

Watch Your Feet for Important Clues about Your Heart Health



February is American Heart Month and the perfect time to pause and assess our heart health. This amazing muscle beats about 100,000 times each day, adding up to more than 35 million heartbeats in just one year!

Your heart seems remote from and unrelated to your feet. But here's something you probably never have thought about - your feet can alert you to potentially serious issues like heart disease!

So watch your feet for these signs as an early warning of a serious heart problem:

Peripheral artery disease or P.A.D. occurs when plaque builds up in your arteries and restricts the flow of oxygen-rich blood to your internal organs and extremities. You have a pulse in your ankle that can give a clue as to plaque buildup. By checking your ankle pulse either manually or with an ankle brachial index screening test and comparing the results with the pressure in your arm, your doctor will be able to measure any difference that could indicate the presence of P.A.D.

Bald toes could be caused by poor blood circulation which also may result from P.A.D. In addition to loss of hair, P.A.D. symptoms include toes that look purplish and have shiny or thin skin.

A heart infection can manifest as **red streaks** under the toenails or fingernails. These splinter hemorrhages occur when small blood clots damage tiny capillaries under the nails and can be a sign of endocarditis, an infection of the heart's inner lining. Let your doctor know if you observe the streaks that have not resulted from nail trauma.

Clubbed toes and fingers may signal heart disease, or also lung cancer or chronic lung infection. When heart disease decreases vascular resistance, blood flow to the fingertips and toenails is increased, causing a clubbed or rounder, wider appearance. By the time toe clubbing is noticed, most patients are aware that they have a serious health condition, but be sure to have any foot or ankle abnormalities checked out quickly.

If you notice any of these symptoms, please see your doctor right away. And then thank your feet for the early warning!

Pamper Your Partner with a Valentine's Day Foot Massage



When planning your Valentine's Day gift for your special someone, why not schedule a personal foot massage? This indulgent - and intimate - private time can soothe both the feet and the soul. Here's how:

- Invest in a few rich massage oils or foot creams or lotions in various scents.
- Have your partner relax against a pillow on the sofa or bed. Protect furniture and clothing with a towel.
- Allow the feet to soak in a hot water bath for 10 minutes, then towel dry.
- Apply oil or cream to your hands and rub them together to warm them up.
- Complete all of the following steps on one foot before moving to the other.
- **Stroking.** Stroke the top to stimulate circulation. Use your thumbs and start at the toes, stroking up to the ankle and then back. Repeat 5 times, then repeat on the bottom of the foot.
- **Ankle Rotations.** Cup one hand under the heel and grasp the ball of the foot with the other hand. Rotate the ankle 5 times in each direction to ease stiffness.
- **Toe Massage.** Grasp the foot beneath the arch and hold the big toe with your other hand, thumb on top and index finger beneath. Pull the toe slowly and slide your fingers to the top and back. Repeat on remaining toes.
- **Toe Slides.** Cup your hand under the heel. Use the index finger of the other hand to slide your finger between each toe, back and forth, 5 times each.

Complete your foot massage by repeating the Stroking step. And remember - there's no need to wait for Valentine's Day to enjoy your next foot massage!

Go Red for Women® Promotes Women's Heart Health



Did you know that heart disease is the #1 killer for women in the U.S.? The American Heart Association's Go Red for Women® campaign urges women to learn more about heart disease. Assess your risk of heart disease and read real tips on stress management, healthy exercise and eating at the Go Red for Women® website. Show your support for women's heart health by wearing red on Friday, February 3rd!



Recipe of the month Winter Salad



If you love salads but welcome something new, here's a great salad for winter using citrus fruits.

Ingredients

Salad

- 6 cups mixed greens
- 1 cup grapefruit sections
- 1 cup orange sections
- 1 cup thinly sliced red onion
- 1/4 cup coarsely chopped toasted walnuts

Dressing

- 2 tablespoons raspberry vinegar
- 1 tablespoon orange juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper
- 1/2 teaspoon soy sauce
- 1/4 teaspoon dry mustard
- 1/8 teaspoon salt

Directions

Combine the dressing ingredients in a bowl. Combine the greens, grapefruit, oranges, onion and walnuts. Add dressing and toss to coat.

Recipe courtesy of www.diabetes.org

History FootNote

A form of massage began in India 5,000 years ago. Touch therapy along with herbalism and aroma therapy helps restore harmony between individuals and the world around them to foster natural healing.

Celebrity Foot Focus

Kathryn Hahn, Paris Hilton and Lori Loughlin are just a few of the many celebrities who enjoy regular foot massages.

Joke of the Month



Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!

Trivia

Which President of the United States was born on the 12th of February?

- A. Washington
- B. Jefferson
- C. Lincoln
- D. Wilson

Answer: C

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Meet Our Doctor



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Office Hours

Monday: 8:00am – 5:00pm
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 Thursday: 8:00am – 5:00pm
 Friday: 8:00am – 5:00pm
 Saturday: Closed
 Sunday: Closed