



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!



Staff Spotlight!

Meet Kayla

Kayla is our newest edition to the team here at Third Coast Foot and Ankle! Kayla is currently one of our amazing medical assistants. She has brought such a passion for helping patients and a positive attitude to our clinic. She has been a great addition to the team, therefore she would like to introduce a little bit about herself:



“Hi I am Kayla and I am the new medical assistant here at Third Coast Foot and Ankle. I recently just graduated in December 2022 from Eau - Claire University with a Bachelor’s degree in marketing and was on the soccer team for 3 years. When I’m not at work I work as a bartender at Luxe Golf Bays and as a soccer coach for u12 girls- keeping me on my toes and very active. When I’m not at my jobs I’m usually at the gym or hanging out with my leopard gecko, Nopi (featured in the picture!)”

Let’s give a big welcome to Kayla!



‘Foot Notes’ for Young Ones

Though a newborn’s feet are adorable, those feet will soon become the foundation of their body and require proper care:

- Keep baby’s feet clean and dry.
- Trim toenails straight across to avoid ingrown nails.
- Baby should have plenty of room to kick their feet and stretch their legs, and should be barefoot whenever possible, especially indoors. This strengthens the foot muscles and promotes improved foot sensation and balance (when walking age).
- Socks or footie pajamas should be loose around the baby’s feet. When shoes enter the picture for outdoor conditions, they should be flexible, nonrestrictive, and made of natural fibers.

As for foot development, at 6 months of age a baby’s feet are still mostly cartilage and fatty tissue. In fact, the last foot bone does not begin to develop until approximately age 3.

Flat feet will be the norm for anywhere from 18 months to 3 years, as arches only develop within that time frame.

In-toeing (feet pointed inward) and out-toeing (outward) are typically normal parts of development that often go away by age 2 but can take longer, sometimes years. If the condition affects only one foot or the child seems to stumble more than normal, a podiatric exam is recommended.

Tiptoe walking is generally nothing to be concerned about unless the child is still doing it past their third birthday. Again, a podiatric evaluation is wise.

Your child’s feet are too important to just wing it. We recommend milestone podiatric exams at 18 months, 3 years, and 5 years of age — especially if foot abnormalities run in the family. Our office is just a phone call away.

Mark Your Calendars

- April 1** April Fools’ Day: In 1996, Taco Bell announced it had purchased the Liberty Bell (to help the national debt) and renamed it the Taco Liberty Bell.
- April 5** Passover begins (sundown): The Last Supper is believed to have been a Passover seder.
- April 7** Good Friday: Worldwide, many churches’ bells toll 33 times in remembrance of Jesus’ years on earth.
- April 9** Easter: U.S. imports of British-made Cadbury Creme Eggs have been banned since 2015. The American version (Hershey’s) uses a different recipe.
- April 13** Scrabble Day: Using all seven letters in your turn is called a “bingo.”
- April 18** Tax Day: Over 90% of taxpayers file their taxes electronically.
- April 22** Earth Day: Roughly 17% of the Amazon rainforest has been lost over the past 50 years.





A Meal ... to Remember

Passover celebrates how God freed the ancient Israelites from Egyptian bondage and marks the beginning of their journey to the Promised Land.

The traditional seder kicks off Passover week, involving songs, storytelling, religious rituals, and a meal to reflect on the Egyptian saga. The seder plate (k'arah) is the focal point of the meal and home to five symbolic components, with a sixth on the side (matzo). Wine is integral as well.

The **lamb shank bone** (zeroa) represents the lamb each Hebrew family was instructed to slaughter. The 10th plague on Egypt was death of the first-born. Israelite families smeared lamb blood above and on the sides of their home's doorframe, which signaled to the destroyer angel sent by God to "pass over" that household, thus sparing it.

A **vegetable** (karpas) from the earth or green herb that's not bitter, often celery or parsley, dipped in saltwater represents the tears of the enslaved Hebrews.

