



Adriana Strimbu, DPM, PA

News and Updates *July 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.

# A Look At Remy Laser for Treatment of Toenail Fungus



When you think of lasers, what comes to mind? An evil plot to rule the world, maybe? Perhaps a sci-fi movie weapon or high-tech security system? Well, how about a way to eliminate evil fungi that want to take over your toenails, or a weapon against conditions that are causing you pain? The lasers used in podiatry are high-tech for sure, but far from science fiction! They help relieve symptoms, promote healing, get rid of fungus and damaged nerve cells, and get you back to feeling happy and

healthy. In fact, laser technology can be used to treat a number of issues, safely, efficiently, and effectively. You can stroll into our office, and minutes later stroll out with no downtime or side effects to stop you from returning to the activities you love!

Fungal nail lasers penetrate the nail to zap the fungus beneath it, eliminating the problem at its source without affecting any surrounding tissue. A new healthy nail will grow in and take its place – science but not fiction!

Remy laser is a great alternative to oral antifungal medication, which may cause some side effects in patients. It can also be used together with topical antifungal medication to help accelerated the healing of the toenail from the fungus.

Remy laser therapy for toenail fungus is easy to do, painless, safe and effective. When the fungus in the toenail is killed by the laser, your toenail will be able to grow clear, healthy and clean.

In most cases, laser therapy takes several sessions, depending on the condition, its severity, and the lifestyle you lead. Learn more about the wonderful Remy Laser for toenail fungus and how it can benefit you by visiting us online at [www.hallandalebeachfootdoctor.com](http://www.hallandalebeachfootdoctor.com) or simply asking our helpful staff.



# Healthy Feet and Ankles Should Be Par for the Course

Despite the frustrations inherent in golf, many diehards hit the courses each day. One beautiful shot for every nine errant ones is quite addictive. Fresh air, exercise, and socialization don't hurt either.

If you want to improve your golf game, healthy feet and ankles are a must. Weight transfers and follow-throughs on your swing place a lot of stress on the big toe, the heel, and the ball of the foot.

Swing follow-throughs can overextend the big-toe joint on the back foot. Avid golfers may eventually wear out the cartilage or jam the joint. If left untreated, arthritis can set in, jeopardizing your enjoyment of the sport or rendering you unable to continue playing.

The plantar fascia may become inflamed with the repetitive forces it encounters. Jabbing, knife-like heel pain makes it difficult to maintain a solid stance at key points in a golf swing.

Weight transfers to the front foot on a swing may cause a neuroma, or "pinched nerve." Repeated compressions create a benign growth of nerve tissue on the ball of the foot that becomes thickened, enlarged, irritated, and painful — frequently between the third and fourth toes.

Chronic ankle instability due to untreated past ankle sprains and Achilles tendonitis are conditions that affect balance and will hamper your game.

Golf shoes that don't fit well may result in corns and calluses. Simply standing and walking may be uncomfortable; feet will lack proper support.

If your feet or ankles are hurting, your golf game will suffer, too. Contact our office for a thorough evaluation. With proper treatment, playing far into the future can be a "fore"gone conclusion.

## Mark Your Calendars



- July 1** Joke Day: Jerry Seinfeld parlayed jokes into a net worth of \$950 million (and rising).
- July 3** Cherry Pit Spitting Day: Inhale deep and puff hard. The world record is 100' 4".
- July 7** Chocolate Day: Many would argue that Chocolate Day is every day!
- July 8** Blueberry Day: The U.S. and Canada account for over 60% of the global supply.
- July 13** French Fries Day: Thomas Jefferson introduced french fries to the United States.
- July 18** Ice Cream Day: Per capita, New Zealand is the biggest consumer (U.S. is #2).
- July 29** Chicken Wing Day: There are four wing pieces per chicken: two drumettes, two "flats."

# A 'Revolutionary' Forensic Method

Paul Revere earned his place in American history with his active involvement in resisting British rule during the American Revolution. He was also noted for his silversmithing and engraving skills. In the 1760s, the economy was sluggish, a situation made worse by the British-imposed Stamp Act — a tax on all paper materials and documents (e.g., wills, newspapers, deeds, pamphlets, etc.).

With a growing family, Revere eventually tried his hand at dentistry in 1770 to make ends meet. He had been trained by an English dental surgeon, Dr. John Baker, to manufacture and fit artificial teeth.

