



Adriana Strimbu, DPM, PA

News and Updates *June 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.

Flip-Flops Are for Politics, Not Your Feet

The arrival of summer weather is accompanied by the emergence of flip-flops. Flip-flops may be convenient, freeing, and sometimes even stylish-looking, but with extended use are harmful to feet and ankles. Especially bad, but commonly worn, are flip-flops sporting thin, totally flat, rubber soles; flimsy straps; and cheap plastic toe posts.

Flip-flops offer minimal support for arches, which can lead to arch discomfort and plantar fasciitis, painful inflammation of the thick band of tissue that extends from the heel to the ball of the foot.

The absence of shock absorption and heel cushioning means feet are under constant duress. The lack of stability makes ankles more prone to sprains.

Feet are also susceptible to cuts and scrapes, stubbed toes, broken toes, torn nail beds, and blisters. Puncture wounds are an enhanced threat and can be deceptive. Damage sometimes appears minimal, but wounds can run deep and trigger infection without proper treatment.

Toes have to continually grip the flip-flops to keep them on one's feet, which can result in tendonitis. A person's walking pattern typically changes, too, which can potentially send a ripple effect of discomfort to the ankles, knees, hips, and back. In addition, bunions can be aggravated, and conditions may be ripened for hammertoes.

Wearing flip-flops for short stretches, such as crossing hot surfaces or walking poolside or through a locker room to minimize contact with fungi (e.g., athlete's foot), can be beneficial, but never wear them for extended periods of time.

If you experience lingering foot or ankle pain, contact our office. If you insist on wearing flip-flops, we can offer suggestions. Some flip-flops are less harmful than others.

'Riding the Rail' and 'Catching Air'

Skateboarding is a thrill for many kids and some adults as well. It's an excellent overall workout, a great social activity, and an outdoor, fresh-air adventure.

But skateboarding can be tough on feet and ankles. There are a lot of repetitive, forceful motions that can lead to painful foot and heel conditions. For instance, the intense, repetitive gripping motion of the toes while skateboarding stresses the plantar fascia, which can result in heel and arch pain.

The constant pressure exerted on feet can instigate Achilles tendonitis over time or lead to stress fractures. Tricks and jumps can be jarring for feet and ankles, too, and if a person doesn't stick the landing, an ankle sprain or fracture is sometimes in their immediate future.

Neuromas are also a common plight among skateboarders. A pinched nerve in the foot becomes inflamed, and pain, tingling, or numbness manifests between the second and fourth toes. Overuse, overpronation, and poor skateboarding technique may be to blame.

Skateboarders are rightly cautioned to wear proper protective gear, such as a helmet, knee pads, and elbow pads. Proper footwear should also be part of the protective package.

Skate-shoe factory inserts often lack proper arch support and shock absorption — both critical to healthy feet and ankles. Swap out the factory inserts with custom insoles that offer firm arch support, are made of durable material, will not collapse under pressure, and cup the heel (to prevent slippage during maneuvers).

If a skateboarder in your family suffers a foot or ankle injury, address it immediately by scheduling an appointment with our office. We will diagnose and treat the condition, and can offer guidance on proper skateboarding footwear and insoles.

Mark Your Calendars

- June 4** Doughnut Day: "Doughnuts. Is there anything they can't do?" — Homer Simpson
- June 5** National Trails Day: The American Discovery Trail runs from California to Delaware.
- June 7** Chocolate Ice Cream Day: Chocolate and ice cream. The original dream team!
- June 10** Ballpoint Pen Day: First sold in U.S. at Gimbels (New York) on Oct. 29, 1945 (\$12.50!).
- June 13** Weed Your Garden Day: Dandelions are highly flavorful and nutritious weeds.
- June 19** National Kissing Day: Kissing, smooching, swapping spit, osculating ... it's all good.
- June 30** Meteor Watch Day: Meteors are pieces of rock and ice shed by comets.



Got Diabetes? Beware of Going Barefoot!

