Wilton Footcare Associates
Dr. Michael Connor, D.P.M.

News and Updates August 2025

Starting School on the Right Foot

With summer coming to a close and the academic year beginning, make sure good foot care is part of your child's back-to-school preparation. Foot discomfort interferes with classroom concentration, hinders athletic performance, and impairs quality of life in general.

If new shoes are in order, proper fit means everything. Don't give blisters, calluses, corns, ingrown toenails, bunions, and plantar fasciitis a chance to strike:

- Shoes should have ample room in the toe box; toes should be secure but still able to wiggle.
- There should be ⅜" to ½" from the longest toe to the front of the shoe.
- Good arch support is a must.
- Breathable materials such as leather or mesh can help ward off fungal infections.
- Shop later in the day (accounting for natural foot swelling), and have your child wear the socks they will typically be donning at school.

Daily foot washing with soap and water and then a thorough drying — especially between the toes — is key to fending off fungal conditions. Trim nails straight across (no rounding) to prevent ingrown toenails and keep tabs that your child is changing socks daily.

Regular physical activity and a balanced diet will help to maintain a healthy body weight, which reduces stress on the feet. Proper hydration aids soft-tissue elasticity and reduces the chances of annoying foot cramps.

Good posture is great for the entire musculoskeletal system. Sit with feet flat on the floor; don't cross the legs for extended periods. While standing, distribute weight evenly between both feet; don't lock the knees. When walking, head up, shoulders back, and take natural strides.

And if your child experiences persistent foot or ankle pain, contact our office to schedule a thorough evaluation.

About the Doctor

Michael Connor, DPM

Dr. Connor has been in private practice in Wilton, CT for the past 30 years. He is on staff at Norwalk Hospital and is Board Certified in Podiatric Surgery. He treats all foot and ankle problems from children to adults with special interest in sports medicine and diabetic footcare.

Get Social w/Us

Dealing With Foot Blisters

Blisters, though painful and annoying, serve a useful purpose. Friction causes thin layers of skin to separate. To prevent further damage, the body gets our attention via pain and fills the gap with fluid — a buffer effect — forming the signature bubble.

Besides ill-fitting footwear or socks (too small, too big, seams, etc.), foot conditions such as a bunion or Haglund's deformity can invite blister formation, as can moisture.

The best course of action for the average blister is to leave it alone — and remove the source of the friction. It should heal on its own in a few days, and the body will reabsorb the fluid inside. A simple band-aid will usually do. Avoid popping them since all you're doing is damaging more skin and rendering the area more vulnerable to infection.

For large blisters, there is a risk that the elevated layer of protective skin "gets caught" on something and tears off, exposing the injured area. In some cases, popping the blister might be best, if done correctly **(those with diabetes should *never* pop a blister; diabetics are more susceptible to serious complications)**:

- Wash your hands and the blister with warm, soapy water.
- Sterilize a needle by heating it over a flame or dipping it into rubbing alcohol.
- Gently poke a hole or two along the blister's edge to allow the fluid to drain. You might need to gently push to aid the process. The overlying skin needs to remain intact for protection.
- Then apply an antibiotic ointment and bandage.

After popping a blister, stay alert for signs of infection: redness, swelling, warmth, or drainage. If they occur, give our office a call right away.

Mark Your Calendars

Aug. 1 Pinball Day: Until the mid-1970s, pinball was banned in most major U.S. cities.

Aug. 4 Chocolate Chip Cookie Day: "Cookie" comes from the Dutch word "koekje," which means "little cake."

Aug. 9 Smokey Bear Day: "Smokey Bear" is his real name, not "Smokey **the** Bear"; "the" got inserted into a song to maintain the rhythm.

Aug. 16 Tell a Joke Day: Did you hear the one about the constipated old-school mathematician? He worked it out with a pencil.

Aug. 19 Aviation Day: Being in an in-flight airline cabin reduces one's sense of taste by 30%.

Aug. 25 Banana Split Day: Walgreens drugstores are frequently credited with launching the banana split's popularity.

