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## Avoid Mower Accidents this Summer

If someone suggested mowing your lawn with bare feet, you'd probably reject that idea as unsafe. And yet, each year over 80,000 people land in the emergency room with a mower related accident, including those who were mowing without shoes. Oftentimes these injuries are the result of an unwise spur of the moment decision. Consider these scenarios:



**Father of the Year—Your young child loves spending Saturday time with you and begs for a ride on the lawn mower. It's hard to resist those pleas and you tell yourself it'll just be for a few minutes and you'll go really slowly.**

It only takes a second for a squirmy child or a bump in the lawn to cause a slip off the lap and into the way of harmful mowing blades whirling at over 3,000 rotations a minute. In fact, children under 14 are one of the age groups at the highest risk for mower accidents (the other is adults over 44). Make it an unbreakable rule that there are no rides on mowers and children should know never to approach you while you are mowing.

**The Perfect Host—It rained last night but your family barbecue begins at noon and you want your lawn looking its absolute best for your guests. You've got to get started even though it's not completely dry or you won't finish on time.**

Losing control of a power mower on wet, slippery grass is a primary cause of lawn mowing accidents. Plan ahead and mow the day before an event. Even when it doesn't rain, the grass is wet in early morning hours from dew.

**Gotta' Mow, Gotta' Go—You've got a tee time for golf lined up, but you really want to get the lawn done first. You shortcut it by skipping the picking up sticks pre-mow routine.**

Sticks, rocks, small toys, and other debris on your lawn can be shot out as dangerous projectiles from your mower with three times the kinetic energy of a .357 handgun. In addition to making sure your yard is clear before you mow, you should always keep a clip bag attached to your mower if you have one.

### More Safety Tips

- At the start of the season, have your mower serviced and check to make sure it's working properly.
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### Our Office

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### Office Hours

Monday:  
9:30 AM - 4:30 PM  
Tuesday:  
9:30 AM - 6:00 PM  
Wednesday:  
8:30 AM - 3:00 PM  
Thursday:  
7:30 AM - 4:30 PM  
Friday:  
8:30 AM - 12:00 PM  
Saturday: Closed  
Sunday: Closed

www.westfieldfoot.com

### Follow us...



## ....continued from page 1 **Avoid Mower Accidents this...**

- Do not pull a running mower backward.
- Always mow hills carefully back and forth, not up and down.
- Store mowers in a safe place that's inaccessible to children. Mowers stay hot for a long time after you're done, and sharp blades can easily cut prying fingers.
- If you do sustain a minor cut from your mower, be sure you stop and clean it immediately and apply an antibiotic ointment and bandage.
- Don't mow in flip-flops or sandals. Preferably heavy shoes or work boots.

## **Do's and Don'ts for Protecting Your Feet from Fungal Infections**

Summer is the season when adults and children are most likely to kick off their shoes and walk barefoot. Walking barefoot leaves your feet vulnerable to fungal infections such as athlete's foot, fungal toenails and warts which are all spread by direct contact. What's more, most of these infections thrive in damp places, like the decks surrounding pools, seaside changing areas and public restrooms. Social distancing doesn't reduce the risk of fungal foot infections—it's not about how close you are to someone, it's about whether your feet have come in contact with a surface that someone who has an infection was also in contact with. Following the tips below can greatly reduce your chances of contracting a fungal infection.



**Do:** keep your feet covered, especially if you are in a public place or even a home setting where multiple people from different families are walking barefoot. This is one of the few good uses for flip flops, which are easy to slip off when you're ready to dive in the pool.

**Don't:** share items that touch other people's feet. Stepping on surfaces where fungi lurk is not the only path of transmission. Shoes, socks, towels, soap—can all be sources of infection if used by someone who has a fungal condition.

**Do:** wash your feet every day with soap and water. But, more importantly, be sure to dry your feet completely after bathing. Athlete's foot often starts between the toes because residual moisture plus the warmth of being in socks creates a petri dish for fungus to grow.

**Do:** schedule an appointment with your podiatrist if you notice red, itchy, dry skin, blisters, a rash or other abnormality in the skin of your feet. Left untreated, fungal infections can lead to a secondary bacterial infection as well. Fungal infections can also spread to other parts of your body.

**Don't:** allow a child who has a fungal infection to sleep in the same bed with another family member. It's also a good idea to make sure they shower in a separate bathroom or that you clean the shower floor with a bleach spray after he or she uses it until the infection clears up.

## **Can I Go Barefoot This Summer?**

As summer temperatures soar, so do the number of patients coming into Westfield Foot & Ankle who go barefoot at home and wear minimal footwear. It's totally understandable given the fact that we want to give our feet some air and relax in easy, slip-on shoes.

