

DECEMBER 2015

UC HEALTH & WELLNESS NEWSLETTER

Upcoming Events

Chair Massages December 18th

Chair Massage January 15th

Pilates Sessions 2/5-3/11

2-part Lunch & Learn
3/24 and 3/25
"Self-Regulating Failures"

Cooking With Art
date tbd

Has the UC Wellness program had a positive effect on you? Has anything "hit home" for you? Have you made any changes in your life because of something you may have heard through the program?

We'd love to hear from you. Looking for testimonials that we can use in future newsletters.



Chair Massages

[click here](#)

IF



the



+



of good



+

TH is



and time consuming,



-

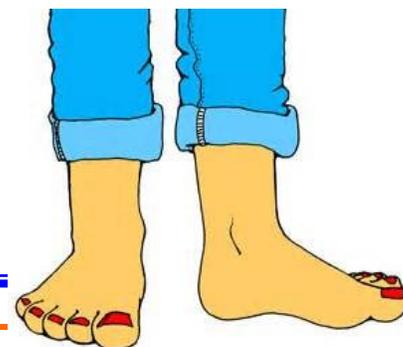
dent



Rebus submissions must be emailed to Caren at cbsummers@utica.edu no later than 5pm MONDAY 12/14. One submission accepted per person.

Let's Talk About.....

FEET!



Many of us in the Baby Boomer generation have been using our feet for a long time, and we are used to them working as expected! Accustomed to being active-dancing, jogging and walking, most of us never think about them “wearing out”. We’re not ready to slow down and unlike previous generations are more likely to seek care for foot pain, instead of accepting it as a natural part of aging.

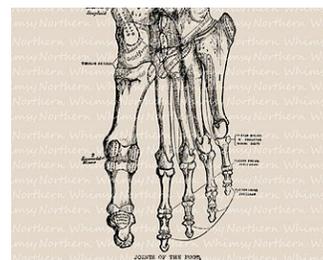
With more than 100 different types of arthritis and an explosion of medical technology we have high expectations for treatments. Most common forms of aging pain comes from arthritis, specifically post-traumatic and osteoarthritis, especially affecting the big toe, ankle and midfoot joints.

When walking, the big toe absorbs forces nearly equal to twice a person’s weight. The big toe is important to stooping and standing, and it is common to begin experiencing a condition known as hallux limitus-toe stiffness (often beginning in our 40’s) “Ouch”.

Ankle sprains and fractures from our distant youth come back to haunt us in the form of arthritis pain. New surgical procedures now offer improved pain relief by replacing damaged joints and missing cartilage.

While these surgeries will not make you a teenager again, surgery may be an option for feeling better and improved mobility.

FootHealthFacts.org



Each foot has 26 bones (19 of them are in the toes), 33 joints and more than 100 ligaments, helping the feet to bend, twist and flex as we walk, run and jump. With every step, a force two to three times the body’s weight comes down on the foot; that force is easily tripled when running or jumping.



According to a recent review of the available research about footwear, walking in high heels can “alter the natural position of the foot-ankle complex, and thereby produce a chain reaction of effects that travel up the lower limb at least as far as the spine.”

Researchers at Hanseo University in South Korea recently published a study in the *International Journal of Clinical Practice*. Using a group of young women studying to become airline attendants as their subjects, they tracked the group for four years. The women would be required to wear high heels once employed by the airline, and so students were required to wear them to their classes.

The study found that initially, wearing the heels led to adaptation and increased strength as the ankle responded to the stress of wearing unfamiliar shoes. However, the senior students who had been wearing the shoes the longest, showed a weakening of those same muscles, even as compared with the freshman. They also exhibited weaker muscles along the front and back of the ankle. All the upperclassmen experienced poor balance compared to the freshman.

Researcher Dr. Yong-Seok explained that the ratio of strength between the muscles on the sides of the ankles and those at the front and back became increasingly unbalanced over years of wearing high heels, and

eventually led to an increase of ankle instability, decreased strength and poor balance.

If you plan to wear high heels on a regular basis, it is suggested that you strengthen your ankle muscles with regular exercise designed to accomplish that.

