



Adriana Strimbu, DPM, PA

March 2021

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
- 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.



Effective Class IV Remy Laser Toenail Fungus Treatment

What is Onychomycosis?

Onychomycosis or toenail fungus are fungal toenail infections. Toenail fungus cause toenails to become ugly, thick, discolored, hard, brittle, yellow. They can create major discomfort and even embarrassment. They are also **EXTREMELY COMMON**; affecting millions of people each year.



Additionally, fungus is easily spread. Individuals with fungus may have contracted it through shared bathroom space, public locker rooms, showers, and pools, shared clothing or shoes, even carpeting.

For some, hard, brittle, fungus toenails are simply genetic. When this is the case, treatment can become even more difficult given the likelihood of re-occurrence.

One of the most prevalent types of fungal foot infections directly affects your toenails. This type of condition is known as onychomycosis.

You may have onychomycosis if you notice any of the following symptoms:

- yellow or other discoloration of your toenails
- thickened, hard, brittle toenails
- an unpleasant odor coming from the nail area
- pain

It's not uncommon to feel discomfort and embarrassment due to the unsightly appearance and these symptoms of onychomycosis.

Continues to page two.

Fungal nail affects nearly 10% of the US population.

While many find the condition to be, simply, an eye sore, fungal nail can also lead to larger problems including:

- infection of other toenails
- infecting friends and family
- increased pain
- ingrown toenails

Individuals with diabetes are also more susceptible to fungal toenail infections given their compromised immune systems.

Fungus toenail laser treatment offers an effective, safe option for treating fungal toenail without the side effects of many oral medications.

Choose the REMY CLASS IV Toenail Fungus Laser Therapy From Adriana Strimbu, DPM, PA and Walk Barefoot Without Embarrassment!

REMY Class IV laser toenail fungus therapy is one of the most safe and effective ways to treat toenail fungus (onychomycosis)! Laser therapy penetrates the nail bed and kills the fungus living underneath the nail – without pain and without any harmful side effects.

When the colony of fungus under the nail is “attacked” by the laser, the elements that make it grow and thrive are destroyed. This allows your nail bed to begin growing new, healthy nail. Nails that won’t give you feelings of discomfort or embarrassment especially when walking barefooted or using sandals and open toe shoes!

Laser toenail fungus removal therapy is a quick and easy treatment allowing patients to relax during the toenail fungus laser removal procedure.

Toenail Fungus Treatment using Remy Laser



June 12, 2020



August 13, 2020

hallandalebeachfootdoctor.com

Mark Your Calendars

- March 6** Dentist's Day: Getting some people to go to the dentist is like pulling teeth.
- March 7** Cereal Day: Added sugars arrived in 1939, making some cereals a little less healthy.
- March 10** Middle Name Pride Day: Harry Truman's legal middle name was "S."
- March 14** Daylight Saving Time begins: Car accident and heart attack risks rise significantly.
- March 19** Poultry Day: Celebrate the domestic fowl in your life ... and on your plate.
- March 23** Chip and Dip Day: Never double dip. George Costanza found out the hard way.
- March 26** Live Long and Prosper Day: Too illogical for Spock? Check out *The Wrath of Khan*.



Shamrocks and Alcohol Don't Sit Well with Pets

St. Patrick's Day is a holiday steeped in tradition, but some of those traditions don't mesh with dogs and cats. Keep your furry (or hairless) friend safe by being mindful of the following....

Green beer and other alcoholic beverages. Although most dogs and cats don't find alcohol appealing, an unpredictable minority do and will gladly help themselves to an unguarded drink. And because dogs and cats are much smaller than human celebrants, it doesn't take nearly as much alcohol (ethanol) to endanger them.

Even the vast majority of pets who aren't enticed by alcohol might be drawn to mixed drinks or alcohol-based cakes that contain lots of sugar.

Signs your pet may have knocked one back include unsteadiness, disorientation, lethargy, and upset stomach. Severe cases may induce paralysis, shallow breathing, and unconsciousness. For mild symptoms, a pet can generally "sleep it off" in a safe place. More ominous symptoms require an immediate call to the vet.