Aug. 30 Toasted Marshmallow Day: Originally, the root of the mallow flower gave marshmallows their flavor. Mallow flowers grow in marshes. Voilà!

Healthy Fusion at Its Best!

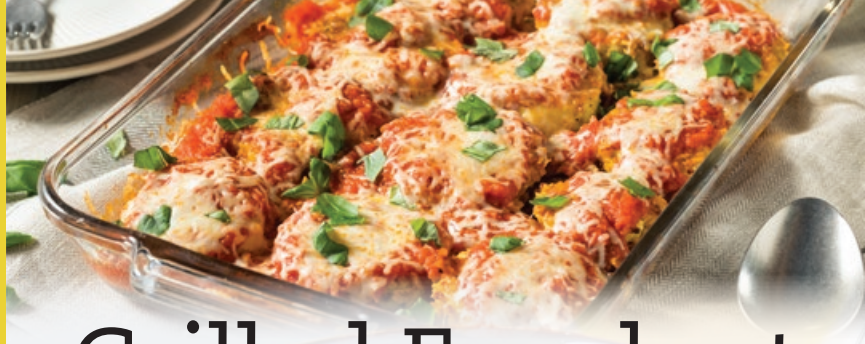
Sweet, succulent pineapple is a summertime favorite. This "fruit" is actually comprised of multiple berries fused into a central stalk. Low-calorie pineapple is also loaded with manganese, vitamins B and C, and copper; rich in fiber; a great source of antioxidants; and provides an immune system, bone health, and energy boost. Its secret weapon, though, is bromelain, a multiple-enzyme substance that breaks down proteins. Pineapple has it in spades.

Bromelain has anti-inflammatory properties. When administered prior to surgery, it has been found to accelerate the healing process following surgery and reduces inflammation more quickly. It's noted for relieving the inflammatory pain associated with arthritis and is thought to assist in breaking down cholesterol plaque. Bromelain can also aid the digestive process, especially useful for those with stomach and intestinal issues.

In 2024, the top pineapple-producing countries in the world were Indonesia, the Philippines, and Costa Rica. Hawaii had been in the mix until the 1980s, when economic factors shifted production and canning to other countries. Del Monte closed shop in Hawaii in 2006.

Growing pineapples requires patience. It takes two to three years for a single pineapple to mature from a seed. The "fruit" grows above ground on top of a bush of spiky leaves, and once they're harvested, the maturation process ends — they're as sweet as they'll ever be. In addition, a pineapple's ridged skin rather than its color may best indicate its ripeness: the flatter the skin, the riper the fruit.

Consuming pineapple isn't always a tropical paradise. Eating (or drinking) too much can lead to digestive upset; those with acid reflux may have their symptoms exacerbated; and bromelain clashes with various medications. If you have questions, it's always wise to consult your physician.



Grilled Eggplant Parmigiana (Italy)

Servings: 4; prep time: 10 min.; cook time: 30 min.; total time: 40 min.

This recipe uses grilled eggplants instead of fried ones, maintaining wonderful, hearty flavors without being too heavy. A true comfort food — easy to make, extremely satisfying to eat.

Ingredients

- 2 medium eggplants, around 2 pounds total
- 1 medium onion
- 2 tbsp. extra virgin olive oil
- 3 cups tomato purée
- salt and pepper, to taste
- 15 basil leaves
- 2 mozzarella balls, around 6 oz., diced
- 1/2 cup Parmesan cheese, grated

Directions

1. Preheat oven at 400°F.
2. Cut eggplants into 1/3-inch-thick slices and grill them on medium-high heat for 3 to 4 minutes, until slightly charred on each side.
3. Meanwhile, prepare the sauce. Mince onion and cook it in olive oil for a few minutes. When it turns golden in color, add tomato purée, salt, and pepper. Simmer on low heat for at least 10 minutes, but the longer the better. If you want, you can skip this step and use store-bought marinara sauce.
4. Cover the bottom of a 9x9-inch baking pan with a couple tablespoons of tomato sauce.
5. It's time to compose the parmigiana. Layer the different components following this order: grilled eggplant slices, tomato sauce, basil leaves, diced mozzarella, and Parmesan cheese. You should have enough ingredients to make around 5 layers.
6. Bake for 15 to 20 minutes, until bubbling and slightly golden.
7. Once ready, let it stand for 10 minutes before serving. If you want, you can garnish with some more basil leaves.

