



Adriana Strimbu, DPM, PA

News and Updates **January 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:

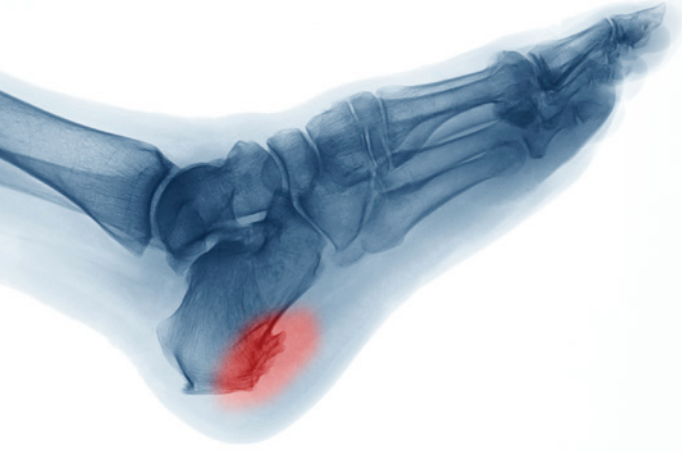
Dr. Strimbu is married, with 3 children, two girls, and one boy.



Consider This New Year's Resolution

Make "Take better care of my feet" one of your New Year's resolutions — and then stick to it. After all, the 26 bones, 30 joints, and over 100 muscles, ligaments, and tendons in each foot all coordinate to provide support, balance, and mobility. Help your feet in 2021:

- If you regularly wear athletic shoes, buy new ones every six months (or sooner if necessary). Proper support and cushioning for your feet diminishes over time, which can affect the alignment of your feet and heighten your risk of injury.
- Keep an eye on your socks, too. Don't wear them till they've worn through. Purchase socks made of moisture-wicking materials, such as merino wool, polyester, or blends. Avoid cotton socks, which trap moisture against the skin, raising the risk of blisters, athlete's foot, and, for diabetic patients, ulcers.
- Cut back on your sugar and trans-fat intake to reduce inflammation throughout the body, including your feet.
- Wash your feet each night before going to bed and utilize a moisturizer. (Diabetics should not put moisturizer between the toes.)
- Limit your use of flip-flops and high heels. Flip-flops are unsupportive and leave feet vulnerable to injury and infection. High heels contort feet and grease the skids for bunions, corns, and calluses, among other conditions.
- When buying new shoes, have your feet measured. There is a direct correlation between foot problems and shoes that don't fit correctly.
- Exercise. Walking is a simple exercise that does wonders for foot health.
- If your feet bother you on a regular basis, schedule an appointment at our office. Foot or ankle pain is never normal. The sooner it's addressed, the easier the solution.



Is My Foot Pain from a Heel Spur?

A heel spur is an odd little condition. If you have heel pain, a spur might be your first idea of its cause. It is an insidious little bony growth on the underside of your heel bone, right?

Well, it can be. But here's the kicker: about half of people who have a heel spur don't feel any pain from it! You might have a heel spur and never even know it—and that's perfectly fine. No harm, no need to treat it.

But if you do have heel pain, what might make it more likely to be a heel spur than another cause, such as plantar fasciitis?

The following factors may increase your risk for heel spurs:

- Gait abnormalities that place excessive force on the heel
- Being an avid runner or jogger, especially on pavement
- Being overweight or obese
- Having a job where you spend most of the day standing

The pain of a heel spur isn't the spur itself, but rather it poking into and irritating the soft tissues around it. The pain has been described as that of a pin or knife against the bottom of the foot, usually when first standing up in the morning or after a long period of time resting. This pain usually transitions into a dull ache.

However, plantar fasciitis is also described this way in some cases, so the best route for addressing any type of heel pain is to have it checked out professionally. Whether it's a heel spur or another condition, we can determine the best course of treatment that fits your lifestyle and needs.

Mark Your Calendars

- Jan. 3** Festival of Sleep Day: The mattress dates back 77,000 years (grass and leaves ... still counts, though).
- Jan. 4** Trivia Day: Alaska is the only state that can be typed on one row of keys.
- Jan. 10** Houseplant Appreciation Day: They boost one's mood and eliminate airborne toxins!
- Jan. 12** National Hot Tea Day: In 1773, tea brought things to a boil in Boston.
- Jan. 17** Ditch New Year's Resolutions Day: Most of us did this a couple of weeks ago.
- Jan. 18** Thesaurus Day: May you have a stupendous, magnificent, fabulous, splendid day!
- Jan. 29** National Corn Chip Day: Fritos' inventor, Charles Elmer Doolin, didn't eat his creation.



