



The Basics of Diabetic Foot Care

Diabetics are particularly prone to foot wounds. In fact, diabetes is the leading cause for amputations of the lower extremities in the United States. As many as 24% of diabetic patients who develop any type of foot ulcer will have an amputation.

Anyone who has diabetes in any form can develop a foot ulcer – no one is excluded – however, men who are of Native American, Hispanic or African descent are more susceptible. Patients who are insulin-dependent and those who suffer from kidney disease, eye or heart disease as a result of their diabetes are at a higher risk for developing foot ulcers. Patients who smoke and/or are overweight are also at an increased risk.



The ulcers can form based on a number of factors: poor circulation in the area, how long patients have had the disease, lack of feeling in the foot, foot deformities or irritation to the area. The longer you have been diabetic, the more likely the nerves in the foot have been damaged thanks to your elevated glucose levels. This nerve damage will often happen with no pain to make the patient aware and problems can develop before you even realize.

If you discover you have a foot ulcer, there are certain things that must be done immediately to keep the situation from worsening:

- Keep your disease under control – manage your glucose levels closely
- If you have an ulcer, keep it bandaged with clean dressings
- Clean your wound and the area around it daily
- Don't walk around barefoot
- Manage your disease, by calling your Podiatrist for regular checkups

To help keep your feet in top condition and to detect any early signs of foot conditions diabetics should:

- Monitor blood sugar levels – keeping your blood sugar levels balanced and not allowing highs and lows outside of your target range helps to prevent the risk of peripheral artery disease.
- Healthy lifestyle –choosing a healthy lifestyle that includes regular exercise, careful selection of healthy foods and avoiding the use of alcohol and tobacco you can help your entire body to stay healthy.

Remember that an ounce of prevention is worth a pound of cure – this is especially true when it comes to caring for a foot ulcer you may develop as a result of your diabetes.

October 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 Inspirational Quote



“Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.”

Eleanor Rossevelt

The Heart and Hydration

It is important for everyone to always stay hydrated, and never more so than during the warmer months of summer. However for people with heart conditions there are even more reasons to ensure they remain hydrated, as they can be particularly vulnerable to illnesses related to hot weather. Diuretics, medications used to treat heart conditions, increase the level of water removal from the body. Heart disease also makes it more difficult for the heart to help keep the body cool, which can result in heat stroke.

It is important not to wait until you feel thirsty to drink. When the core temperature of the body goes beyond the normal range, often because of hot weather, the thirst mechanism of the body tends to not work as well, meaning you can become dehydrated without even feeling thirsty. Men and women should drink 15 and 11 glasses of water respectively every day, and possibly more if you tend to sweat heavily during warm weather.

It is a good idea to avoid other common dehydration triggers in hot weather such as alcohol and strenuous exercise.

October Specials

Buy 3 bottles of Dr. Remedy Nail Polish And get one bottle of Relaxing Rose Nail Polish AND a bottle of Polish Remover FREE!!!



Sterishoe has recently redesigned their shoe sanitizer. However, we still have a few of the old design. We are offering the older design which normally sold for \$130 for only \$100. The new design works in exactly the same way as the new design to sanitize your shoes.



Both Specials are while supplies last.

Weight Loss and Spices

Spices are well regarded for the flavor they can add to food, but they also come with a number of different health benefits and can even help with weight loss.

Turmeric is a good example of this, containing the antioxidant known as Curcumin, the medicinal properties of which can help with issues such as stomach problems, obesity and metabolic disorders, among others.

It can suppress the growth of fat tissue and also has anti-inflammatory properties while helping to fight infection and raise your immune system.

Those interested in the weight loss properties of turmeric should try adding it to the likes of milk, salads, smoothies and vegetables (though people on medication should consult their doctor before doing so).

Cinnamon is one of the most familiar spices to most people, and also has a number of health benefits including increasing insulin activity, which serve to keep in check long-term glucose levels and lower blood sugar.

Cinnamon has also been shown to provide relief for menstrual cramps, prevent constipation and bloating, relieve the symptoms of asthma, colds and coughs and can also assist with weight loss due to its anti-bacterial and anti-inflammatory properties.



Online Learning Tips

Online learning is tremendously popular today, but in order to get the most from the experience there are a number of tips to follow to ensure you remember what you learn in the long term.

