



Adriana Strimbu, DPM, PA

News and Updates *January 2023*



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
- 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
- Secretary, FPMA Jan. 2022-present
- President, Miami Dade Podiatry Medical
Association April 21, 2020-April 2022

Professional Associations:

- Co-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
- Past President, Miami Dade County Podiatry
Association
- Secretary, Florida Podiatric Medical
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 2023:

- 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.



Basketball Shoes: High-Tops vs. Low-Tops

Ankle sprains are common in basketball, accounting for roughly 25% of hoops-related injuries. Many are under the impression that high-tops reduce the odds of an ankle sprain, but research does not concur.

For one thing, most basketball-related ankle sprains are prompted by a player landing on another player's foot. The shoe is mostly a bystander in these situations. Major studies exploring the high-top/low-top issue — one in 1993 involving 600+ college players, and one from 2001 involving over 10,000 Australian players — did not find low-tops or high-tops to be advantageous over the other. Prior injuries, properly stretching before playing, and whether shoes had air cells (e.g., Air Jordans) had far greater impact.

In reality, no one shoe design will satisfy the full needs of a basketball player's feet and ankles. Basketball incorporates such a diverse range of motion — jumping, landing, cutting, sprinting, dead stops, sliding side to side, etc. — it's a matter of give and take ... what a player is most comfortable with.

For instance, although high-tops offer more ankle support, energy may be transferred to the knees (similar to ski boots), making them more vulnerable to injuries. Low-tops don't offer the ankle support of high-tops, but they are lighter and provide more range of motion.

Low-toppers and high-toppers are pretty much a wash in the NBA. Kobe Bryant's low-cut line in 2008 evened the score.

About half of NBA players wear custom insoles; the other half, over-the-counter insoles. About 80% of players tape their ankles, but taping loosens after a few minutes, its supportive benefits dissipating. However, the mere contact of the tape with the skin induces improved muscle response (proprioception), which can help prevent injury. Consistent strength and balance exercises are even better.

Mark Your Calendars

- Jan. 1** New Year's Day: Tonga, Samoa, and Kiribati are the first nations to ring in the new year.
- Jan. 11** National Milk Day: The average dairy cow produces 200,000 glasses of milk in its lifetime.
- Jan. 16** Martin Luther King Jr. Day: King was greatly influenced by Henry David Thoreau's essay "Civil Disobedience."
- Jan. 16** Australian Open Tennis Tournament begins: Australian Ken Rosewall is both the youngest and oldest man to win the tournament.
- Jan. 23** Pie Day: Oldest pie recipe? Rye-crust ed goat's cheese and honey pie (an Ancient Rome specialty).
- Jan. 28** National Lego Day: Lego combines the Danish words "leg" (play) and "godt" (good) ... *play well.*



Insurance List

AARP Medicare Complete
AETNA
Ambetter
Amerigroup
Better Health
Blue Cross Blue Shield
Bright Health
CIGNA
Community Care Plan
Devoted
DMERC (for diabetic shoes, braces and insoles)
FL Blue My Blue
Health Kids Wellcare
Humana
Medicaid
Medicare
MOLINA
Multiplan
Oscar
Private Health Care Plan / PHCP
SIMPLY
SOLIS
Staywell
Sunshine
United Health Care
United Health Care OneNet Workers Compensation
Wellcare
Workers Compensation
Canadian Insurances with Prior Authorization

Please call us with any other information we are dedicated to your patient's health and want to help them get rid of their foot pain as soon as possible.

X-rays, Diagnostic Ultrasound and Circulation tests, Toenail fungus laser are available in the office.

We are DME Suppliers for diabetic shoes, braces and Insoles.

We Speak Romanian, Russian and Spanish.

Group NPI: 1992768741
Dr. Strimbu's NPI: 1346300183
UPIN: U90653



Drunken Chicken Stew

Yield: 5 servings; prep time: 5 min.; cook time: 30 min.; total time: 35 min.

Tasty, easy, and quick to make, this drunken chicken stew is the perfect dish to share with friends over a glass of wine on a cold winter's day!

Ingredients

- 3 chicken breasts, cut into small cubes (alternatively, 35 oz. pork tenderloin)
- 2 cloves of garlic, finely chopped
- 3 tbsp. olive oil
- 1 green pepper chopped lengthwise
- 18 oz. chopped tomatoes
- 1/2 cup dry white wine
- 1 pinch of cumin
- 9 ounces hard yellow cheese (cheddar, or if you can find Greek graviera)
- 2 carrots
- salt to taste
- a handful of peppercorns
- freshly ground pepper

Directions

1. Heat the olive oil to a large frying pan and sauté the chicken/pork on medium heat for 5–6 minutes, while stirring.
2. Add the peppers and garlic, and sauté for about 2 minutes.
3. In the meantime, boil the carrots until tender and add to the pan. Deglaze with the wine.
4. Add the tomatoes, salt, peppercorns, ground pepper, and cumin. If you are using canned tomatoes, sprinkle some sugar to prevent the sauce from getting too sour.
5. Let it simmer on low heat for about 15 minutes, or until the sauce has thickened.
6. Cut the cheese in small cubes. Add to the pan while still hot and stir. Remove from the stove immediately and serve in a large bowl.
7. Enjoy with a glass of dry white wine and some crusty bread!

Recipe courtesy of www.mygreekdish.com.



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Book**



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Dealing with Ankle Arthritis

The ends of bones of the ankle joint are covered in articular cartilage, which enables the bones to move smoothly against each other. When the cartilage is diminished by wear and tear, the ravages of rheumatoid arthritis, lateral ankle instability, or congenital ankle conditions, bone grinds against bone — a painful predicament.

Conservative treatments may be effective for years and include anti-inflammatory medications, modified activity, specialty shoes, walking aids, braces, and possibly steroid injections. Eventually, however, the effectiveness of these measures may falter. For some people, that could mean considering ankle fusion surgery.

The ankle joint consists of three bones: the tibia, fibula, and talus bone. The talus bone acts like a hinge, allowing your foot to move up and down. In ankle fusion surgery, the talus bone and the tibia are prepped so that they grow together, or fuse. Fusing the two bones together eliminates the pain of their grinding against each other.

Depending on the circumstances, the surgery may be “open” — an incision(s) allowing the surgeon to see the whole joint — or minimally invasive (arthroscopy), utilizing smaller incisions and a tiny camera and tools to conduct the surgery. Screws and plates might be involved, as could a bone graft from the heel bone or pelvis.

The surgery will change how a patient walks, though the foot won't become fully rigid. The good news is that pain is eliminated, the fused bone is durable, and activities such as hiking, cycling, skiing, and physically demanding jobs are frequently possible again.

Ankle fusion surgery requires patience; weight bearing may be delayed for six to 12 weeks. But for those who can hang in there, a high percentage will be pleased with the results.