Is Nail Polish Toxic?

The potential health risks of nail polish have been a source of debate for some time. You might still see some of it rise up on your Facebook timeline or news articles.

But what should you be looking for when considering nail polish ingredients?

In the past, three big chemicals were tagged for removal from most polishes: dibutyl phthalate, toluene, and formaldehyde. This “toxic trio” was flagged for potential health risks presented to both nail salon workers and users.

There is another chemical that has also been under scrutiny in recent years: triphenyl phosphate (TPHP). This chemical can be absorbed into the body via nail polish, and has been found in nearly half of nail polish brands as of 2015.

TPHP has been seen to cause hormone disruption in animals. However, there have not been any large findings that the chemical has effects on humans.

What does that mean for you, though? You might not necessarily have to toss every bottle of polish you own. If you do have concerns about potential toxins, however, look for brands that advertise being “3-free” (free from the original “toxic trio”) at the base. But there are also brands that are “5-free,” “7-free” or more.

If you have additional questions about best nail polish practices, or if you have any additional concerns about your toenails, don't be afraid to bring them up to us. We'll gladly help you keep your nails—and you—healthy.



Braised Pork in Sweet Soy Sauce

Serves: 4; prep: 10 min.; cook: 30 min.; total: 40 min.

Tender pieces of pork braised in a flavorful sauce with a touch of heat. This is a fabulously easy-to-make takeout fake-out dinner. Pork owns New Year's Day ... it's pretty good the rest of the year, too.

Ingredients

- 3.75-quart braiser
- Glass mixing bowl set (3 piece)

Ingredients

- 2 lb. pork loin
- 2 tbsp. vegetable oil
- 1 tbsp. garlic and ginger paste
- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/2 cup soy sauce (NOTE: There are plenty of low-sodium substitutes on the internet.)
- 4 tbsp. sugar
- 1-1/2 cups water
- 1 tbsp. chili garlic sauce

Garnish

- 2 green onions, chopped (optional)

Instructions

1. Cut the pork in about 1-inch pieces. Sauté in a pan with the vegetable oil for about 3 minutes over medium-high heat until the pork is no longer pink and starts to brown.
2. In a medium bowl, mix the rest of the ingredients. Pour over the pork and bring to a boil. You may think there's too much water, but it will reduce. Once it's boiling, turn the heat down to low and let simmer for about 30 minutes uncovered, stirring occasionally, or until there's only about 3 tbsp. of sauce left.
3. Garnish with green onions. Serve over noodles or steamed rice.

(Recipe courtesy of Joanna Cismaru, www.jocooks.com.)



Adriana Strimbu, DPM, PA

404 North Federal Hwy.

Hallandale Beach, FL 33009

Tel: (954) 455-9404

contactus@hallandalebeachfootdoctor.com

www.hallandalebeachfootdoctor.com



Consider This New Year's
Resolution

See page one.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.



The Source of Your Back Pain Might Be Your Feet!

Your feet are the foundation of your body. If something is amiss, other areas of your body sometimes suffer the consequences — or at least share them.

For example, a person experiencing foot pain may limp, hobble, walk on the outside of their foot, or tiptoe — sometimes ever so subtly — to alleviate discomfort. However, when a person's walking pattern (gait) changes, it places undue stress on the next link in the chain, the ankle joint, and the buck might be passed to the knee, to the hip, or ultimately to the lower back.

Over an extended period of time, abnormal gait can cause joint cartilage to wear excessively, place added stress on ligaments and tendons, and eventually result in arthritis.

Flat feet and high arches are two examples of foot conditions that can contribute to back pain. People with flat feet have fallen arches that can cause misalignment with the ankles and force legs to rotate inward and the pelvis to tilt forward, increasing stress in the lower back.

Those with high arches have feet that don't absorb shock as well as they should. Energy not absorbed by the feet will impact another joint down the line, one not as equipped to handle it. Discomfort, pain, or injury may follow.

Wearing high heels every day or shoes that are too tight or unsupportive also render feet more vulnerable to pain and foot deformities, altering one's gait.

If you have unexplained back pain, contact our office. Unattended foot pain, foot deformities, and unsupportive shoes aren't just problems for your feet; they can also spell bad news elsewhere in your body.