



Adriana Strimbu, DPM, PA

News and Updates *November 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.



Custom Orthotics for Different Circumstances

Just as prescription eyeglasses correct vision deficiencies in eyes, custom orthotics correct deficiencies in the alignment of feet. Orthotics can relieve pressure and alleviate discomfort by repositioning structures of the foot to help them move properly and reduce the risk of injury. Good ankle, knee, and lower-back health depend on proper foot alignment, too.

Many people can benefit from custom orthotics. For example:

- Older people who may have arthritic conditions in their feet or ankles.
- Young children who have a foot deformity such as flat feet or an in-toeing or out-toeing disorder.
- Athletes who have slight foot imbalances that under normal conditions are not harmful and might not even be detectable, but in high-stress athletic activity can cause muscle, ligament, tendon, and joint fatigue; reduce efficiency; and elevate susceptibility to injury.
- Diabetics dealing with or trying to prevent foot ulcers.

There are three broad categories of custom orthotics:

Soft orthotic devices can improve balance, take pressure off uncomfortable or sore spots, and absorb shock. They are constructed of soft, compressible materials for improved cushioning. People with arthritis, a lack of protective fatty tissue, or diabetes benefit most.

Rigid orthotics are made of firm materials such as carbon fiber or plastic. They are designed to control foot function in two major foot joints just below the ankle joint to mitigate discomfort in the ankles, knees, and lower back.

Semi-rigid orthotics are often used by athletes to reduce soreness, fatigue, and perform more efficiently. They consist of a layer of soft material reinforced with more rigid material.

If your foot alignment is out of whack, it can have far-reaching ramifications. A thorough podiatric exam at our office can help you straighten things out.



November Is National Diabetes Awareness Month

According to the American Diabetes Association, diabetes affects over 34 million Americans, roughly 20 percent of whom don't realize they have it. Diabetes causes higher-than-normal blood sugar levels, which left untreated can lead to cardiovascular disease, blindness, kidney failure, nerve damage, lower-limb amputation ... even death.

With diabetes, the body does not produce insulin, produces some but not enough, or is unable to use insulin correctly. Insulin is a hormone produced by the pancreas that facilitates the transfer of glucose (sugar) from the bloodstream to cells, where it is stored for future energy. When insulin is absent or processed incorrectly, glucose buildup in the blood will wreak havoc.

Feet are major targets of diabetes. Poor circulation hampers healing, subjecting minor cuts, scratches, blisters, etc., to a much higher risk of ulceration and infection. To pile on, nerve damage (neuropathy) hinders one's ability to feel pain, discomfort, or irritation. Not only are normally minor conditions slow to heal, they may not even be noticed ... and quickly worsen.

For instance, corns, calluses, ingrown nails, and dry skin (which may crack) can pose serious threats of infection. Neuropathy can spur muscle weakness and loss of muscle tone and lead to hammertoes and bunions, which add new friction points. Diabetes-related foot conditions are responsible for over 60 percent of non-injury-related amputations.

There is good news, however. A healthy diet, regular exercise, annual medical checkups (including a full podiatric exam), taking medication as prescribed, proper footwear, and daily foot checks enable most people to live a normal life.

If your feet are due for a podiatric checkup, schedule an appointment with us today. To learn more about diabetes, visit the American Diabetes Association website at www.diabetes.org.

Mark Your Calendars

- Nov. 2** Election Day: Not the first Tuesday ... the first Tuesday following the first Monday.
- Nov. 4** Check Your Blood Pressure Day: Use a ... sphygmomanometer. Rolls off the tongue.
- Nov. 7** Daylight Saving Time ends (2 a.m.): DST origin? Port Arthur, Ontario, Canada, 1908.
- Nov. 11** Veterans Day: The last surviving U.S. WWI vet passed away in 2011 (Frank Buckles).
- Nov. 23** Eat a Cranberry Day: Cranberries are native to North America. Healthful, too.
- Nov. 25** Thanksgiving: A turkey's gender can be determined by the shape of its droppings.
- Nov. 28** Hanukkah begins (sundown): A menorah has 7 candle placeholders; a Hanukkiah, 9.



