



On My Own!

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 two young girls, Zoey and Nora. When she has time to herself, she loves to read history, specifically presidential biographies!



I've never been so excited to welcome a NEW YEAR! 2020 was full of challenges and we must not overlook all that we have accomplished. 2020 would have sounded impossible in 2019. Yet here we are. It was hard, horrible, heated and humbling.

Surprisingly, 2020 has been one of my BEST years. I did something I dreamed about since medical school. I started my own solo practice! Doing so during a global pandemic was not a part of my plan, but it didn't stop me. In actuality it gave me the courage I needed. We all fear failure, and there are many opportunities to fail as a small business owner. Especially in an industry that is dominated by large corporate hospital systems and insurance companies. After witnessing many small business owners pivot during an extremely unpredictable time, I realized that we are given opportunities to fail every day. No matter what you are doing or how you are doing it, it will always be hard so make sure it is also rewarding.

My daughters are now two and four years old. I was given a gift in 2020 of having more time to spend with them in our home. They are extremely curious and independent. I imagine they will rule the world one day! I want them to chase their dreams and never let themselves get in the way of accomplishing their goals. I need to be their role model and chase and accomplish my own dreams! Hence, this past year I opened Third Coast Foot and Ankle and became a solo practitioner and practice owner. With my family by my side, I am excited to welcome all of 2021's challenges and continue my journey.

I am blessed and thankful for having loyal and delightful patients who have supported me during this transition, and I look forward to continuing to care for you and your family for the many years ahead. Cheers to 2020 being over and the hopes of "normal" returning in 2021.



Wintry Conditions Can Be Perilous for Ankles

When wintry conditions impose upon walking surfaces, the risk of ankle sprains and fractures soars. These injuries frequently accompany icy tumbles because ice accelerates a fall, and feet can go flying in any direction, which increases the trauma inflicted upon ankles.

Some people make the mistake of assuming they don't have a bad sprain or fracture if they can put weight on the ankle and resume walking after injuring it. That's frequently not the case. Doing so only makes the problem worse, and a person makes himself more vulnerable to chronic instability, joint pain, and arthritis down the road.

In some circumstances, a bad ankle sprain and fracture come as a package deal, with the sprain masking the fracture. The longer a fracture goes untreated (not to mention the ankle sprain), the more complicated the injury will become.

If you fall and suffer an ankle injury, give our office a call for a proper diagnosis and treatment, or head to the ER or an urgent-care center if circumstances dictate. Until you can see someone, apply the RICE technique: Rest, Ice, Compression, and Elevation.

If you must head out into snowy, icy conditions, lower your chances of a fall:

- Wear shoes or boots with no heels and which have large treads. Rubber soles are best; plastic and leather are more slippery.
- Walk with short, shuffling steps across slick surfaces. Keep your knees bent a bit, and lean forward slightly.
- Don't carry anything that can obstruct your view or throw off your balance.
- Keep your sidewalks, driveways, and steps clear, and make sure you have proper outdoor lighting when out and about.

Mark Your Calendars

- Jan. 3** Festival of Sleep Day: The mattress dates back 77,000 years (grass and leaves ... still counts, though).
- Jan. 4** Trivia Day: Alaska is the only state that can be typed on one row of keys.
- Jan. 10** Houseplant Appreciation Day: They boost one's mood and eliminate airborne toxins!
- Jan. 12** National Hot Tea Day: In 1773, tea brought things to a boil in Boston.
- Jan. 17** Ditch New Year's Resolutions Day: Most of us did this a couple of weeks ago.
- Jan. 18** Thesaurus Day: May you have a stupendous, magnificent, fabulous, splendid day!
- Jan. 29** National Corn Chip Day: Fritos' inventor, Charles Elmer Doolin, didn't eat his creation.





Winter's SAD State of Affairs

Short days, cold temperatures, and a lack of outdoor activity and socializing can dampen one's mood. But for roughly 10 million Americans, it's more intense than just "the winter blues." They have seasonal affective disorder (SAD).

SAD is a treatable form of depression that typically coincides with winter. Symptoms include fatigue, difficulty concentrating, diminished interest in favorite activities, and sometimes overwhelming feelings of helplessness or anxiety.

The lack of natural sunlight over winter can precipitate SAD, wreaking havoc with the body's internal clock and sleep-wake cycles. In turn, this disrupts the balance of neurotransmitter levels in the body. Neurotransmitters are chemical messengers that regulate bodily functions such as sleep, memory, metabolism, and emotional well-being. Studies have shown that the number of SAD cases increases the farther a location is from the equator.

In addition, humans may have evolved to be less active over the winter to save energy (kind of like a hibernating bear). Failure to modify our work and sleep habits from summer to winter fights against this instinct and may result in SAD.

SAD can be something else we blame our parents for, too, as it runs in families. Women are affected by it more than men, especially throughout their reproductive years.

If you believe you may be experiencing SAD — persistent symptoms for two weeks or more — contact your physician for guidance. Don't try to "ride it out" for the winter when you could be feeling better now.

One treatment for SAD is light therapy, which involves a light fixture that emits simulated sunlight; a daily 20- to 30-minute session can help boost your spirit. Braving the daytime elements to soak in some natural sunshine, vitamin D supplements, cognitive behavioral therapy, and medication may be beneficial as well.



Braised Pork in Sweet Soy Sauce

Serves: 4; prep: 10 min.; cook: 30 min.; total: 40 min.

Tender pieces of pork braised in a flavorful sauce with a touch of heat. This is a fabulously easy-to-make takeout fake-out dinner. Pork owns New Year's Day ... it's pretty good the rest of the year, too.

Ingredients

- 3.75-quart braiser
- Glass mixing bowl set (3 piece)

Ingredients

- 2 lb. pork loin
- 2 tbsp. vegetable oil
- 1 tbsp. garlic and ginger paste
- 1 tbsp. olive oil
- 1 tbsp. sesame oil
- 1/2 cup soy sauce (NOTE: There are plenty of low-sodium substitutes on the internet.)
- 4 tbsp. sugar
- 1-1/2 cups water
- 1 tbsp. chili garlic sauce

Garnish

- 2 green onions, chopped (optional)

Instructions

1. Cut the pork in about 1-inch pieces. Sauté in a pan with the vegetable oil for about 3 minutes over medium-high heat until the pork is no longer pink and starts to brown.
2. In a medium bowl, mix the rest of the ingredients. Pour over the pork and bring to a boil. You may think there's too much water, but it will reduce. Once it's boiling, turn the heat down to low and let simmer for about 30 minutes uncovered, stirring occasionally, or until there's only about 3 tbsp. of sauce left.
3. Garnish with green onions. Serve over noodles or steamed rice.

(Recipe courtesy of Joanna Cismaru, www.jocooks.com.)



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