**Here are some tips on how to keep footloose and worry-free.**

First, remember that no matter how much we love shedding those shoes, **being barefoot all day for most of us, is too much.** There are a select number of people who with the right training and the right foot, can be coached in barefoot running. For the rest of us, a limited amount of time without closed shoes will not hurt us. However, for the rest of our day, our feet need support to carry our load.



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## **Celebrity Foot Focus**

The celebrity imprints in front of the TCL Chinese Theatre Imax are part of Hollywood legend. But did you know that they are not always handprints and that they are not always human? In 1938, ventriloquist Edgar Bergen pressed the tiny feet and monocle from one of his dummies into cement. Roy Rogers brought his horse (Trigger) to his 1949 imprint, as did Western actors Tom Mix and Gene Autry. Additionally, Don Knotts and Dean Jones helped the Volkswagen Beetle car from "The Love Bug" roll its tires across the wet cement in 1977.

## **Foot Funnies**



What is made of leather, a foot long, and sounds like a sneeze? A shoe.

## ...continued from page 2 **Can I Go Barefoot This...**

With that said and done, the question is, how much support is enough? Can we get support by wearing thong sandals or flip-flops? **Are Tevas and other "supportive" sandals supportive enough?**

- Be honest with yourself regarding how much support usually feels good with an activity. If you're lucky enough to have a good arch, you may be fine around the house barefoot or in sandals, but you are probably better off wearing more supportive shoes for extended standing or walking activities.
- Open-backed shoes, such as Crocs and Merrell's are likely more supportive than thong sandals or flip-flops, although their use should still be limited. Why? The closed back of a shoe and the full lacing adds a tremendous amount of support to your foot. **If you plan to be on your feet all day, traveling, or hiking, you should be wearing a supportive athletic shoe or lightweight hiking shoe.**
- Keep in mind, even the best athletic shoes come with very flimsy arch support. You can easily add more support by purchasing Powerstep. It will make a world of difference in avoiding chronic foot strain or plantar fasciitis.
- Beware of stepping on foreign objects while you are barefoot. If you suspect you have stepped on something foreign, have a foot specialist evaluate you as soon as possible.

We really do want to keep you footloose and worry-free! To make an appointment call us.

## Recipe of the Month **Chipotle-Mango BBQ Chicken**

A Chipotle-Mango flavored marinade packs a punch in this grilled chicken recipe, perfect for grilling season. This BBQ dish is savory, sweet and screams summer!

### Ingredients

- 1 1/2 cups mango, peeled, pitted and roughly chopped
- 3/4 cup fresh cilantro (loose pack, not chopped, stems and all)
- 2 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon canola oil, plus extra for grill
- 4 cloves garlic, peeled
- 2 chipotle peppers in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 pounds chicken thighs and drumsticks, bone in, skin on



### Directions

1. Put the mango, cilantro, lemon juice, vinegar, oil, garlic, chipotle, salt and pepper in a food processor and puree until smooth. Adjust seasonings to taste.
2. Add the chicken with half of the chipotle-mango sauce to a resealable plastic bag, and massage to coat the chicken with the sauce. Refrigerate at least 6 hours to marinate.
3. Put the other half of the chipotle-mango sauce into a small saucepan and simmer over low heat until thick, stirring often, about 15 minutes. Set some of the simmered sauce aside to serve on the side, and baste the chicken every few minutes with the rest of the sauce.
4. Preheat a grill or grill pan to medium-high heat and brush with oil. Remove the chicken from the marinade and put on the grill.
5. Grill the chicken, turning and basting about every 5 minutes, until cooked through, 20 to 25 minutes. Transfer to a serving platter and serve with the reserved chipotle-mango sauce.

Recipe courtesy of Guy Fieri

## History FootNote

Around 1960, newborn footprints, along with a mother's fingerprints, became part of the hospital's records as a requirement by states to help prevent mix-ups in hospital nurseries. Now however, instead of ink and paper, it is done digitally with a series of photographs that are saved in a secure database.

## Trivia

**Which can be a symptom of athlete's foot?**

- A. Itching or burning on skin of feet
- B. Rash on feet
- C. Blisters on feet
- D. Thick or crumbling toenails
- E. All of the above

**Answer: E. All of the above.**

The affected area may also develop cracks in the skin or inflammation. The primary site on the foot for this infection is between the toes, but it may also occur on the heels. The infection may also affect the palms and fingernails.



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## Meet our Doctor



**David R. Sullivan, DPM, FACFAS, FACCWS**

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