



What is the Third Coast team up to this summer?

Our team loves helping our patients each day and getting to know them more and more. So how about we let you get to know the Third Coast Foot and Ankle staff as well! Meet the friendly faces at our clinics and what their favorite summer activities are:



Dr. Meier – In summer Dr. Meier loves to visit her parent at their farm, the one she also grew up on!

About the Doctor

Lucy Meier, DPM



Dr. Lucy Meier is a Wisconsin native and grew up on a strawberry farm in Sturgeon Bay.

She aspired to be a foot doctor since she was twelve years old. She attended the University of Wisconsin - La Crosse before going to podiatry school at Rosalind Franklin University in North Chicago. She completed three years of surgical training at Legacy Wheaton Franciscan Hospitals, here in Milwaukee. She loves to teach and is currently the Assistant Director for the Foot and Ankle Surgery Residency Program at Ascension Hospitals in SE Wisconsin. Dr. Meier is a proud mom of 3! When she has time to herself, she loves to read history, specifically presidential biographies!



Donna: Donna is our billing specialist and loves to stay active during summer. You can find her participating in running, kayaking, biking, and hiking. You can also find her at Brewers games, BBQ's and local festivities!

Kim: Kim is our billing and front desk specialist. During summer you can find her swimming and attending outdoor music concerts. If she is not there, she is usually hanging with her 2 giants!



Stephanie: Steph is our marketing and front desk specialist. During the summer she loves being outside- whether that is a sports game, festival, cabin, or hiking. She enjoys doing this with her fiancé and dog!



Continues on page 3.



Heel Bursitis — Common but Avoidable

Bursa are fluid-filled sacs that provide cushioning and lubrication at areas where muscles and tendons move over bone, reducing friction. The foot and ankle region combined have only one naturally occurring bursa, located between the Achilles tendon and the heel bone (calcaneus). However, others may form at different areas of the foot (e.g., ball of the foot, big toe region) as a protective response to excessive stress or trauma.

When a bursa sac becomes irritated (bursitis), pain, inflammation, swelling, and redness are typically part of the deal. The area may be painful to the touch and warmer than surrounding skin. You'll definitely notice it when walking or running, and there may be increased pain in the morning or when getting up after sitting for a while.

Many times, heel bursitis is mistaken for Achilles tendonitis by amateur foot sleuths. Tendonitis symptoms generally are felt above the heel; bursitis, directly on the heel. However, it's possible to have both at the same time — something a podiatric exam will sort out.

Causes of heel bursitis include overuse; tight shoes and/or a heel counter that is constantly rubbing against the heel; abnormal foot mechanics; and poor flexibility. Heel bursitis can also occur secondarily to a preexisting condition such as gout or rheumatoid arthritis.

Heel bursitis can almost always be treated successfully with conservative measures. Better yet, prevent heel bursitis by wearing properly fitted shoes with good cushioning and arch support; stretching before athletic activity; varying the incline on a treadmill to reduce stress on your heels; maintaining a healthy weight; and avoiding walking barefoot on hard or uneven ground.

If you experience heel discomfort, call us for a thorough evaluation, accurate diagnosis, and effective treatment.

Mark Your Calendars

- Aug 1** Mountain Climbing Day: Deadliest climb? Mt. Annapurna (Nepal): 33% death rate.
- Aug. 6** Root Beer Float Day: Root beer was originally called "root tea" in the late 1800s.
- Aug. 8** Dollar Day: The first dollar bill (1862) featured Salmon P. Chase, Lincoln's Treasury Secretary.
- Aug. 13** Filet Mignon Day: In France, filet mignon generally refers to pork, not beef.
- Aug. 19** Soft Ice Cream Day: 1934 ... hot day ... ice cream truck ... flat tire ... soft-serve idea born ... (allegedly).
- Aug. 24** Peach Pie Day: Ancient Romans called peaches "Persian apples."
- Aug. 29** More Herbs, Less Salt Day: Herbs come from green leaves; spices from seeds, bark, berries, or fruit.



