



# SHENANDOAH PODIATRY

## If your hurting feet could talk...



# Don't Skip These Spring Training Tips

### About the Doctor



**Jennifer Keller, DPM**

Tagging along with your mom to a doctor appointment could redirect your career path.

That's exactly what happened to Dr. Jennifer Keller while an undergraduate in biochemistry at Virginia Tech. Her mom's podiatrist served as a mentor helping guide the decision to become a podiatrist. After obtaining her Doctor of Podiatric Medicine degree at NYCPM, Dr. Keller completed a foot and ankle surgical residency at Mercy Medical Center in Baltimore, MD. Away from the office, Dr. Keller enjoys time with her children, horses, dogs and cats. While born a Yankee in NY, she has adapted well to life in Botetourt County.

### Get Social w/Us



We've got news for you: the off-season is over. Time to pull on the shorts, strap on the shoes and get out there and start training. Whether you want run a 5k, be the best pitcher on your co-ed softball team, or test yourself in a triathlon, here's a little tip: start slow!

Many of us jump into a training routine with full force, anxious to get in shape and achieve our goals, but doing too much too soon can actually sideline your dreams. In order to avoid injury, it's essential that you gradually build the intensity and duration of your workouts, so your muscles are able to slowly adjust and you don't place too much stress on your bones.

It's also a good idea to cross-train—incorporating low impact activities decreases your risk of overuse issues. You should always warm up prior to activity, too, even if you just do a little walking or a few jumping jacks. In the same way, make sure to cool down with some stretches afterward.

If you do start noticing aches and pains, remember: resting a little now could save you from having to completely throw in the towel later. For more tips, feel free to ask our helpful staff. Let the training begin!



# Are You Wearing the Right Shoe for What You Do?

If you're going on a hike, wearing ballet slippers would probably be a bad idea, as would attempting to dance in hiking boots. High heels would certainly not be the best choice to wear when going for a run. Conversely, regular running shoes would not do you much good on the basketball court or artificial turf (although they'd sure beat flip flops!).

What we're trying to say is, the right shoe matters. It's highly important to make sure you are wearing the appropriate footwear for the activity you're in, not just to ensure comfort and enjoyment, but more important, to avoid injuries.

For instance, if you don't have the ankle support of a good basketball shoe, you are at risk of a serious sprain. Turf sports typically need shoes with cleats to give you good traction. If you're on your feet all day at work, excellent cushioning is a must.

So, whatever you do, look or ask for shoes specifically made for the activity in which you're participating. Make sure they offer all the characteristics you might need—a sturdy sole, supportive arch, breathable material, spacious toe box, ankle protection, cleats—whatever your sport or activity requires. Try the shoes on with the socks you plan on wearing, too, and be sure to get a proper fit.

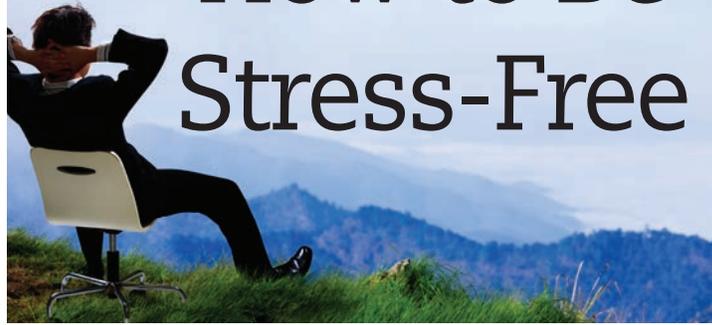
You know what they say: If the shoe fits, wear it. (But only if it's the right shoe for what you do!)