With the arrival of summer, it may be tempting to shed those socks and shoes and let your feet and toes be free! However, if you have diabetes, it's important that you resist that urge and keep your feet protected. Even going for a barefoot stroll on the beach could result in major complications. Step on a sharp shell or piece of glass, and you could have the beginnings of a dangerous problem. After all, a loss of sensation is common in diabetic feet, so you may not even be aware of an injury. Couple that with poor circulation—also associated with diabetes—and that unnoticed wound could end up not healing and becoming infected.

If you have diabetes, be sure to keep feet undercover by wearing moisture-wicking socks and shoes at all times—outside and in! You never know if a tack or sharp object may fall on your floor at home and as they say, it's better to be safe than sorry. It's also a good idea to check your shoes before putting them on in case any foreign objects, like a stone or pebble, have made their way inside.

When you do take off your shoes at bedtime, look over your feet to ensure there are no potential problems. If you notice anything unusual, be sure to give us a call!



Vegetarian Pad Thai

Servings: 4; prep/total time: 30 min.

A fresh, zesty, easy-to-make dish that also leaves room for improvisation.

Ingredients

- 6 ounces uncooked thick rice noodles
- 2 tablespoons packed brown sugar
- 3 tablespoons reduced-sodium soy sauce
- 4 teaspoons rice vinegar
- 2 teaspoons lime juice
- 2 teaspoons olive oil
- 3 medium carrots, shredded
- 1 medium sweet red pepper, cut into thin strips
- 4 green onions, chopped
- 3 garlic cloves, minced
- 4 large eggs, lightly beaten
- 2 cups bean sprouts
- 1/3 cup chopped fresh cilantro
- Chopped peanuts (optional)
- Lime wedges

Directions

1. Prepare noodles according to package directions. Drain; rinse well and drain again. In a small bowl, mix together brown sugar, soy sauce, vinegar, and lime juice.
2. In a large nonstick skillet, heat olive oil over medium-high heat; stir-fry carrots and pepper until crisp-tender, 3-4 minutes. Add green onions and garlic; cook and stir 2 minutes. Remove from pan.
3. Reduce heat to medium. Pour eggs into same pan; cook and stir until no liquid egg remains. Stir in carrot mixture, noodles, and sauce mixture; heat through. Add bean sprouts; toss to combine. Top with cilantro and, if desired, peanuts. Serve with lime wedges.

Nutrition Facts: Serving size, 1¼ cups: 339 calories, 8 g fat (2 g saturated fat), 186 mg cholesterol, 701 mg sodium, 55 g carbohydrates (15 g sugars, 4 g fiber), 12 g protein.

Recipe courtesy of www.tasteofhome.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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Call (954) 455-9404 or
visit HallandaleBeachFootDoctor.com

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Don't Give Hammertoes a Foothold

Each of our eight smaller toes has three bones (phalanges) and two joints (interphalangeal) — our big toes have one fewer of each.

A hammertoe is a deformity of one or both of the joints of a smaller toe that most commonly results from a muscle/tendon/ligament imbalance. The phalanges should be aligned in fairly straight fashion. With a hammertoe, one of the joints bends (usually the second one from the tip of the toe) and becomes prominent.

A direct injury can predispose someone to a hammertoe. Same thing with overuse (e.g., playing certain sports). Underlying conditions such as diabetes, rheumatoid arthritis, and neuromuscular disorders make it more likely, too. Some inherited foot structures also encourage hammertoe formation more than others.

Shoes that fit poorly are major contributors to hammertoe development as well. A shoe size or toe box that is too small places excessive stress on toes. High heels are infamous for cramming toes, which helps explain why women have more issues with hammertoes than men.

A hammertoe can be painful when wearing shoes, as the misaligned toe's level of friction with the shoe is increased. Other friction byproducts include corns and/or calluses on the toes, between the toes, and on the ball of the foot. Inflammation, redness, and swelling may also enter the picture.

A hammertoe will progressively worsen without treatment. Conservative treatment is highly effective in straightening a hammertoe ... if the hammertoe is dealt with in an early stage of development while it's still flexible. A rigid hammertoe may require surgery to relieve pain and improve quality of life.

Don't let a hammertoe gain momentum. Instead, contact our office to schedule a thorough examination.