



My Chicago Foot Expert.com  
Dr. Stavros Alexopoulos

**CALL US TODAY: 773-561-8100**

Newsletter

Winter 2023



[mychicagofootexpert.com](http://mychicagofootexpert.com)

Page 1

Winter 2023, Vol 36

## In This Issue...

- ✓ 5 New Year's Resolutions for Your Feet
- ✓ Start an Exercise Program You'll Actually Stick With
- ✓ Recipe of the Month: Eggplant Lasagna

## 5 New Year's Resolutions for Your Feet

It's that time! Trying to decide what self-improvement steps you'll take this year? We'd like to encourage our patients to make some resolutions to improve foot health as well. Here's a few to consider:



### 1. Commit to Daily Care

When you consider the many miles your feet walk each day, it's not too much to give back a few minutes to ensure they stay healthy. A good daily regimen includes washing feet with soap and water (and drying completely), wearing a fresh pair of clean socks and applying a moisturizer to feet at bedtime. If you have diabetes, it's especially important to examine your feet for any changes or suspicious symptoms such as skin discoloration, redness, blisters or bruising that may indicate an injury or infection.

### 2. Get Your Feet Measured

In January, we celebrate National Measure Your Feet Day. It's hard to believe, but some studies indicate that up to 90% of the population are wearing shoes that don't fit properly. Well-made shoes that fit well are one of the best ways to protect the health of your feet and ankles. Get your feet professionally measured at a reputable shoe store. Discard any shoes you currently own that feel tight, rub on your skin, or are worn.

### 3. Maintain a Healthy Weight

Being overweight or obese puts excess strain on your feet. This can cause or exacerbate many common podiatric disorders such as flat feet, bunions, gout, and heel pain. Talk to your doctor for a safe and healthy way to lose weight, if necessary. If you are at an appropriate weight now, be sure to exercise regularly and monitor your diet. Metabolism slows with age meaning you'll need to decrease your calorie intake over time to maintain your current weight.

### 4. Don't Go Barefoot

Walking with no covering on your feet outside or even at home increases your risk of foot injury. In public places like pools, gyms, and dance studios, going barefoot also leaves you vulnerable to fungal and other foot infections spread by direct contact.

### 5. Don't Procrastinate Getting Foot Pain Evaluated

When it comes to foot and ankle discomfort, taking a "wait and see" approach can result in a more significant injury or a worsening of your condition. Contact your podiatrist promptly to get podiatric pain diagnosed and treated when a disorder is in its earliest stages. This will allow your foot doctor to use more conservative treatment methods and usually ensures a quicker recovery.

## Start an Exercise Program You'll Actually Stick With

When it comes to resolutions, one of the most popular is to exercise more in the new year. It also turns out to be one of the hardest resolutions to keep. Some studies show that nearly half the people who commit to a new fitness regimen call it quits in a month or less. Regular exercise is good for your feet as well as the rest of your body. Here are some ways to increase the chances of making your exercise resolutions a permanent habit:



- **Get your doctor's okay.** Before starting any exercise program, you should talk to your doctor. If you have a chronic foot problem such as plantar fasciitis or Achilles tendonitis, you should also consult your podiatrist for recommendations to ensure exercise is safe and comfortable for your podiatric condition.
  - **Pick an activity you actually enjoy.** It may sound obvious, but you're more likely to make time for a fitness activity you like doing. Too often people choose an exercise plan based on what they think they should be doing, not what they enjoy. Don't be afraid to think outside the box—dancing and ice skating are just as much physical activities as walking or biking.
  - **Know your limits. Set realistic goals.** Commit to an amount of time you are reasonably sure you can do. You can always increase the number of minutes or days you work out in the future. If you struggle in overly cold or hot temperatures, choose an activity you can do inside or out.
  - **Put it on the calendar.** Exercise doesn't just happen. Even if you can't commit to a regular day and time, look at your calendar each week and pencil in when you'll do your workouts.
  - **Enlist a friend.** Getting fit can be more fun if you do it with a friend. If you have an exercise buddy, your fitness routine will be a social time as well. Having a partner also helps you stay consistent and accountable.
- If you find you're experiencing ongoing foot or ankle pain after starting a new exercise program, be sure to get it checked by the podiatrist promptly. The foot doctor will track down the source of your discomfort and help you prevent a podiatric injury.



