



Adriana Strimbu, DPM, PA

News and Updates **November 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.

# Contrasting Type 1 and Type 2 Diabetes



November is Diabetes Awareness Month, so we thought we'd make you aware that diabetes and prediabetes affect roughly 40% of Americans (per CDC statistics). A staggering number!

Left unchecked, diabetes can damage blood vessels (spurring heart attacks and strokes), the kidneys, eyes, gums, nerves, and feet. The two major types of diabetes, type 1 and type 2, are united in the harm they can cause, but there are differences, too.


**Type 1 diabetes** accounts for 5%–10% of diabetes cases and is thought to occur due to an autoimmune reaction. The body mistakes insulin-producing cells in the pancreas for foreign invaders and destroys them — insulin enables the body's cells to receive glucose and convert it into energy.

Type 1 diabetes, formerly known as juvenile diabetes, typically strikes young children and adolescents, but occasionally occurs later than that. Lifestyle factors are not linked to its development, and its onset is usually abrupt and symptoms obvious. Because the pancreas has been stripped of its insulin-producing capabilities, insulin injections will be needed.

For those with **type 2 diabetes** (90%–95% of diabetes cases), the body still produces insulin (sometimes not enough) but does not process it correctly, and glucose accumulates in the bloodstream. Lifestyle modifications might keep type 2 diabetes in check, but many will need medication, too. Some might also need insulin injections.

Type 2 diabetes is a progressive condition that frequently strikes middle-agers, with symptoms taking years to appear. However, the number of younger people affected is climbing. Poor diet, obesity, and lack of exercise are linked to type 2 diabetes; genetics can factor in, too.

Type 2 diabetes can often be prevented. Both type 1 and type 2 diabetes can be managed successfully. Check out the American Diabetes Association website, <https://diabetes.org>, for more information.



# Lisfranc Injuries — Uncommon but Serious

A Lisfranc injury is an injury to the bones and/or ligaments of the midfoot. The injury is named after Jacques Lisfranc de St. Martin, a French surgeon who served in the military in the 1800s and observed the injuries among the cavalry, many of whom fell from their horses while their foot remained stuck in the stirrup.

Lisfranc injury severity can vary widely, from ligament sprains to bone fractures and dislocations. Cartilage may be damaged as well. Unfortunately, some Lisfranc injuries include all of the above.

Sometimes a simple twist and fall can precipitate a Lisfranc injury. In high-impact activities like football, players are more susceptible because they may have weight landing on the back of their foot while their foot is flexed downward in the push-off position. Falls from height and motor vehicle accidents tend to cause more severe Lisfranc injuries.

Symptoms of a Lisfranc injury include pain, swelling or deformity in the midfoot, inability to bear weight, and bruising. In less complex Lisfranc cases, some people may mistakenly believe they have an ankle sprain.

If no ligaments are completely torn and no bones broken or displaced, a Lisfranc injury may be treated conservatively, utilizing casts, boots, and other foot support for roughly two months. Otherwise, surgery will be required that may include plates and screws to properly piece everything back together. Hardware may need to be removed at a later date.

Even with successful surgery, the issue of arthritis looms, owing to damaged cartilage. Resuming full activity could take up to a year.

Don't suffer with foot or ankle pain. The path to healing begins with a call to our office.

## Mark Your Calendars

- Nov. 1** Authors Day: Agatha Christie is generally recognized as the best-selling author of all time.
- Nov. 6** Daylight saving time ends: Some blame daylight saving time for killing the drive-in movie industry.
- Nov. 8** Election Day: Gerald Ford is the only person to serve as president and vice president without having been elected to either office.
- Nov. 11** Veterans Day: Began at the end of World War I — was known as Armistice Day until 1954.
- Nov. 14** Pickle Day: The phrase “in a pickle” was introduced by Shakespeare in *The Tempest*.
- Nov. 24** Thanksgiving: President George H. W. Bush pardoned the first turkey in 1989, starting a tradition.
- Nov. 25** Black Friday: For roughly 40% of nongovernment workers, the Friday after Thanksgiving is a paid holiday.



# 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



## TLC (Thanksgiving Leftover Casserole)

Servings: 8; prep time: 20 min. + standing; bake: 65 min.

*There are always Thanksgiving leftovers. Put them to good use with this recipe!*

### Ingredients

- 4 cups seasoned stuffing cubes
- 4 cups cubed cooked turkey
- 2 celery ribs, finely chopped
- 1 cup frozen peas
- 1 cup fresh or frozen cranberries
- 1/2 cup chopped sweet onion
- 1/4 cup all-purpose flour
- 4 large eggs
- 3 cups 2% milk
- 1 can (8-1/4 ounces) cream-style corn
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons butter
- 1/3 cup coarsely chopped pecans

### Directions

1. Preheat oven to 350°. Layer first 6 ingredients in a greased 13x9-in. baking dish. In a large bowl, whisk flour, eggs, and milk until smooth. Add corn, salt, and pepper; mix well. Pour over top; let stand 15 minutes. Dot with butter and sprinkle with pecans.
2. Cover and bake 35 minutes. Uncover and bake 30–35 minutes or until a knife inserted in the center comes out clean.

*Recipe courtesy of [www.tasteofhome.com](http://www.tasteofhome.com).*



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Book**



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# Laser-Focused on Your Foot and Ankle Health

Lasers in podiatry have a wide range of effective uses, including the removal of plantar warts and ingrown toenails, restoration of fungal nails, and the promotion of healing and/or pain reduction for conditions such as arthritis, plantar fasciitis, tendonitis, and diabetic foot ulcers.

Light energy from lasers stimulates intercellular activity at the injured area, reducing pain, accelerating healing, and improving circulation (which elevates the amount of oxygen and nutrients arriving on the scene). In addition, only local anesthesia is required, there is typically minimal downtime on the road to recovery, and the healing process is less painful (and quicker!).

The treatment session itself is painless (you may feel a warm sensation in the area), and lasers enable podiatrists to treat foot and ankle conditions at the source, unlike topical treatments. A treatment generally takes 15 minutes — but can vary depending on how large an area is being addressed — so it won't put a big crimp in the rest of your day. And there are no side effects.

Laser therapy might not be covered by your insurance, depending on the condition, which would mean more out-of-pocket costs compared to other noninvasive treatments. A series of laser treatments may be required for optimum healing.

Many other conservative treatments do a fine job in alleviating pain and facilitating healing, but it's great to know you have an enhanced healing option waiting in the wings if your condition is conducive to it and you are willing.

Lingering foot or ankle discomfort is never normal. A thorough evaluation, accurate diagnosis, and effective treatment are only a phone call away.