Insurance List

AARP Medicare Complete
AETNA
Ambetter (effective 10/1/21)
Amerigroup
Better Health
Blue Cross Blue Shield
Bright Health
CIGNA
Community Care Plan
DMERC (for diabetic shoes, braces and insoles)
Health Kids Wellcare
Humana
Medicaid
Medicare
MOLINA
Multiplan
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



This Thanksgiving: Loaded Cauliflower Mashed Fauxtatoes

Yield: 6 servings; prep time: 10 mins.; total time: 50 mins.

This great Thanksgiving side dish packs bacon, cheese, and chives on a diet-friendly cauliflower mash to combine the best of healthy and decadent.

Ingredients

- 8 oz. bacon, cut into 1/2-inch pieces
- 3 garlic cloves, chopped
- 1 onion, chopped
- kosher salt
- Freshly ground black pepper
- 1 large head cauliflower cut into florets
- 1/2 c. white wine
- 1 c. low-sodium chicken stock
- 1/2 c. heavy cream
- 1/2 c. grated parmesan
- 3 tbsp. unsalted butter, cut into pats and chilled
- 1 c. cheddar
- 2 tbsp. sliced scallions

Directions

1. In a large Dutch oven over medium heat, add bacon and cook until browned, about 5 minutes. Transfer to a plate lined with paper towels; set aside. Drain bacon fat, leaving 2 to 3 tbsp. in the pan. Discard excess.
2. Add garlic, onion, 1 tsp. salt, 1/2 tsp. black pepper, and sauté for 2 minutes. Add cauliflower and cook until slightly softened, about 5 minutes. Add wine and stock; simmer on low for 30 minutes.
3. Meanwhile, prepare a baking dish set on top of a parchment-lined sheet pan, and set oven to broil setting.
4. Transfer cauliflower mixture to a blender in batches, and add heavy cream and parmesan; blend until smooth. Pour cauliflower mash into the baking dish, and fold in butter. Top with cheddar and broil until cheese is golden brown, about 5 minutes. Top with bacon and scallions. Serve immediately.

Recipe courtesy of www.delish.com.



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**Free
Book**



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Staying Healthy During Thanksgiving Weekend



Thanksgiving is a wonderful time of year, gathering with family, feasting, and reflecting on our blessings. But the busyness of the weekend can be tough on feet and ankles.

Some people travel several hours by plane, train, or automobile (Thanksgiving movie hint) to see family. Poor circulation from sitting in one spot too long and tight quarters can lead to aches, pain, fatigue, muscle cramps, and swelling. Take advantage of opportunities to get up and walk around, stretch, rotate your ankles, and raise, point, and curl your toes. Compression socks/stockings can be invaluable, especially for diabetics.

If you're the chief Thanksgiving cook, you may be on your feet a lot. Take a 5-minute break each hour, do some tasks while sitting down when possible, utilize shock-absorbing kitchen mats, and request assistance!

If you have gout — a painful, inflammatory arthritis frequently targeting the big-toe joint — bone up on your knowledge of foods that cause flare-ups, and limit your intake. Examples include red meat, turkey (to a lesser degree), meat gravies, shellfish, and alcohol.

For many, Thanksgiving pickup football games are a tradition. Wear proper footwear for traction and comfort, stretch, and don't overdo it. Many middle-agers attempt to keep up with younger family members, much to their chagrin. According to the American College of Foot and Ankle Surgeons, over 25,000 Americans experience significant ankle injuries from Thanksgiving gridiron activity.

For some households, Thanksgiving weekend also marks the transition to Christmas season and outdoor decorations. Falls and stumbles off ladders can result in heel bruises, ankle sprains, and fractures.

If your whirlwind Thanksgiving weekend causes foot or ankle discomfort, please don't hesitate to contact our office.