



Adriana Strimbu, DPM, PA

News and Updates *August 2022*



## 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
- 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
- Secretary, FPMA Jan. 2022-present
- President, Miami Dade Podiatry Medical  
Association April 21, 2020-April 2022

### Professional Associations:

- Co-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
- Past President, Miami Dade County Podiatry  
Association
- Secretary, Florida Podiatric Medical  
Association

### Family:

Dr. Strimbu is married, with 3 children,  
two girls, and one boy.

# A 'Medi Pedi' Goes Above and Beyond



A traditional cosmetic pedicure can be relaxing and luxurious. But health-wise, a medical pedicure ("medi pedi") takes it to the next level.

A medi pedi is a pedicure performed by a podiatrist (and podiatrist-trained nail technicians) who not only makes your feet and nails look and feel great, but can identify and treat current conditions, improving your overall foot and nail health.

Medi pedis are typically performed "dry," eliminating the traditional foot soak. Waterborne bacteria can spread from one client to the next, even when the water is drained, and the area cleaned between clients per specifications. In addition, hygiene practices frequently suffer at hectic salons. At a medi pedi appointment, the focus is solely on you.

### What to expect:

- A thorough foot exam will kick things off.
- Feet will be cleaned with an alcohol-based solution or wipes.
- Nails will be expertly trimmed, filed, and buffed. Toenails may be thinned out to decrease pressure caused by nail thickness, restore a nail's natural color, or remove polish. Ingrown, split, and cracked nails will be addressed. Cuticles — barriers against bacteria — may be treated but will *not* be removed (a common salon mistake).
- The area beneath the nails will be cleaned.
- Special tools can painlessly remove calluses, corns, or dead skin cells, then the areas will be smoothed over.
- Various oils will be incorporated to moisturize feet and nails via a soothing massage, releasing muscle tension and improving circulation.

**A medi pedi is typically safe for diabetics and those with poor circulation or weakened immune systems, and its benefits are long-lasting, unlike salon pedicures.**

Medical pedicures may not resonate glamour (no wine, massage chair, or painted nails), but your feet and toenails will beg to differ.



# 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.



# Insurance List

AARP Medicare Complete  
AETNA  
Ambetter  
Amerigroup  
Better Health  
Blue Cross Blue Shield  
Bright Health  
CIGNA  
Community Care Plan  
Devoted  
DMERC (for diabetic shoes, braces and insoles)  
FL Blue My Blue  
Health Kids Wellcare  
Humana  
Medicaid  
Medicare  
MOLINA  
Multiplan  
Oscar  
Private Health Care Plan / PHCP  
SIMPLY  
SOLIS  
Staywell  
Sunshine  
United Health Care  
United Health Care OneNet Workers Compensation  
Wellcare  
Workers Compensation  
Canadian Insurances with Prior Authorization

Please call us with any other information we are dedicated to your patient's health and want to help them get rid of their foot pain as soon as possible.

X-rays, Diagnostic Ultrasound and Circulation tests, Toenail fungus laser are available in the office.

We are DME Suppliers for diabetic shoes, braces and Insoles.

We Speak Romanian, Russian and Spanish.

Group NPI: 1992768741  
Dr. Strimbu's NPI: 1346300183  
UPIN: U90653



## 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](http://www.bonappetit.com).*



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Book**



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# 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.