## Mark Your Calendars

- April 1** April Fool's Day—let the pranks begin!
- April 2** Children's Book Day—Once upon a time...
- April 7** No Housework Day—no using spring cleaning tips today
- April 19** National Garlic Day—break out the breath mints!
- April 22** National Jelly Bean Day—still have some left from Easter?
- April 29** Arbor Day—dig in and plant a tree



# How to Be Stress-Free



It's stress awareness month! For those of you who are all too aware of how stressed you are, now you can rest easy with these top tips for living a stress-free life:

**Skirt the source.** Figure out what exactly stresses you out, then avoid it if at all possible.

**Let go of what you can't control.** You may not be able to change a stressful situation, but you can control how you deal with it. The popular mantra, "Stay calm and carry on" is applicable here. Take some deep breaths, count to ten, repeat the mantra—whatever helps to calm yourself so you can get through the problem without getting anxious about it.

**Smile!** Simply having a positive attitude can shoo stress away.

**Take care of yourself.** Getting enough sleep, eating a healthy diet, and exercising regularly makes a big difference. That yoga class is calling your name!

**Depressurize.** Many times we place stress upon ourselves by trying to accomplish too much in too little time. Be realistic about what you can accomplish and manage your time accordingly. Remember, it's okay to take a break now and again, ask for help, and allow yourself to say "No" sometimes.

We hope this helps you relax and enjoy a stress-free day. If you'd like any more tips (foot massage, anyone?), ask our friendly staff—they'll be glad to share some happiness!



## Make Spring Cleaning a Breeze

Here are five spring cleaning hacks to help get 'er done:

**Citrus power:** place a lemon in a bowl of water and microwave on high for a couple of minutes. The steam will loosen any hardened food inside so you can wipe it clean with ease, while enjoying a pleasant citrus scent! Now, toss the lemon in the garbage disposal and grind away odors.

**Get your purge on:** get rid of old clothes in your closet, old food in your fridge, old magazines on your coffee table—it feels great to cut the clutter!

**Suds it up:** mild dishwashing liquid and warm water isn't just good for getting the dishes done; this mixture is great for wiping down dirty walls too.

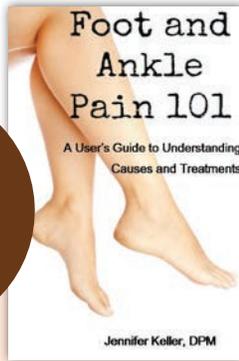
**Baking soda boost:** add some baking soda to a bucket of water and watch tile grout go from grimy to gorgeous.

**Vinegar victory:** distilled vinegar and water gives windows a streak-free clean. Fill a spray bottle or bucket and have at it.



# SHENANDOAH PODIATRY

60 Summerfield Court, #102  
Roanoke, VA 24019  
(540) 904-1458  
ShenandoahPodiatry.com



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Call (540) 904-1458 or visit  
ShenandoahPodiatry.com

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## Allergy Alert: Foot Allergies Are for Real!

It's allergy season, alright. You can tell by the runny noses, watery eyes, sneezing, and itching—the usual symptoms—but did you know that your feet can have allergies too?

Seriously! Things like rubber, leather, and glue found in some footwear, and even dyes used in the material of your socks, can irritate the skin on your feet and cause an allergic reaction. Athletes wrapping an injury might find their feet aren't too fond of athletic tape, resulting in rashes and blisters. Sometimes a barefoot brush with a poisonous plant or a simple switch in laundry detergent is enough to trigger a foot allergy. So what do you do? First off, identify the culprit and avoid it at all costs! Wear different shoes, buy new socks, go back to your old detergent, find some non-allergenic athletic tape—whatever it takes to prevent the allergen from finding your feet.

Once the cause of your allergy is out of the picture, things should start clearing up and improving. In the meantime, hydrocortisone creams and oral antihistamines may provide relief of symptoms like itching. A cool compress can also ease discomfort, and try adding oatmeal or baking soda to a foot bath for a soothing solution.

If you notice increased redness, oozing, blisters, or pain, you may be dealing with an infection. If that's the case, it's important to call us so we can take a look and prescribe medication to help you heal.

This Spring, don't let allergies get you down...even if they're on your feet!