



Dear Patients:

Many of you already know that I will be officially retiring October 31st of this year. As I have “put my toe in the water” of retirement these past twelve months, it has been interesting to say the least. Although I had some reservation, I now know it is the right decision. I am looking forward to my many new adventures. Mary Anne and I have been very fortunate in raising our three children these past 47 years and now are looking forward to time being spent with our five grandsons as well.

There are so many people to thank at this time. First of all, I want to thank all of our wonderful patients for entrusting me to take care of them for all of these years. Secondly, I want to thank my wonderful staff members who have assisted me in your care. I especially want to thank Sheila and Tori. They have been working with me for 22 and 33 years respectively.

Many of you have asked over the past year “who should I see when you retire?” First, let me say I feel so lucky to have been able to work with three of the finest podiatrists in Northern California. They understand the art of podiatry and have nothing but your best interest in mind. They truly care about your podiatric health and I know each of them will be able to support your foot and ankle needs. Many of you have already seen Dr. Ripp or Dr. Medawar in my absence and they will be honored to continue to care for you after my retirement. In the coming months, I would like you to also meet Dr. Carolyn Winters if you have not already met her. Those of you who know with whom you would like to continue your care, let us know, and we will make sure to honor that request. We want to make sure that you feel comfortable with this transition. In addition, Dr. Scott Fujii, an excellent Orthopedic Surgeon, and his PA, Michael Denton, have joined our group as well.

I wanted to let you know my schedule until I retire the week prior to October 31st. My last days in the office will be October 15th, and 16th.

Thanks again for all of the wonderful memories and I wish you continued good health.

Sincerely,

Dr. Brian McDowell



# Foot and Ankle Care As You Age

Some things become better as we grow older. Other things may require a little more care, or a different type of attention.

Our feet and ankles tend to fall in those categories. When considering foot and ankle care as you age, the main goal is in addressing issues and avoiding problems that may interfere with mobility. Proper care means getting around better!

Here are a few good self-care tips for aging feet and ankles:

- **Keep an Eye on Things** – Regularly examining your feet will help discover irregularities that could be potential problems before they become serious. If something looks or feels out of the ordinary, contact us!
- **Keep Feet Clean and Moisturized** – It's wise to combine these rituals with foot inspections. Use mild soap to clean your feet, followed by a lotion to keep skin from becoming dry and cracked. Do not leave lotion between the toes, however, as this can increase risk of fungal infections.
- **Get Good, Comfortable Shoes** – If you have not had your shoe size measured in a while, have it done by a professional. The shape and size of our feet can change with age, and the shoes that fit a decade ago might be too constricting for you now.

The best advice we can give, however, is to not wait for problems to clear up on their own. If something persists after a few days without improvement—whether it be pain, discoloration, bumps, or other symptoms—give us a call. There is no problem too minor to discuss!

## Mark Your Calendars

- September 1** National Tailgating Day – We'll bring the snacks!
- September 5** National Cheese Pizza Day – The type of cheese is up to you.
- September 7** National Food Bank Day – Drop off food items for those in your area.
- September 13** Uncle Sam Day – We want YOU to learn the story of this icon.
- September 16** National Working Parents Day – For tireless moms and dads who provide.
- September 22** Elephant Appreciation Day – How can you not appreciate them?
- September 25** National One-Hit Wonder Day – Play your favorite song by what's-their-name.
- September 29** National Coffee Day – A cup in moderation can be good for you!



# Can Small, Frequent Meals Boost Your Energy?

You know the old adage of three square meals a day being the best way to chow down, but there's a case for spreading your meals out over more, smaller installments if you're an athlete.

According to experts at Cleveland Clinic, athletes or people who have physically active schedules may benefit from more frequent "mini-meals" throughout the day. Keeping a steady, more frequent fueling pattern can help athletes maintain steady blood sugar levels, boost their metabolism, and provide a steady flow of nutrients as long as they're up.

Five or six meals per day, starting with breakfast 1-2 hours after waking and eating again every 3-4 hours, is considered a reasonable plan. Each meal should be small to moderate in size. Meals should be high in carbs and moderate in protein and fat.

If you have trouble feeling full during exercise, a meal replacement shake or smoothie might help avoid feeling bloated.

If you don't have as much time during the week, plan on preparing the bulk of your meals over the weekend. Also stock up on non-perishable snacks such as jerky, protein bars, pouched tuna, and nuts. Keep a variety for the full array of nutrition and to add some variety!

Whatever you do, no matter how active you are, don't skip meals. That's a ticket to decreased metabolism and energy every time.



## Hot Mulled Cider

Some people can't wait to get into autumn once September hits. If you're one of them, you'll likely fall for a hot mug of mulled apple cider! You can make some right in your slow cooker!

Note: This recipe is non-alcoholic, but you can add a bit of brandy, bourbon, or rum to your taste.

### Ingredients

- 1 gallon fresh apple cider (look for the cloudy, refrigerated stuff)
- 1 medium orange
- 1 piece of fresh ginger, 1.5 inches
- 5 cinnamon sticks, 3 inches each
- 1 tbsp. whole cloves

### Instructions

- Pour the cider into a slow cooker that can hold more than 5 quarts.
- Cut the orange into quarter-inch rounds and the ginger into quarter-inch thick slices. Add both to the slow cooker.
- Add cinnamon sticks and cloves. For easy removal, place them in a tea ball before adding to the mix.
- Cover the slow cooker and cook 4 hours on LOW, until flavors combine.
- If you want to remove the spices, strain the cider through a fine-mesh strainer or cheesecloth into a large pot.
- Serve in mugs. Garnish with orange slices, if desired.



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# Back to School for Feet!

The start of a new school year is an exciting time (well, based on who you ask)!

If you have a child who has gone back to school, it might be a good time to update their shoes. Young feet grow fast, and having a well-fitting pair of shoes to last through the day can help prevent pain and fatigue.

When shopping for new shoes for a school-aged child, keep these items in mind:

- **Have Their Shoe Sized Measured Every Time** – Like we said, young feet grow fast. Don't assume that your child's shoe size has remained the same since your last shopping excursion. A trained sales associate should be able to provide you the correct measurements you need.
- **Don't "Buy Ahead"** – While your child's feet may grow quickly, buying shoes a size over what they are currently at is not a good idea. Shoes that are too large and slide around on the foot are just as capable of causing problems as shoes that are too tight.
- **Consider Lighter Shoes to Start** – Although it's September, summer is still technically here (and sometimes doesn't know when to leave). Shoes that are lighter and more breathable can help keep feet cool and reduce sweating until fall is officially here.
- **Does Your Child Have Flat Feet?** If so, a shoe with a roomy toe box, arch support and shock absorption can make a world of difference. If your child wears orthotic inserts, make sure they fit inside the shoe!

Good luck finding the right shoes you all can agree on! If you run into any problems or concerns about your child's feet, never hesitate to let us know. The right attention now can prevent longer lasting problems in the future!

