



Adriana Strimbu, DPM, PA

News and Updates **December 2021**

## About the Doctor

**Dr. Adriana Strimbu, DPM**  
Broward County, Hallandale Beach,  
Florida Podiatrist | Foot Doctor  
Born in Romania

### Education:

- Florida International University, Miami, FL  
Bachelors of Science, Biology
- Barry University School of Podiatric Medicine & Surgery 1996-2000  
Doctor of Podiatric Medicine

### Residency:

- Cedars Medical Center 2000 - 2002

### Work Experience:

- Private practice in Hallandale Beach, FL 2002 - present
- Adjunct Clinical Instructor, Barry University School of Podiatry 2002-2012
- Podiatrist for CHC in Miami, FL 2002-2014
- Podiatrist for Helen Bentley Family Health Center, Miami, FL 2004-2007

### Appointments:

- Chair of Public Affairs Committee for Florida Podiatric Medical Association 2018 - present
- President of Miami Dade County Podiatry Medical Association April 21, 2020 - present
- Vice President of Miami Dade County Podiatry Medical Association 2019 - April 20th, 2020
- Treasurer of the Miami Dade County Podiatry Medical Association 2017 - June 2019
- Adjunct Clinical Instructor for Barry University School of Podiatric Medicine 2002 - 2012
- Clinical laboratory Instructor, Barry University School of Podiatric Medicine 2002 - 2004

### Professional Associations:

- Chair of Public Affairs Committee, Florida Podiatric Medical Association
- Member of Affinity Program, Florida Podiatric Medical Association
- Member of American Podiatric Medical Association
- Member of American Academy of Podiatric Practice Management
- Member of American College of Foot and Ankle Pediatrics
- President of Miami Dade County Podiatry Association

### Family:

Dr. Strimbu is married, with 3 children, two girls, and one boy.



# Signs Your Orthotics Need a Checkup

Custom orthotics can be an outstanding tool for helping many patients find relief from problems caused by structural abnormalities. This may mean treating heel pain, reducing callus-causing friction, or even taking excess pressure off a bunion.

Custom orthotics can do a lot of hard work, but that means they can't last forever, either. Eventually, the materials of an orthotic will wear down to the point where it is providing less (or no) supportive help. It is also common for circumstances to change, and the need for orthotics to change with them.

Regular maintenance and replacement of orthotics is essential to maintaining optimal performance and relief. Here are a few signs that you should have your current orthotics checked.

- **They Look Worn** – Sometimes the best signs are simple ones. If your orthotics look thin, cracked, or broken off in places, it's time for new ones.
- **Your Shoes are Wearing Unevenly** – Custom orthotics should provide even distribution of weight over your feet. If your shoe treads are wearing more heavily on one side of a shoe than the other, it's a sign that this job is not being performed at its best.
- **You Are Feeling Increased Pain and Discomfort** – This can happen gradually over time, so it pays to stop and carefully take stock of the situation. If you have noticed increased heel, foot, or ankle pain recently, it may be due to your orthotics wearing down.
- **You Have Changed** – Changes in weight and events such as pregnancy can create new situations that your current orthotics might not be fully prepared to handle. They may need an adjustment.

If you have questions about your orthotics, never hesitate to reach out to us. We're happy to help!

# Older Adults and Proper Indoor Footwear



While at home, going barefoot or wearing socks or floppy, open-backed slippers may be appealing, but if you're an older adult, it's a bad idea while on your feet.

First, arch support is nonexistent, leading to arch strains, plantar fasciitis, and Achilles tendonitis. Fat pads on the bottom of our feet thin as we age, placing uncomfortable pressure on bones of the foot.

We tend to compensate for foot discomfort by shifting how we walk. This adds stress to other parts of the foot and ankle, and can affect balance. Floppy slippers can easily come off and become a tripping hazard, and many socks are slippery. It's the perfect storm for falls.

Older adults are already at greater risk due to diminished eyesight, coordination, strength, and balance. Don't throw foot/ankle discomfort and improper footwear into the mix. Over 3 million older adults visit ERs each year for fall injuries, many of which are hip fractures and head injuries.

Going barefoot also exposes feet to small abrasions from debris (along with cuts and punctures), which can be highly problematic for those with diabetes or circulatory issues.

Wearing socks, slippers, or going barefoot offers no protection against unpleasant toe stubs and possible accompanying fractures.

Wear a pair of "house shoes" (to be worn indoors only) that are ...

- able to accommodate feet at their largest (late-day swelling) and have Velcro closures to customize snugness;
- made of breathable material and offer good support;
- fully closed in the toe and heel areas; and
- equipped with thick, nonslip soles and wide, low heels that provide good cushioning and traction.

If you experience lingering foot or ankle discomfort, or need assistance finding proper footwear, please don't hesitate to contact our office.

