



Adriana Strimbu, DPM, PA

News and Updates **January 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
- President of Miami Dade County Podiatry Medical Association April 21, 2020 - 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

Professional Associations:

- 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
- President of Miami Dade County Podiatry Association

Family:

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



Cracks in the Foundation

Although dry, cracked heels (a.k.a. heel fissures) can strike any time of year, they are egged on by winter's dry air. No one is immune, but older people and those with diabetes or thyroid issues are more vulnerable.

The soles of the feet (and palms of the hands) have plenty of sweat glands but lack the sebaceous glands that the rest of our skin has. Sebaceous glands, typically associated with hair follicles, produce and secrete sebum, an oily substance that helps keep skin soft and moist.

Besides dry air, other factors contribute to cracked heels:

- harsh, non-moisturizing soap
- baths and showers that are too hot
- standing for long stretches on hard floors
- hormonal imbalances
- poor diet and lack of hydration
- skin conditions such as eczema and athlete's foot
- aging (the skin loses moisture as we get older)
- obesity (expanded skin on the soles may crack)

Symptoms of cracked heels include peeling skin, red or flaky patches, itchiness, pain, and bleeding. Cracked heels are unattractive, too, but more concerning is the potential for infection (made worse by diabetes and circulatory issues).

To treat or prevent cracked heels, dry your feet thoroughly following a bath, shower, or foot soak. Then utilize a pumice stone to gently remove the buildup of calluses (never use any kind of blade!). Moisturize your heels twice daily, and use an exfoliating lotion once per week. When moisturizing prior to bedtime — or using a mentholated rub (e.g., Vicks VapoRub), which contains many essential oils — wear a fresh pair of cotton socks overnight.

For stubborn, entrenched cases, we can help you by removing callused skin, treating underlying infection, and offering recommendations on self-care.



New Year's Resolutions Don't Need to Be Fancy

A New Year's resolution to drop excess weight might seem boring or cliché, but it truly is one of the best things a person can do for themselves ... provided they follow through. As of 2018 CDC statistics, more than two-thirds of Americans are overweight or obese.

Carrying extra poundage often has major consequences for feet and ankles. It increases pressure and strain on the plantar fascia, the long ligament extending from the heel to the toes. In turn, the plantar fascia becomes inflamed (plantar fasciitis), painful, and persistent.

Extra pounds also cause one's center of gravity to shift, which places extra stress on new areas of the feet and ankles. Simple tasks like walking become uncomfortable ... and less simple. The door is open wider to stress fractures; falls and their associated injuries are more of a threat, too.

Overweight/obese people are at greater risk for flat feet and overpronation, which makes bunion development more likely. Many factors can hasten the arrival of a bunion, but excess weight belongs on the list.

People who are overweight are at serious risk of developing type 2 diabetes, which has a boatload of health consequences. For feet, diminished sensation, impaired healing, ulcers, infection, and possible amputation loom large.

Childhood obesity ramps up the potential for foot and ankle problems later in life. Kids are also at increased risk for stress fractures and Sever's disease, an inflammation of the growth plates in the heel.

We can help you with your weight-loss goals by diagnosing and treating your foot or ankle condition; providing guidance on stretching and exercise regimens; helping you select proper footwear; and prescribing orthotics when necessary. Give us a call today.

Mark Your Calendars

- Jan. 1** New Year's Day: The Rose Parade, a tradition since 1890, is never held on a Sunday.
- Jan. 4** Trivia Day: An airplane's black box is actually orange (to aid its recovery after a crash).
- Jan. 12** Take the Stairs Day: The world's first public elevator was built in Manhattan in 1857.
- Jan. 16** Appreciate a Dragon Day: *Forbes* estimated Smaug's net worth at \$62 billion.
- Jan. 17** Martin Luther King Day: King enrolled at Morehouse College at the age of 15.
- Jan. 21** Squirrel Appreciation Day: A squirrel's front teeth never stop growing.
- Jan. 27** Chocolate Cake Day: Marie Antoinette never said, "Let them eat cake." A bum rap.



Insurance List

AARP Medicare Complete
AETNA
Ambetter (effective 10/1/21)
Amerigroup
Better Health
Blue Cross Blue Shield
Bright Health
CIGNA
Community Care Plan
DMERC (for diabetic shoes, braces and insoles)
Health Kids Wellcare
Humana
Medicaid
Medicare
MOLINA
Multiplan
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



Smothered Round Steak

Yield: 4 servings; Prep time: 15 mins.;
Cook: 6–8 hrs.

In honor of Martin Luther King Jr., we present this dish, which was reportedly among his favorites — Southern comfort food at its finest. It's also a slow-cooker recipe, so you can set it and forget it (well, at least for a few hours).

Ingredients

- 1½ lb. beef top round steak, cut into strips
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large onion, sliced
- 1 large green pepper, sliced
- 1 can (14½ oz.) diced tomatoes, undrained
- 1 jar (4 oz.) sliced mushrooms, drained
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons molasses
- Hot cooked egg noodles (made separately from the slow cooker!)

Directions

1. In a 3-qt. slow cooker, toss beef with flour, salt, and pepper. Stir in all remaining ingredients except the noodles.
2. Cook, covered, on low until meat is tender, 6–8 hours. When ready, serve with noodles.

Recipe courtesy of
www.tasteofhome.com.



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**Free
Book**

The Truth About Heel Pain

A Guide To
Understanding
Its Causes
& Treatments

Reveals:

- The top 7 causes of heel pain
- The latest treatments to end heel pain
- What you can do to relieve the pain
- When to seek help from a podiatrist
- How to make heel pain a thing of the past

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Call (954) 455-9404 or
visit HallandaleBeachFootDoctor.com

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When the Ball of Your Foot Is Giving You Grief

Metatarsalgia is a general term that refers to pain in the ball of the foot, the area just behind the toes. This region is home to the metatarsophalangeal (MTP) joints, which is where the five long bones that run across the top of the foot (metatarsals) meet up with the toes.

When the MTP joints are exposed to excessive pressure, they can become inflamed and painful. One traumatic event can spur metatarsalgia, like a sharp spike in workout intensity or duration, but it typically develops gradually over time.

Metatarsalgia can manifest in several ways. Some people feel a sharp stabbing or burning pain. Pain may radiate from the ball of the foot to the toes and intensify when standing, walking, or running. Others experience numbness or tingling in the toes, or a sensation as if they were walking with a pebble in their shoe.

Running is a common cause of metatarsalgia, as are other sports that pound on the MTP joints, such as basketball or tennis. High heels, narrow-toed shoes, and shoes lacking adequate padding are guilty parties, too, as are other common foot conditions — for instance, hammertoes, bunions, high arches, calluses, arthritis ... and when the second toe is the longest toe. Thinned fat pads, which come with aging, and carrying excess weight can also overburden the MTP joints.

Metatarsalgia can disrupt one's quality of life, but the good news is that it can almost always be successfully treated with conservative measures.

If the ball of your foot is giving you grief, schedule an appointment with our office for a thorough evaluation, diagnosis, and treatment.

