



Adriana Strimbu, DPM, PA

October 2022

News and Updates



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.

Fall is The Perfect Time to Talk Fall Prevention



There's nothing like a stroll in the park on a beautiful fall day, with the crisp air and all the colors, but be careful—as we grow older, our risk of falling grows as well and that can seriously impact your health and independence. Now that doesn't mean you should forego your walk completely—on the contrary, exercise keeps your muscles strong which reduces your risk of falling. Just be mindful of where you're walking. There may be roots on the trail hidden by slippery, wet leaves. Choose a course that is clear of such obstacles, or try yoga or Tai Chi which can improve balance along with building strength. Here are some other fall prevention tips to keep in mind:

Know your medications. Some medications, alone or combined with others, can have side effects of drowsiness or dizziness, which can clearly make falling more likely.

Keep a clear view. Be sure to have your vision checked every year to keep your prescription up to date.

Eliminate home hazards. Make sure your house is clear of clutter and other tripping hazards like loose throw rugs, cords, or shoes. You can use double sided tape to secure rugs if you don't wish to remove them or opt for non-slip floor mats. In addition, good lighting is very important. Be sure to use bright light bulbs as well as nightlights. It's also a good idea to keep items you use often in low cabinets to avoid needing a step stool. Finally, install handrails in hallways, staircases, and bathrooms.

Follow these tips and you'll not only improve your chances of staying on your feet, but you'll be much more likely to stay healthy and active, too!



Staying Healthy During Hunting and Hiking Season

Hunters and hikers who take to the woods and trails sometimes forget how taxing it can be to walk on uneven terrain. Rocks, branches, tree roots, and holes (frequently obscured by fallen leaves); steep hills; and falls from tree stands also make things dicey for feet and ankles.

Common hunting and hiking injuries/conditions include ankle sprains and fractures, Achilles tendon inflammation or ruptures, heel fractures, blisters, and fungal infections. Attention to small details can serve autumn outdoor enthusiasts well:

- Work out prior to hunting/hiking season. You likely won't duplicate the conditions you'll face when hunting or hiking the great outdoors, but every little bit helps.
- Invest in high-quality hiking boots: sturdy; well-constructed; well-insulated; waterproof; excellent tread; with steel or graphite shanks, which offer excellent foot and ankle support, reduce stress and muscle fatigue, and lower the risk of injury. Double-check the insides to make sure there are no rough spots that could be friction points.
- Stay alert to your surrounding environment.
- Pace yourself on hills. Avoid sudden push-offs, and rest when you need to. Your Achilles tendons will benefit, among other muscles and tendons.
- Use a safety harness when employing a tree stand. Most tree stands are positioned 10 to 20 feet in the air. Falls can cause serious damage on many fronts.
- Take extra socks on your outing to help prevent blisters and athlete's foot. Avoid cotton socks, which retain moisture.
- If you hunt alone, let someone know where you'll be and when you expect to return (cell phone service might be spotty). If a foot or ankle injury prevents you from walking, rescue is close at hand.



Mark Your Calendars

- Oct. 3** Oktoberfest ends: Bavaria's Oktoberfest is held mostly in September (began Sept. 17).
- Oct. 4 (sunset)** Yom Kippur: Israeli motorists virtually disappear for a day. Bicyclists pounce.
- Oct. 9** Moldy Cheese Day: Mold has its place. Think penicillin and natural decomposition of dead vegetation.
- Oct. 10** Columbus Day: The Vikings were the first Europeans to reach the Americas. Dusted Columbus by 500 years.
- Oct. 18** Meatloaf Appreciation Day: American meatloaf has its origins in scrapple.
- Oct. 22** Fossil Day: Pressure, temperature, and fossils of microscopic organisms (diatoms) led to the formation of "fossil fuels."
- Oct. 31** Halloween: Candy only became a trick-or-treat staple in the 1950s, mostly replacing nuts, fruit, cakes, and coins.

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



Lemon Dill Chicken Meatball Soup

Servings: 4; prep time: 5 min.; cook time: 25 min.; total time: 30 min.

This healthy and hearty dinner is the perfect autumn dish ... and a nice antidote for dipping temperatures.

Ingredients

- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 small onion, chopped
- 2 tbsp. olive oil
- 5 c. lower-sodium chicken broth
- 3 c. water
- 1¾ c. bulgur
- 12 oz. ground chicken breast
- 1/4 c. finely chopped fresh dill
- 1 tsp. grated lemon zest
- Salt
- 1/4 tsp. ground black pepper

Directions

1. In 6- to 7-quart saucepot on medium, cook carrots, celery, and onion in olive oil for 10 minutes, stirring. Add chicken broth and water; heat to boiling on high. Stir in bulgur. Reduce heat; simmer 8 to 10 minutes or until bulgur is almost tender.
2. Meanwhile, combine ground chicken breast, dill, lemon zest, and 1/4 teaspoon each of salt and pepper. Form chicken mixture into 1-inch balls; add to simmering soup along with 1/4 teaspoon salt. Cook 6 minutes or until cooked through.

Recipe courtesy of
www.goodhousekeeping.com.



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Book**



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Growing Pains Are Real!

Sever's disease (a.k.a. calcaneal apophysitis) is inflammation of the heel's growth plate, an area where new bone is developing. This condition — it's not actually a "disease" — typically strikes during kids' growth spurts (ages 8 to 14). It's painful, fairly common, and very treatable.

Heel-bone growth frequently outpaces that of the Achilles tendon. (The heel bone is one of the first bones to reach full adult size.) That makes the Achilles tendon too tight; in turn, it pulls excessively on the heel's growth plate at their attachment point. Since the heel bone is still growing and the growth plate hasn't fully hardened yet, this is a weak area, and inflammation, pain, and swelling can occur.

Repeated running, jumping, and overall pounding can pave the way for Sever's, which means kids who play high-impact sports — especially on hard surfaces — are more vulnerable. Low-impact activities such as swimming and bicycling are kinder to the heel bone. Other potential causes of Sever's include obesity, an already-short Achilles tendon, high or flat arches, excessive pronation, and short-leg syndrome.

Due to heel pain, a child may limp, walk on their toes, or just not seem their normal self when participating in high-energy activities. Persistent discomfort is a cue to call our office. We will review your child's medical history, ask some questions, conduct a thorough exam, and possibly take X-rays to pinpoint the problem, as many conditions can cause heel pain.

Treatment for Sever's will focus on relieving pressure on the heel bone. Rest, an exercise/stretching routine, and shoe inserts or custom orthotic devices typically do the trick. In more severe cases, casting may be recommended for a few weeks.