NYTimes

Foot pain may be due to:

- *Aging
- *Being on your feet for long periods of time
- *Being overweight
- *Foot deformity that you were born with
- *Injury
- *Shoes that fit poorly or do not have much cushioning
- *Too much walking or other sports activity
- *Arthritis and gout -- common in the big toe, which becomes red, swollen, and very tender
- *Broken bones
- *Bunions: A bump at the base of the big toe from wearing narrow-toed shoes
- *Calluses and corns: Thickened skin from rubbing or pressure. Calluses are on the balls of the feet or heels. Corns appear on the top of your toes.
- *Hammer toes: Toes that curl downward into a claw-like position
- *Fallen arches: Also called flat feet.
- *Morton's neuroma, a thickening of nerve tissue between the toes
- *Plantar fasciitis
- *Plantar warts: Sores on the soles of your feet due to pressure
- *Sprains
- *Stress fracture



Winter's popular women's boots typically feature tall, spiked heels and narrow, pointed toes. These boots can make your feet unstable on snow- and ice-covered surfaces.

A stylish low-heeled winter boot is a lot more fashionable than a cast and crutches. We recommend women scuff-up the soles of new boots, or purchase adhesive rubber soles, to provide greater traction.

Falls from high-heeled winter boots can lead to a number of injuries, depending on how you lose your balance. If your ankles roll inward or outward, you can break your ankles. If your ankle twists, ligaments can be stretched or torn, causing an ankle sprain. Broken and sprained ankles can be present at the same time. Slipping or falling in these boots can also cause broken toe, metatarsal and heel bones.

If you do get hurt, call a foot and ankle surgeon for prompt evaluation and treatment. In the meantime, the "R.I.C.E." method should be followed. This involves:

Rest. Stay off the injured foot, since walking can cause further damage.

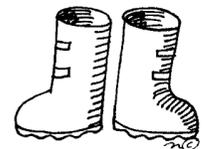
Ice. To reduce swelling and pain, apply a bag of ice over a thin towel to the affected area. Do not put ice directly against the skin. Use ice for 20 minutes and then wait at least 40 minutes before icing again.

Compression. An elastic wrap should be used to control swelling.

Elevation. Keep the foot elevated to reduce the swelling. It should be even with or slightly above the heart level.

Tips to avoid winter ankle injuries:

- Keep areas around outside doorways well-lit so icy patches are visible
- Wear shoes or boots with a traction sole that can prevent slipping
- Check for slippery spots before getting out of a car or walking on stairs
- Avoid wearing high-heeled shoes outdoors
- Stretch and warm up before outdoor and indoor physical activities



Do you want to be an organ donor?

If you want to be an organ donor, signing your driver's license is not enough. Register with the state of NY at:

[yourhttp://www.health.ny.gov/professionals/patients/donation/organ/](http://www.health.ny.gov/professionals/patients/donation/organ/)

Sign up today and meet with **Maggie Matrulli** to have your personal assessment done. She will help you design a customized workout program.

maggie_matrulli@yahoo.com

Tell her Caren sent you (wink, wink)

Cold and Cough Medicines: Information for Parents

It's winter, and parents may be tempted to reach for over-the-counter medicines to ease their child's sniffing and coughs. But recent safety concerns have prompted drug manufacturers to change their labels stating that cough and cold medicines should NOT be given to children younger than age 4. Parents can take some steps now to help keep their children safe.

Each year, thousands of children under age 12 go to emergency rooms after taking over-the-counter cough and cold medicines. Most of these children were unsupervised when they took the medicine.

In response to safety concerns, the leading manufacturers of children's cough and cold medicines are voluntarily changing the labels on these products to state that they should *not* be used in children younger than 4 years of age. Previously, the labels stated that these medicines should not be given to children under age 2. Products with the old labels will not be removed immediately from store shelves but are expected to gradually be replaced with products bearing the new labels. Doctors and nurses should be aware of the new labels and alert parents and caregivers about this important change.

Parents can help protect their children by doing the following:

DO

- Throw away old cold and cough medicines labeled for children less than age 4.
- Read the label carefully to see what ingredients are in any medicine you give your child.

DON'T

- Don't leave any medicines where your child might be able to reach them.
- Don't tell children that medicine is candy.
- Don't take adult medicines in front of your child.
- Don't give children younger than age 4 any medicines intended for older children.
- Don't give your child two medicines that contain the same ingredients.
- For tips on safely managing coughs and colds, talk to your child's doctor or your pharmacist.

From CDC

