



Peripheral Neuropathy and Foot Care

Diabetes is a disease that includes a range of different conditions and health concerns far beyond just managing insulin levels in the body. For people with diabetes, foot care is an important consideration as even small lesions, bug bites, foot ulcers, and other types of wounds or lesions on the feet can be potentially dangerous.

Diabetic peripheral neuropathy occurs when nerve damage occurs in the foot. The result of the damage can include tingling and pain in the feet or numbness in the feet, both which can mask infections and sores.

This is also often accompanied by lower levels of blood flow to the feet, which limits the ability of the body to heal.

To address this issue, it is essential for people with diabetes to start a foot-care routine. This should be done on a daily basis and, once the routine is developed, it just takes a few minutes after a shower or before going to bed to complete.

- Wash and dry – Wash the feet in warm water with a non-perfumed, non-irritating soap. Rinse again in warm water, never hot water, and dry completely with a soft towel. Take care to dry between the toes and pat dry without rubbing.
- Inspection – Take the time to look carefully at the feet. Pay attention to the heels and the sides of the feet where blisters are likely to form. Look carefully at the bottom of the feet for any signs of scratches or cuts. Check carefully on the heels for any signs of cracks or thick skin buildup. Gently spread the toes and look for signs of irritation or redness that may indicate infections.
- Toenails – Any ingrown toenails or red areas around the nail should be checked by your doctor. Untreated fungus toenails can increase your risk of other complications.
- Lotion – Apply a non-irritating lotion to the feet and gently massage in before putting on socks and shoes.
- Socks – Choose seamless socks that include moisture-wicking fabric or choose natural fibers for socks. Make sure they fit snugly and will not roll or bunch up at the heel or under the foot, increasing the risk of irritation of the foot.

Any unusual sensations in the foot including pain, heat, numbness, or changing sensations should be immediately reported to your podiatrist.



JANUARY 2019

Hello! We are pleased to send you this monthly issue of *Foot Prints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Everyone Loves a Knock-Knock Joke

Knock, knock.
Who's there?
Broken pencil.
Broken pencil who?

Who cares, it's pointless!

Knock, knock.
Who's there?
Cash.
Cash who?

No thanks, but I'll take some almonds.

Knock, Knock.
Who's there?
Goliath.
Goliath who?

Goliath down, thou looketh tired.

Nutrition Tips for Cancer Sufferers

A nutritious diet can play a crucial role when someone is diagnosed with cancer. A healthy diet can assist cancer patients to feel better and keep up their strength, with the goal to eat foods that will help them to boost their immune system and avoiding some foods that can harm the immune system, particularly sugar.

Experts also recommend avoiding animal products including meat and adopting a more plant-based diet while also cutting out junk food and processed food. It is also a good idea to replace beverages such as alcohol, coffee and soda with the likes of green juices, alkaline water and spring water. Apple cider vinegar is another good recommendation, being both a probiotics and a prebiotic.

A diet high in fruit and vegetables is particularly beneficial to cancer sufferers, but it can be difficult to make extreme diet changes when enduring cancer treatment, particularly as cutting out all loved foods can be counterproductive to maintaining a positive attitude. Talk to your doctor and consult a nutritionist to come up with a cancer diet plan that will work for you.

Meal Preparation Tips

While eating together as a family on a regular basis is excellent advice, the task of preparing the actual meal is often done by just one family member. However, that routine can be changed into a fun activity for all the family that will also provide children with necessary life skills such as cooking.

Make sure that the recipe for the meal you cook together as a family is kept quick and simple. Recipes should take less than ten minutes to prepare. Even the youngest children can be kept involved in proceedings by allowing them to squeeze lemons, tear lettuce, stem herbs and wash produce.

Another bonus for allowing kids to help to prepare a meal is that they are far more likely to eat vegetables if they have helped to wash and prepare them. Older children can help with the peeling of vegetables while the little ones can help to rinse, dry and portion them out.

Drawing Tips

Many people are very insecure in regards to their artistic skills, even to the point of being completely convinced that they cannot draw.

Drawing is however an excellent tool for learning as well as making art, developing close observation, patience, humility and introspection skills and helping you to be able to visualize hunches and ideas.



One of the simplest tips is to just draw what you can see in front of you.

There is a reason that a bowl of fruit is involved in the majority of basic art classes, as the sketching of a still life helps to boost confidence and achieve the goals of quiet focus and observation, and form-making.

Newcomers should also avoid being too ambitious when just beginning to draw, and start with something small such as sketching a diagram in a notebook, drawing inside a greetings card or even creating a small caricature of you following a signature.

Capturing Inspiration

One way to ensure that you are able to capture a great idea straight away when inspiration strikes is to rethink your habits and your workspace in order to make sure they are optimized for maximum efficiency.

The simplest thing you can do is to just make sure that your space is tidy.



Whether it is a matter of organizing a desk at work or clearing up clutter and putting things onto shelves at home, getting organized is vital as nothing destroys creativity faster than being unable to find something you need to use when you first hit on a great new idea.

Organization can also be important in the digital world, where the use of templates can prevent a lot of time spent tediously setting things up before you can use them.

Templates help to speed up workflow, and this strategy can also be applied to the creative process while at home very easily.

Thoughtfully constructed templates mean that time spent setting up new ones can instead be spent creating things.