Recipe courtesy of www.mediterraneanliving.com.

EPAT

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The most advanced noninvasive treatment for musculoskeletal pain, extracorporeal pulse activation treatment (EPAT) is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This proprietary technology is based on a unique set of pressure waves that stimulates the metabolism, enhances blood circulation and accelerates the healing process. Damaged tissue gradually regenerates and eventually heals. Learn more about EPAT here.

What are the possible side effects/complications? The noninvasive EPAT treatment has virtually no risk or side effects. In some cases patients may experience some minor discomfort which could continue a few days. It is normal to have some residual pain after intense exercise or a full day workout

What are the expected results? The beneficial effects of extracorporeal pulse activation treatment (EPAT) are often experienced after only three treatments. Some patients experience complete pain relief after the treatment, although it could take up to four weeks for pain relief to begin. The procedure eliminates pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free/and or have significant pain reduction

Is it safe? Yes, this FDA cleared technology was developed in Europe and is currently used around the globe. A wealth of medical experience, state-of-the-art engineering and optimal quality have been built into each EPAT device, and extensive clinical studies and tests have confirmed its safety and efficacy

If performed by a qualified caregiver ExtracorporalPulse Activation Treament (EPAT) has virtually no risks or side effects

Why Consider Non-Invasive EPAT? EPAT has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT is performed in the office, does not require anesthesia, requires a minimal amount of time, patients can bear weight (walk) immediately and return to normal activity within a few days of the procedure.

Benefits of Non-Invasive EPAT: Patients are immediately full weight-bearing; No incision – no risk of infection at the treatment site – no scar tissue formation; Patients are able to return to work/normal activities within 24–48 hours, resuming strenuous activities after four weeks; Patients evaluated for success at 12 weeks; Over 80% successful outcomes (Published data – Long-term pain relief – results retained); Cost Effective; Reduced cost from lost work; Fast, safe and effective; Does not require anesthesia.

CALL 203-761-1230 for your appointment.

One More Thing for Diabetes to Threaten

The CDC estimates that over 38 million Americans have diabetes — nearly 12% of the population — and 8 million of them don't even realize it. Uncontrolled diabetes can lead to cardiovascular disease, kidney damage, vision impairment, nerve damage, and diabetic foot wounds. Sometimes overlooked is the effect diabetes has on tendons, including the Achilles tendon.

When protein or fat mixes with sugar in your bloodstream, harmful compounds called advanced glycation end products (AGEs) form. At normal blood sugar levels, AGEs develop slowly and the body has ways of dispensing with them. But when blood sugar is elevated, such as with unmanaged diabetes, AGEs can run amuck.

Collagen, a type of protein, is a component of the Achilles tendon. When it bonds with excess sugar in the blood, the resulting AGEs can cause a diabetic's tendon to thicken, diminishing its ability to bear weight. This can lead to tendon damage, including complete tears.

Surgery or no surgery, unmanaged diabetes will slow the Achilles' healing process. Damage to the Achilles tendon limits ankle movement, which may transfer more pressure to the middle of the foot, raising the risk of dangerous foot ulcers. Even diabetics who undergo successful Achilles tendon surgery have a one out of three chance of needing it again in the future.

It's always best to stay one step ahead of diabetes. Lower your blood sugar, eat a healthy diet, exercise daily, shed excess weight, visit your doctor(s) regularly, and take medications as prescribed. Your Achilles tendon — and heart, blood vessels, brain, kidneys, eyes, and feet — will thank you.

Make our office part of your diabetic healthcare team!