

GRAHAM FAMILY FOOT & ANKLE CARE



NEWSLETTER

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DIABETIC FOOT CARE

The number of people living with diabetes is on the rise in our country. Because of that, awareness is vital to the prevention and management of this debilitating disease. Diabetic foot care is essential as diabetes can be very dangerous to your feet, even a small cut can produce serious consequences. Consistently high blood sugars circulating throughout the body can cause changes to the skin, nails, blood flow, and can decrease sensation in the feet causing people to be more susceptible to foot ulcers, infections, and deformities. But there is good news...all of these complications can be prevented. Properly managing your diabetes and having a great healthcare team is essential. To avoid serious foot problems that could result in losing a toe, foot, or leg follow the tips below. By making changes to your lifestyle and daily habits you can make a difference.

- **Inspect your feet daily.** Check for wounds, redness, blisters, or nail problems. Get someone to help you if you are unable to do it alone.
- **Wash & dry your feet daily.** Keep your feet clean by washing them daily, use mild soaps and warm water. Pat or blot your skin dry and carefully dry between your toes.
- **Moisturize your feet.** Use a moisturizer daily to keep dry skin from itching or cracking. Take care to not over moisturize between your toes, that could encourage a fungal infection.
- **Trim nails carefully.** Trim your toenails straight across. Avoid cutting the corners and don't cut to short, as this could lead to an ingrown toenail.
- **Never treat corns and calluses yourself.** No "bathroom surgery" or medicated pads, no sharp instruments on your feet.

Diabetes Awareness Month – Diabetic Foot Care

TOPIC 1

Diabetes Awareness Month
Diabetic Foot Care.

TOPIC 2

Neuropathy
Peripheral neuropathy.

TOPIC 3

RECIPE
Rustic Country Turkey Soup

OFFICE CLOSURE DATES

Thanksgiving – Nov 24
Day After Thanksgiving – Nov 25
Christmas Observance – Dec 26

- **Wear socks to bed if your feet get cold.** Never use a heating pad or hot water bottle.
- **Inspect your shoes before wearing them.** Your feet may not be able to feel a foreign object or feel a blister forming. If you get a blister or sore from your shoes, don't "pop" it. Put a bandage over it, and wear a different pair of shoes.

Call your healthcare provider right away if you have...

- A cut, blister, or bruise on your foot that does not start to heal after a few days.
- Skin on your foot that becomes red, warm, or painful – signs of possible infection.
- A callus with dried blood inside of it, which often can be the first sign of a wound under the callus.
- A foot infection that becomes black and smelly, which can be gangrene.

Whether you are newly diagnosed or have had diabetes for years, seeing your foot and ankle surgeon on a regular basis can help prevent the foot complications of diabetes.

QUOTE:

"The human foot is a masterpiece of engineering and a work of art." -Leonardo Da Vinci

INSTRUCTIONS:

1. Heat Dutch oven over medium high heat, coat with cooking spray.
2. Add onion and carrots. Spray vegetables with cooking spray. Cook 2 minutes, stirring frequently.
3. Add mushrooms. Cook 2 minutes more.
4. Add garlic. Cook and stir 30 seconds.
5. Add broth. Bring to a boil.
6. Add pasta, thyme, poultry seasoning, and pepper flakes.
7. Bring to a boil.
8. Reduce heat. Cover. Simmer 8 minutes, or until pasta is tender.
9. Remove from heat.
10. Add turkey, margarine (or olive oil), parsley, and salt. Cover.
11. Let stand 5 minutes before serving.

Enjoy!

RECIPE

Rustic Country Turkey Soup

INGREDIENTS:

- 1 cup chopped onion
- ¼ cup sliced carrots
- Nonstick cooking spray
- 4 oz. sliced mushrooms
- 1 tsp. minced garlic
- 2 cans (14 oz.) 33% less sodium chicken broth
- 2 oz. uncooked multigrain rotini pasta
- 1 tsp. dried thyme or dried parsley
- ¼ to ½ tsp. poultry seasoning
- 1/8 tsp. red pepper flakes
- 2 cups chopped, turkey breast
- 2 tbsp. diet margarine or olive oil
- ¼ cup chopped parsley
- ¼ tsp. salt





Neuropathy – Peripheral Neuropathy

Peripheral neuropathy describes many different conditions that damage the peripheral nervous system. Many underlying conditions can cause neuropathies, which result in impairments to a person's nerve signals. A person's symptoms will vary depending on the affected nerves and the type of neuropathy. The condition affects more than 20 million people in the U.S.

Some common symptoms include weakness, numbness, a pins-and-needles sensation, burning, throbbing, and pain from nerve damage, usually in the hands and feet. The type of symptoms you feel depend on the type of nerve that is damaged. Treatment begins with identifying the underlying medical problem, such as diabetes or infections.

Treatment options include the following...

- **Medications.** A number of different medications contain chemicals that help control pain by adjusting pain signaling pathways within the central and peripheral nervous system.
- **Physical therapy.** With a combination of focused exercise, massage, and other treatment options

To help you increase your strength, balance, and range of motion.

- **Proper nutrition.** Eating a healthier diet and making sure to get the right balance of vitamins and other nutrients.
- **Mechanical aids.** Braces and specially designed shoes, cast, and splints can help reduce pain by providing support or keeping the affected

nerves in proper alignment.

- **Surgery.** Surgery can be used to destroy nerves, repair injuries to nerves or decompress a nerve.

Usually peripheral neuropathy cannot be cured, but you can do a lot of things to prevent it from getting worse. Your healthcare providers can treat the pain and other symptoms of neuropathy.

PODIATRY JOKE

What is the most dangerous mountain
In the world for your feet?

Krakatoa!!

NATIONAL FOOT HOLIDAYS

**November is National Diabetes Awareness
Month – Check Your Feet!**

WATCH FOR OUR NEXT NEWSLETTER IN JANUARY 2023