Bitter herbs (maror), frequently horseradish and romaine lettuce, remind Jews of the bitterness of slavery.

The **hard-boiled and/or roasted egg** (beitzah) represents the cycle of life and renewal and is a traditional food of mourning.

Charoset is a sweet paste of apples, wine, walnuts, and cinnamon, symbolizing the mortar used by the Israelites to make bricks while enslaved.

Matzo is bread without yeast (unleavened). Before departing Egypt, the Israelites were instructed to not add yeast to the bread dough since there would be no time to wait for the bread to rise ... Pharaoh was kind of wishy-washy on the whole "setting them free" thing.

A host of other celebratory dishes might be served at a seder, depending on family tradition, many of which include components from the seder plate.

Happy Passover!



Weeknight Skillet Spinach Pie

Servings: 8; prep time: 35 min.; bake time: 35 min. + cooling

Ingredients

- 2 large eggs, room temperature, lightly beaten
- 3 packages (10 ounces each) frozen chopped spinach, thawed and squeezed dry
- 2 cups (8 ounces) crumbled feta cheese
- 1½ cups shredded part-skim mozzarella cheese
- ¼ cup chopped walnuts, toasted
- 1½ teaspoons dried oregano
- 1½ teaspoons dill weed
- ½ teaspoon pepper
- ¼ teaspoon salt
- ¼ cup julienned soft sun-dried tomatoes (not packed in oil), optional
- ⅓ cup canola oil
- 12 sheets phyllo dough (14x9-inch size)

Directions

1. Preheat oven to 375°F. In a large bowl, combine eggs, spinach, cheeses, walnuts, seasonings, and, if desired, tomatoes; set aside. Brush a 10-inch cast-iron or other ovenproof skillet with some of the oil; set aside.
2. Unroll phyllo dough. Place 1 sheet of phyllo dough on a work surface; brush with oil. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.) Place in prepared skillet, letting edges of phyllo hang over sides. Repeat with an additional 5 sheets of phyllo, again brushing with oil and rotating sheets to cover the skillet.
3. Spread spinach mixture over phyllo in skillet. Top with an additional 6 sheets of phyllo, again brushing with oil and rotating sheets. Fold ends of phyllo up over top of pie; brush with oil.
4. Using a sharp knife, cut into 8 wedges. Bake on a lower oven rack until top is golden brown, 35–40 minutes. Cool on a wire rack. Refrigerate leftovers.

Recipe courtesy of www.tasteofhome.com.



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

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

ThirdCoastFoot.com



Staff Spotlight!

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Putting Foot to Pedal

Bicycling is a superb way to exercise and enjoy the outdoors. But although cycling is a low-impact activity, feet are still put through their paces. They are the points of energy transfer from human to machine, so equipping them with the proper footwear is vital.

Casual riders who have no known preexisting foot or ankle issues should be fine with a good pair of sneakers — a firm sole and ample tread to grip the pedals. They supply decent support across the arch and instep and provide the heel lift that cycling shoes do.

Casuals with preexisting foot or ankle problems or who wear orthotic shoe inserts would be wise to consider cycling-specific shoes (most accommodate inserts). Cycling shoes have stable shanks that reduce the stress of pedaling on the feet and more effectively transfer power from the feet to the pedals.

Serious cyclists, of course, go with cycling shoes, and many choose to utilize toe clips, which enable riders to pull up on the pedal in addition to push down in the pedal stroke. "Clipless" systems involve cleated shoes locking in with the pedals.

Even with proper footwear, riders aren't immune to foot and ankle issues. For instance, biomechanical imbalances of the foot and ankle can cause discomfort or pain — prescription orthotics may help. Overtraining, improper seat height, inadequate warm-up, and starting out too quickly lay the groundwork for Achilles tendonitis. Nerve impingement in the vicinity of toes two through four may result in numbness, tingling, or a burning sensation — sometimes wider shoes or loosening shoelaces is a simple solution.

If your feet pay the price when cycling, schedule an appointment at our office to find relief.