One of Revere's patients was close friend Joseph Warren, a respected physician and member of the Sons of Liberty, a group dedicated to undermining British rule in the colonies. Revere fitted him with an ivory dental prosthetic.

On the night of April 18, 1775, Warren sent Revere and William Dawes on the famous "midnight ride" to warn of British plans to arrest Samuel Adams and John Hancock and raid a rebel arsenal. (Revere never completed his ride but was nonetheless immortalized in a Longfellow poem.)

In June 1775, Warren was killed at the Battle of Bunker Hill. His body was unceremoniously dumped into a mass grave, which could not be accessed until British troops evacuated the area 10 months later.

By that time, the bodies were badly decomposed and indistinguishable. However, Revere, accompanied by Warren's family, searched for and managed to identify Warren's body via his dental prosthetic — an unconventional means of identification.

The National Museum of Health and Medicine calls Revere's deed "one of the earliest cases of forensic evidence used to identify a fallen American soldier." Paul Revere — patriot, artisan, and forensic odontologist.



Paul Revere's dental tools.

By Otis Historical Archives National Museum of Health & Medicine - ncp 1331, CC BY 2.0, commons.wikimedia.org/wiki/index.php?title=630588



## Blueberry Dump Cake

Yield: 10 servings; prep time: 10 mins.;  
total time: 1 hour 15 mins.

*Fresh blueberries take on a perfect "jammy" consistency in the oven as the cake mix turns golden brown and crispy. This recipe is a fun take on a cobbler with way less work. Simply dump on the cake mix and get to baking!*

### Ingredients

- 6 c. blueberries
- 1/4 c. granulated sugar
- 1 tsp. pure vanilla extract
- Juice of 1/2 a lemon
- 1/4 tsp. cinnamon
- 1 box yellow cake mix
- 1/2 c. (1 stick) cold butter, cut into small cubes
- Whipped topping, for serving

### Directions

1. Preheat oven to 350°. In a medium bowl, combine blueberries, sugar, vanilla, lemon juice, and cinnamon. Pour into a 9"x13" baking pan. Pour cake mix on top and spread into an even layer. Dot top all over with butter and bake until top is golden and fruit is bubbly, 1 hour.
2. Serve warm with whipped topping.

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



**Adriana Strimbu, DPM, PA**

404 North Federal Hwy.

Hallandale Beach, FL 33009

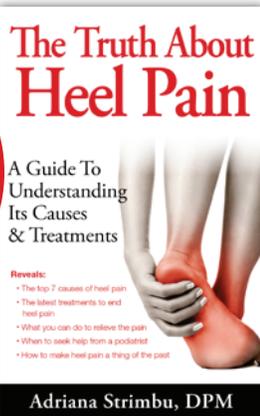
Tel: (954) 455-9404

contactus@hallandalebeachfootdoctor.com

www.hallandalebeachfootdoctor.com



**Free  
Book**



Call (954) 455-9404 or  
visit [HallandaleBeachFootDoctor.com](http://HallandaleBeachFootDoctor.com)

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.

# Shoring Up Your Foundation

There's nothing quite like a beach vacation. To maximize the fun, avoid potential foot and ankle hazards with a few simple precautions.

Wear sandals, water shoes, or sneakers when walking to the beach. Don't give stones, pieces of glass, and other sharp objects a chance to slice or puncture. Once you reach the beach, don't immediately ditch the footwear. Innocent-looking sand can be scorching hot and do a number on feet in seconds.

When going barefoot or wearing sandals at the beach, don't forget sunscreen for the tops of your feet — avoid annoying sunburn and possibly skin cancer down the road. When basking in the sun on your beach towel or lounge chair, lather up your soles, too.

Going for a beach run is a whole new ball game for feet and ankles. The soft, uneven sand puts a lot more stress on your arches, heels, and ankle ligaments. Wear supportive athletic shoes for shoreline jaunts.

Those venturing into the surf are well advised to wear sturdy water shoes. Broken sea-shells, pesky crabs, fish hooks, and other irritants lurk.

Romantic moonlit walks on the beach can be quickly interrupted by a sudden drop-off, a hole, or stepping onto sharp objects or dead jellyfish (the stingers are still capable of packing a punch). Footwear and a flashlight come in handy.

For those who are diabetic, risks at the beach are magnified. Wear shoes or sandals most of the time, inspect your feet periodically throughout the day, and clean the sand (or other objects) out of your shoes.

If your beach trip was no vacation for your feet and ankles, contact our office to schedule an appointment.