## Mark Your Calendars

- Dec. 7** Pearl Harbor Remembrance Day: The U.S.S. Arizona is still leaking oil into the harbor.
- Dec. 9** Christmas Card Day: Sir Henry Cole of England invented the first "official" one in 1843.
- Dec. 10** Nobel Prize Day: Nominees and nominators can't be divulged for 50 years.
- Dec. 12** Ding-a-Ling Day: Salvation Army reference? No. Goofy people reference? Yes!
- Dec. 21** Winter Solstice: From November to January, the sun doesn't rise in Tromsø, Norway.
- Dec. 25** Christmas: The prophet Micah foretold Jesus' nature and birthplace 700 years prior.
- Dec. 26** Kwanzaa begins: "Matunda ya Kwanza" means "first fruits of the harvest" in Swahili.





# Thank Goodness for Christmas Magic

Santa has been spreading Christmas cheer for anywhere from 200 to 1,700 years, depending on your sources. Christmas magic plays the key role in his longevity. That's fortunate, as Santa is *not* the poster child for good health.

For starters, Santa is overweight. As evidenced by the "bowl full of jelly" reference from nearly 200 years ago, it's been a long-term thing. The *Central European Journal of Medicine* once estimated that Santa consumed nearly 10 billion calories on Christmas Eve in the United States alone from wolfing down cookies and milk at his stops. Christmas Eve aside, diabetes, high blood pressure, coronary artery disease, and sleep apnea stand ready to take their toll.

The rosy cheeks and nose like a cherry are indicative of rosacea, eczema, windburn, sunburn, or frostbite. Those should be checked out annually by a dermatologist.


That corn-cob pipe isn't just for show. Santa's been smoking for centuries. We know how unhealthy that is, and he inhales a lot of chimney soot, too.

Making a list and checking it twice is a primer for carpal tunnel syndrome. After all, it's been estimated that he delivers gifts to 152 million homes each year. Checking every list twice is a daunting venture that could hint at a stress-related compulsion disorder.

Santa also has a demanding and hazardous job. He travels across 24 time zones in one night, seated on a sleigh — conditions ripe for deadly deep vein thrombosis and pulmonary embolisms. Santa also works without a seatbelt, airbags, or radar. He's an accident waiting to happen ... and the jet lag would be staggering.

Let's all mimic Santa's kindness, generosity, and sense of mischief. But when it comes to good health practices, he deserves a lump of coal.

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# Chickpea, Sausage, and Kale Pasta

Yield: 4 servings

*Protein-packed and so versatile, canned chickpeas are a pantry must-have that can make a meal in minutes. Try serving up these super staples in a perfect go-to pasta dish for a quick and healthy weeknight dinner during the busy holiday season (or anytime).*

## Ingredients

- 1/2 lb. short pasta
- 3/4 lb. Italian sausage meat
- 1 tablespoon olive oil, with more for drizzling
- 2 tablespoons minced garlic
- 1 can (15.5 oz.) rinsed and drained chickpeas
- 5 cups ribbed and shredded kale
- 1/2 cup grated Parmesan
- Salt and pepper
- Lemon juice, for drizzling

## Directions

Cook pasta, then drain. In a skillet, cook sausage meat in 1 tablespoon olive oil until opaque, breaking up with a spoon. Add garlic and cook 30 seconds. Add chickpeas and cook 3 minutes. Add kale and wilt. Add pasta and Parmesan; season. Drizzle with olive oil and lemon juice. Enjoy!

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



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**Free  
Book**

## The Truth About Heel Pain

A Guide To  
Understanding  
Its Causes  
& Treatments



**Reveals:**

- The top 7 causes of heel pain
- The latest treatments to end heel pain
- What you can do to relieve the pain
- When to seek help from a podiatrist
- How to make heel pain a thing of the past

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# Want Clearer Nails in the Future? Start Now!

Fungal toenails are often a stubborn, long-time companion for many patients. While they don't often cause any pain, they can definitely be responsible for some emotional trauma. Self-consciousness and constant concealment of afflicted toes is not the happiest way to go through life.

The good news is that toenail fungus is treatable. The bad news is, it can take several months for the fungus inside a nail to be killed within its fortress.

And even when the fungus is fully eradicated, the thick, brittle battlefield of the infected nail tissue remains. New, fresh nails must grow out to replace them, which also takes time.

Why are we saying all this? Because you might be thinking of plans for next summer. Maybe a vacation. Maybe a big reunion, or even a wedding! Whatever it is, if you want to look your best in open-toed shoes or sandals, the time to start anti-fungal treatment is now!

We know there are many things to consider for an upcoming big event, and that things can sometimes get lost in the shuffle. If getting rid of your nail fungus is an item on your list, then talk with us about it today. The sooner treatment starts, the sooner you get results.