## Recipe of the Month Eggplant Lasagna

### Ingredients:

- 16 oz cremini mushrooms
- 2 eggplants
- 3.5 tbsp olive oil
- 1/2 tsp pepper
- 3 cloves garlic
- 1/2 tsp oregano
- 24 oz can marinara sauce
- 15 oz container ricotta cheese
- 10 oz package of frozen spinach
- 1/2 cup grated parmesan cheese
- 1 egg
- 1 cup shredded mozzarella cheese
- 2 tbsp basil



....continued on page 3

## ....continued from page 2    Recipe of the Month

### Directions:

- Wash any fresh produce, if necessary.
- Slice eggplant into thin planks.
- Divide olive oil, pepper, and parmesan in half and set aside.
- Chop spinach, once thawed and chop basil.
- Preheat the oven to 400 degrees F.
- Position racks in the upper and lower thirds of your oven. Lightly coat 2 rimmed baking sheets with nonstick spray. Coat a 9×13-inch baking dish with nonstick spray and set aside.
- Arrange sliced eggplant in a single layer on the 2 sheet pans – if some of the ends of the eggplant slices are very curved, trim off the eggplant outermost curvy portion so the slices lay mostly flat. Brush 2 1/2 tablespoons of the oil over both sides of all the slices. Sprinkle 1/2 teaspoon kosher salt and 1/4 teaspoon pepper over the top.
- Roast the eggplant until soft and golden, about 25 minutes, flipping the slices over and swapping the pans positions once halfway through. Remove the slices from the oven and reduce the oven temperature to 350 degrees F.
- Meanwhile, in a large skillet, heat the remaining 1/2 tablespoon of oil over medium heat. Add the sliced mushrooms. Sauté until the mushrooms are soft, about 7 minutes. Add the minced garlic, next add 1/2 teaspoon kosher salt, and oregano. Cook for another 2 minutes. Remove the pan from the heat. Add the marinara pasta sauce and stir to combine.
- In a large bowl, add the ricotta, 1/4 cup parmesan, egg, and remaining 1/2 teaspoon of salt and remaining 1/4 teaspoon of pepper. Mix well, until the mixture is evenly combined. Stir in the spinach, using a fork to break it up and distribute it as evenly with the ricotta mixture as possible.
- Spoon half of the mushroom marinara sauce on the bottom of the prepared baking dish and spread it into an even layer. Lay 4 eggplant slices on top followed by all the ricotta mixture. Layer on another 4 slices of eggplant and finish with the remaining mushroom marinara sauce. Top with the mozzarella and remaining 1/4 cup parmesan. Bake for 25 to 30 minutes, until the cheese is melted, and the lasagna is hot and bubbly. Remove from the oven and sprinkle with fresh herbs.
- Let rest 5 to 10 minutes, then serve.

Recipe: Courtesy of [CommonThreads](#)

---

## History Footnote

- People make New Year's resolutions all over the world. The ancient Babylonians first made resolutions 4,000 years ago, promising to pay their debts and return any borrowed items.
- Tomb carvings reveal that rudimentary foot surgery was practiced by the ancient Egyptians.
- Nail painting began more than 3,000 years ago in China, where it was used to distinguish the upper classes.

---

## Fun Foot Facts

Butterflies taste with their feet, gannets incubate eggs under their webbed feet, and elephants use their feet to hear – they pick up vibrations of the earth through their soles.

January is **National Clean Up Your Computer Month** and **National Hot Tea Month!**

Here are some more fun things to celebrate in January

- **January 10:** National Houseplant Appreciation Day
- **January 14:** National Dress Up Your Pet Day
- **January 20:** National Penguin Day
- **January 22:** National Answer Your Cat's Questions Day
- **January 29:** National Puzzle Day

**Main Office**

2740 West Foster Ave.  
Suite #107  
Chicago, IL 60625

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

**Meet our Doctor**

**Stavros Alexopoulos, DPM**

## Don't Let Your Foot Pain Keep You From Enjoying Life!

**Call us today for your appointment  
(773) 561-8100**

**To Sign Up for Our E-Newsletter, Visit Our Web Site at: [mychicagofootexpert.com](http://mychicagofootexpert.com)**