Bottom line, don't leave drinks unattended, place them above your pet's eye level, or keep your pet isolated until the party's over.

Shamrocks. Shamrocks aren't so lucky for pets who ingest them. Several plants are classified as shamrocks, but *Oxalis acetosella* — often given as a St. Patrick's Day gift — is the primary troublemaker. Dogs and cats who swallow this hazard may experience almost immediate head shaking, drooling, and upset stomach. It can also damage the kidneys. Fortunately, this plant tastes fairly bitter, which dissuades many pets ... but not all.

Keep these plants off the floor and away from curious noses and mouths. If your pet is showing signs of having taken a nibble, contact your vet pronto.



Oven-Baked Super Green Falafels

These oven-baked falafels make a great on-the-go snack and can add more substance to salads!

Ingredients

- 1 can chickpeas (14 oz.), drained and rinsed
- 1 onion, finely chopped
- 1 cup (4¼ oz.) frozen peas, slightly thawed
- 2 tablespoons white chia seeds
- 1 cup (3 oz.) finely chopped broccoli
- 2 cups (2½ oz.) firmly packed shredded kale leaves
- 1 cup (¾ oz.) flat-leaf parsley leaves
- ½ cup (1¼ oz.) mint leaves
- 1½ teaspoons ground cumin
- ½ teaspoon baking powder
- Sea salt and cracked black pepper
- Extra-virgin olive oil, for brushing
- Flatbreads, to serve (your choice of flatbreads!)
- Arugula, to serve
- Sliced radishes, to serve
- Labneh, to serve

Directions

1. Preheat oven to 425 °F. Line a large baking tray with nonstick baking paper.
2. Place the chickpeas, onion, peas, chia seeds, broccoli, kale, parsley, mint, cumin, baking powder, salt, and pepper in a food processor, and process until very finely chopped.
3. Press 2-tablespoon portions of the mixture into patties and place on the tray. Brush the patties generously with oil and bake for 15 minutes. Brush the patties with more oil and bake for a further 15 minutes or until golden and crisp.
4. Divide flatbreads between serving plates and top with arugula, radish, labneh, and the falafels to serve.

(Leftovers can be stored in the fridge — in an airtight container — for up to 2 days.)

Recipe courtesy of Donna Hay, an Australian food stylist, author, and magazine editor. <https://www.donnahay.com.au/recipes/fresh-light>



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REMY CLASS IV LASER THERAPY
Effectively Treating Foot & Ankle Pain

Are You Suffering from Chronic Foot or Ankle Pain?

See page one.

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Poor Circulation Is Rich with Consequences

Reduced circulation in the lower extremities caused by plaque buildup in blood vessels is called peripheral arterial disease (PAD). Ten to 12 million Americans, and one in five people over age 70, grapple with it. PAD and diabetes combined account for the majority of foot and leg amputations in the United States.

Unfortunately, most people do not experience symptoms in PAD's earliest stages. When they eventually do, PAD has already gained traction.

Common symptoms of PAD include pain or cramping in the calf after walking for a few minutes. Stopping to rest allows enough blood to return to the calf, and the discomfort dissipates ... until walking is resumed (a.k.a. intermittent claudication).

Other indicators for advancing PAD include lower-leg fatigue/weakness; skin discoloration; less supple skin; skin that feels cool to the touch; cessation of hair growth; changes in toenail color or thickness; and slow-to-heal abrasions, cuts, and other issues. When PAD overlaps peripheral neuropathy (diminished sensation in the feet), it's double trouble. Peripheral neuropathy may hide injuries, and PAD interferes with healing. Conditions are ripe for ulceration and infection, precursors to amputation.

If you experience discomfort, pain, or fatigue in your lower extremities, schedule an evaluation at our office. A simple test for PAD is an ankle-brachial index, which compares blood pressure in the ankle with that of the arm. If PAD seems likely, you may be referred to a vascular specialist, since circulation problems likely exist elsewhere in the body, too.

Fortunately, PAD can be successfully managed — or better yet, prevented! Exercise; a heart-healthy diet; ditching all tobacco products; shedding extra pounds; and medication to control hypertension, high cholesterol, and diabetes help immensely. Severe cases may necessitate surgery.