"What is the Third Coast team up to this summer?" continued from page 1.

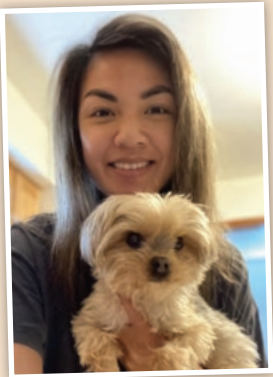


Noah: Noah is one of our medical assistants. In summer he enjoys spending time at cabins on the lake or listening to the brewers. When those are not going on you can find him spending time outside with his kids, grilling, and on nature walks!

Imani: Imani is also one of our medical assistants. During summers Imani enjoys skating, swimming, and going to the fairs for the awesome fair food!



Jenny: Jenny is our other medical assistant. In the summer her favorite activity is to be outside on beautiful hikes!




Dr. Miller – Guhl: In the summer Dr. Miller-Guhl loves to spend time outside in the sunshine hiking with her family!



Angie: Angie is our front desk specialist. In the summers Angie enjoys spending her weekends camping, especially relaxing

and hanging out on

the deck with her family while the great weather is around!



Chill-Out Honeydew Cucumber Slushy

6 servings

The dog days of August call for a delightfully tasty, refreshing, and healthy remedy. This slushy, high in B vitamins, will both cool and calm you. Enjoy!

Ingredients

- 4 cups honeydew (from about 1 small melon), rind removed, flesh cut into 1" pieces, frozen
- 2½ cups coconut water
- 1/3 cup mint leaves
- 2 tbsp. fresh lime juice
- 1/2 tsp. kosher salt
- 6 oz. English hothouse cucumber (about half a cucumber), peeled, cut into 1" pieces, plus more sliced for garnish

Directions

1. Blend honeydew, coconut water, mint, lime juice, salt, 6 oz. cucumber, and 2 cups ice in a blender until smooth. Divide among glasses, then garnish with cucumber slices.
2. **Do ahead:** Slushy can be made 1 hour ahead. Store in blender jar in freezer, then reblend on high speed to reincorporate.

Recipe courtesy of www.bonappetit.com.



3333 S. Sunny Slope Rd., Ste. 102
New Berlin, WI 53151

7001 S. Howell Ave., Ste. 500
Oak Creek, WI 53154

ThirdCoastFoot.com



What is the Third Coast
team up to this summer?

See page one.

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

A photograph showing a row of several children's bare feet, wearing blue jeans, resting on a light-colored wooden surface.

BACK TO SCHOOL: Feet and Ankles Matter, Too!

For some kids, a summer free of school means more concentrated physical activity and time spent on their feet — running around outdoors with friends, biking, sports, summer camp, and pool and beach activity. Outdoor barefoot time may be way up, too.

All this activity might spur foot or ankle problems prior to a new school year. But don't trust that your child will tell you if they're experiencing discomfort. Be on the lookout for limping, sudden clumsiness, seeming lethargy, and diminished interest in favorite activities. Also, perform a foot check for ingrown nails, plantar warts, corns, and fungal nails, among other conditions.

Back-to-school dental exams and eye-health checkups are rightful priorities for many parents, but foot and ankle checkups deserve a seat at the table, too. Children's feet are not just small adult feet; they are a work in progress ... still growing, still developing.

Addressing issues now can spare your child problems later in life. We can also keep close tabs on chronic conditions (e.g., flat feet) or recent injuries to make sure they've healed properly. Some conditions might be uncovered during an exam that caused only minor discomfort but turned out to be something more serious, such as a hairline fracture.

Keep in mind that undiagnosed and untreated foot and ankle problems can impact your child's sports performance, social interactions, concentration in the classroom, and other areas of the body (e.g., knees, back).

School can be exciting yet challenging for students. Make sure your child is up to the challenge by scheduling a back-to-school foot and ankle exam at our office today.