This month we are beginning a new regular article, in which we will print a Diabetic friendly recipe, along with nutritional information. We hope that you find them “Yummy”

A Treat for Your Diabetic Feet

By Shannon and Marie

Rosemary Beef Stew

Makes: 4
Serving Size: 2 cups
Prep Time: 20 minutes
Cook Time: 1 hr & 15 mins



Ingredients

- 1 Tbsp. whole grain oat flour
- 1/8 tsp. sea salt
- Freshly ground black pepper, to taste
- 1 lb. trimmed London broil (aka top round roast), cut into 3/4-inch cubes
- 1 1/2 tsp. extra virgin olive oil, divided
- 1 small onion, cut into chunks (about 1 3/4 cups)
- 5 med. garlic cloves, sliced as thinly as possible
- 2 cups lower-sodium beef broth
- 1 cup low-sodium beef broth, plus 1/2 cup if needed
- 1 sprig rosemary
- 2 med. carrots (about 3/4 lb), peeled and cut into 1/2-inch rounds (about 2 1/4 cups)
- 1 lb. peeled light sweet potatoes, cut into 1-inch chunks (about 3 1/2 cups)
- 1/2 lb. 1-inch asparagus pieces (about 2 cups)

Directions:

1. In a medium bowl, sprinkle the flour, salt, and pepper over the beef. Toss until the beef is evenly coated.
2. Preheat a large nonstick stockpot over medium-high heat. Add 1 tsp of the oil, then add the beef. Sear the beef on all sides, for about 1 minute per side. Turn the heat to medium and add the remaining 1/2 tsp of oil, the onion, and the garlic. Cook for about 5 minutes, stirring occasionally with a wooden spoon and scraping any brown bits from the bottom of the pan, until the onions are tender. Add the broths, rosemary, and carrots. Bring to a boil, then turn the heat to medium-low and cover the pot (the broth should be boiling slightly). Cook for 45 minutes.
3. Add the potatoes. If needed, add the remaining 1/2 cup of low-sodium broth to cover the potatoes. Continue cooking, covered, for 30 to 45 minutes, until the potatoes are tender and the meat comes apart with a fork.
4. Meanwhile, a few minutes before the stew is finished, fill a small stockpot half full with water and heat over medium-high heat until boiling. Add the asparagus and boil for 1 to 3 minutes, until tender but crisp.
5. Season the stew with additional black pepper, if desired. Portion about 1 1/2 cups of stew per bowl, adding about 1/2 cup asparagus to each if you plan to enjoy it immediately. Otherwise, refrigerate the stew and the asparagus separately, adding asparagus just before serving.

Per Serving:

Calories 290	Fiber 6g	Potassium 620mg
Fat 6g	Sugars 9g	Protein 31g
Saturated Fat 2g	Cholesterol 50mg	Phosphorus 200mg
Trans Fat 0g	Sodium 465mg	



Financial Tips for Young People

Many young people struggle to save money are forced to put off major life events such as buying a home or starting a family as a result.

To avoid this scenario young people should take heed of the following financial advice.

One of the most important financial tips for young people is to plan ahead.

Find out which universities and academic majors offer the biggest returns on investment before making a decision as to what and where to study.

Students should also carefully examine the average benefits and salary packages they are likely to get if they follow their chosen career.

Young people also need to learn to say “no” to credit card firms and retailers that frequently market credit cards toward them.

Do not fill out the application and this will remove the temptation to get into debt for things that you simply cannot afford.

Make putting money aside for later your focus instead.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JANUARY 2019



Time to Pamper Yourself

Now that the Holidays are over, and you have given gifts to your family and friends – it is time to give yourself a gift. What would be a more perfect gift to yourself, than a pair of comfy cozy plush slippers. The Vionic “Gemma” slipper was named on the list of “Oprah’s Favorite Things” for 2018. Vionic offers a complete line of slippers for Men and Women to choose from. Stop by our office and let us order you a pair of comfy slippers to keep your feet warm on the chilly winter mornings. They are available in all sizes, and each style has several color choices.

January Dates to Remember

- January 1st – New Year’s Day
- January 4th – National Spaghetti Day
- January 6th – Cuddle Up Day
- January 12th – National Pharmacist Day
- January 16th – National Nothing Day
- January 20th – National Cheese Lovers Day
- January 21st – Civil Rights Day / MLK Day
- January 28th – Bubble Wrap Appreciation Day
- January 29th – National Puzzle Day
- January is also: National Mentoring Month
<https://www.mentoring.org/our-work/campaigns/national-mentoring-month/>
- Volunteer Blood Donor Month
<http://www.americasblood.org/>

Help Us Support our Troops !!

Fixing Feet Institute is once again partnering with Packages from Home to salute our heroes overseas, and at home. Packages from Home is now supporting not only those deployed, but those at home and the canines that aid them.



Packages From Home sends care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate morale of all veterans."

Packages For Hope program seeks to aid veterans who are in transition, homeless or at risk of becoming homeless.

Bones From Home was created to serve the 2,700+ Military Working Dogs active worldwide by providing military-approved food, grooming, toy and training products to service canines and their handlers.

You can obtain their Wish List at our office or online at <https://www.packagesfromhome.org/donate-items>
We will have collection boxes in our office for your donations.