny tools, endoscopic camera).

In some plantar release surgeries, the plantar fascia is detached from the heel bone to relieve pressure; bone surface may be removed or smoothed to reduce tension; a heel spur or trapped nerve might be dealt with; and damaged tissue could be extracted.

Most plantar release surgeries are done on an outpatient basis. Full recovery typically takes 2–4 months, depending on the type of surgery performed, with a success rate of 75%–90%.

Patients with diabetes, circulatory issues, and peripheral neuropathy are at greater risk of surgical complications and might be disqualified as candidates for the surgery.

The longer you ignore foot or ankle pain, the greater the consequences. Give our office a call instead.

## Meet Dr. Janet Simon



**What is your favorite hobby?** Glass fusing

**If you could go anywhere in the world, where would it be?** Switzerland

**Red or Green Chile?** Green

**Describe your perfect day.**

Hiking in 70F degrees – light breeze/a few clouds.

**Do you collect anything?** Turtles - all types.

**Favorite song?** Imagine – John Lennon

**Do you have pets?** Cats and turtles.

**What is your favorite season and why?**  
Fall - color changes and all the wonderful harvest foods

**What movie have you seen the most times?** Lonely are the Brave

**What is your favorite ice cream flavor?**  
Pistachio

**What is your favorite place in the world?** New Mexico



# Strawberry Fields Forever!

Peak harvesting season for nutritious and luscious strawberries is April through June. But in June, every U.S. state is in full swing, with California responsible for 75% of the supply!

Strawberries' sweetness depends on how long they hang on the plant. Choose those that are uniformly red, firm, and have green caps — indicators of maximum delectability. **Once strawberries are plucked, ripening ceases and freshness begins its decline.**

After fresh strawberries have been procured, home should be the next destination. They are delicate and don't need unnecessary jostling (who does?). Smushed or bruised ones can be added to yogurt or smoothies. Only wash strawberries and remove their caps when you're ready to devour/prepare them. Any sooner and lingering water gives mold an opportunity to set up shop.

Strawberries will keep in the fridge for a few days. When you're set to eat them, first let them sit out at room temperature for 30 minutes to achieve full-throttle sweetness.

To freeze strawberries (whole or sliced), remove the green caps, rinse, blot dry, and set on a wax-lined cookie sheet in the freezer. Once they freeze, transfer to freezer-safe storage bags. They can be kept frozen for up to a year but taste best the first six months. Taste-wise, thawed frozen strawberries from peak sweetness season will thrash fresh winter varieties.

Finally, strawberries — which, botanically, aren't really berries and are a member of the rose family — are a great source of antioxidants and fiber; ounce for ounce have more vitamin C than oranges; have been linked to a lower risk of dementia and the growth of good gut bacteria; and their pigment has anti-inflammatory properties.

As Homer Simpson might say, "Doughnuts [Strawberries] ... is there anything they can't do?"

## Mark Your Calendars

- June 3** Belmont Stakes: In 1973, Secretariat ran course-record times in all three Triple Crown races; those records still stand.
- June 5** National Doughnut Day: Originated with women volunteers making baked goods on the front lines of WWI to boost morale.
- June 14** Flag Day: 95% of U.S. flags are American-made. Why not 100%?
- June 18** Father's Day: Has its roots in a 1907 West Virginia mining explosion that killed 362 miners.
- June 19** Juneteenth: Established in 2021, Juneteenth was the first new federal holiday since 1983 (MLK Day).
- June 21** Summer solstice: In Alaska, the "Midnight Sun Game" (baseball) marks the occasion — no artificial lighting needed.
- June 23** Hydration Day: Fresh fruits and veggies are great sources of water.



# Cauliflower Rice Bowls with Grilled Chicken

Servings: 4; prep time: 30 min.; total time: 30 min.

*These healthy Greek-inspired cauliflower rice bowls topped with feta, olives, veggies, and grilled chicken are impressive yet take just 30 minutes to make.*



## Ingredients

- 6 tablespoons plus 1 teaspoon extra-virgin olive oil, divided
- 4 cups cauliflower rice (finely chopped raw cauliflower — either by hand or pulsed in a food processor — that's small enough to look like grains of rice)
- 1/3 cup chopped red onion
- 3/4 teaspoon salt, divided
- 1/2 cup chopped fresh dill, divided
- 1 pound boneless, skinless chicken breasts
- 1/2 teaspoon ground pepper, divided
- 3 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1 cup halved cherry tomatoes
- 1 cup chopped cucumber
- 2 tablespoons chopped Kalamata olives
- 2 tablespoons crumbled feta cheese
- 4 lemon wedges for serving (optional)

## Directions

1. Preheat grill to medium.
2. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add cauliflower, onion, and 1/4 teaspoon salt. Cook, stirring occasionally, until the cauliflower is softened, about 5 minutes. Remove from heat and stir in 1/4 cup dill.
3. Meanwhile, rub 1 teaspoon oil all over chicken. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until an instant-read thermometer inserted into the thickest part of the breast reads 165°F, about 15 minutes total. Slice crosswise.
4. Meanwhile, whisk the remaining 4 tablespoons oil, lemon juice, oregano, and the remaining 1/4 teaspoon each salt and pepper in a small bowl.
5. Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, cucumber, olives, and feta. Sprinkle with remaining 1/4 cup dill. Drizzle with the vinaigrette. Serve with lemon wedges, if desired.

Recipe courtesy of [eatingwell.com](http://eatingwell.com).



A Last Resort for Plantar Fasciitis  
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.

# Feet Have Skin in the Game

Repeated sun exposure without proper protection is a principal cause of skin cancer. For feet, however, more likely sources are viruses, exposure to chemicals, chronic inflammation or irritation, and inherited traits.

**Basal cell carcinoma** typically crops up on the body's most sun-exposed areas, so feet aren't a likely target. This skin cancer is not aggressive and rarely departs the local area. It can present as pearly white bumps or patches, or resemble noncancerous skin tumors or benign ulcers. It might ooze and crust.

**Squamous cell carcinoma** causes the lion's share of skin cancer of the feet. It often manifests as a small, scaly bump or plaque that appears inflamed. Sometimes it will take the guise of a hard, protruding, callus-like growth. It's not quick to spread to other parts of the body ... but might eventually if left untended. It frequently resembles a plantar wart, ulcer, eczema, or other skin condition and may itch or bleed.

**Malignant melanoma** is downright deadly; early detection is crucial. It can be found on the tops and soles of feet, between the toes, or under a toenail. Melanomas are frequently small brown or black spots, but roughly one-third may appear pink or red. Their hallmarks are asymmetry, irregular borders, alterations in color, a diameter equal to or greater than one-quarter inch (but can be smaller), and continuous evolution.

Melanomas sometimes masquerade as a persistent infected ingrown toenail or darkness beneath the toenail associated with trauma. If antibiotics don't improve an apparent infection; you have dark spots beneath the nail but don't recall any trauma; or dark spots aren't growing out with the nail, it's time for a biopsy.

Don't take your feet for granted. If anything seems amiss, please give our office a call.