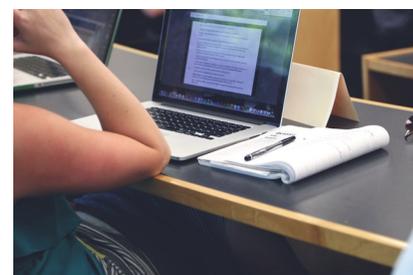
The major challenge of online learning is self-discipline, and it is vital to set a plan for your study times, and the duration of those study sessions, and ensure you stick to it.

Study sessions should be short and interspersed with other activities such as quizzes or games to reinforce that you truly understand the nature of what you are learning.

You should also take study breaks in which you can chat with others, get a drink or just go for a walk every half an hour or so.

It is crucial to be aware of where you can get support before you need it, whether the problem is course content or navigation, or an issue with your device.

It is also necessary to make sure you can login to the training site and have a reliable internet connection prior to commencing any online training.



Breast Cancer Awareness

Early detection is the key. The earlier Breast cancer is diagnosed the better the chance of survival.

All women should be conducting a monthly self exam. If you feel a lump in your breast, try not to panic or worry. Most lumps are not breast cancer, but something less serious, such as a benign (not cancer) breast condition.

Some lumps will go away on their own. In younger women, lumps are often related to menstrual periods and will go away by the end of the cycle.

However, see a health care provider if you:

Find a new lump (or any change) that feels different from the rest of your breast

Find a new lump (or any change) that feels different from your other breast

Feel something that's different from what you felt before

FUNDRAISER 
benefiting Susan G. Komen®

For more information go to www5.komen.org

Budget Family Cooking Tips

Sticking to a budget when doing the family shopping can be easier said than done for many families, but it is possible to create meals that your family will love without spending more money than you can really afford.

One excellent tip is to buy a lot of different proteins at the same time and then freeze them, which can be a great way to cook for a family while simultaneously saving money.

There are many protein options to choose from such as the likes of ground turkey, ground beef, salmon, shrimps and chicken thighs.

This kind of shopping should be done a couple of times every month, enabling you to stock up on what is currently on special offer and then make use of it at your discretion.

Another good tip is to use online shopping services, which can actually work out cheaper than going to the supermarket in person.

There are a number of websites that offer superb deals on pantry staples such as tomato sauce and salad dressing as well as snacks like cookies and crackers, which can be a big help to cut down on bills by getting enough to last a month in one go.



A Treat for your Diabetic Feet

By Shannon and Marie

Scallops with Vermicelli



Ingredients:

- 1 pound small bay scallops
- 2 tbsp fresh lemon juice
- 2 tablespoons chopped parsley
- 1 onion, chopped
- 1 garlic, minced
- 2 tbsp olive oil
- 2 tbsp butter, divided
- 1 ½ cup canned Italian tomatoes, undrained and cut up
- ½ tsp dried basil, crushed
- ¼ tsp dried thyme leaves, crushed
- 2 tbsp heavy cream with Dash nutmeg
- 12 oz vermicelli, cooked & drained

Rinse scallops. Combine Scallops, Juice and Parsley in glass dish. Cover: marinate in refrigerator while preparing sauce.

Cook and stir onion and garlic in oil and 1 tbsp butter in large skillet over medium-high heat until onion is tender. Add tomatoes with juice, basil, oregano and thyme. Reduce heat to low. Cover: simmer 30 minutes stirring occasionally.

Drain Scallops: cook and stir in remaining 1 tbsp butter in another large skillet over medium heat until scallops are opaque, about 2minutes. Add Cream, nutmeg and tomato sauce mixture.

Pour sauce over vermicelli in large bowl: toss gently to coat. Garnish as desired.

1 cup Mixture:

- 228 calories
- 12g fat (2 saturated fat)
- 140mg cholesterol
- 597 sodium
- 8 carbohydrate (3 sugar, 1 fiber)
- 20g protein.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute
14823 W. Bell Rd Ste 100
Surprise, AZ 85374
623-584-5556
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR PATIENTS

OCTOBER 2019

Now Available at Fixing Feet Institute

Most Neuropathy treatments are designed to block the symptoms of Neuropathy. They don't treat the health of the nerve. NerveReverse is designed to improve blood flow and reduce inflammation surrounding your nerves. This can get your nerves healthy again and possibly eliminate all of your symptoms. The support formula is a daily supplement that over time may increase the health of your nerves, while the Pain Relief cream can give temporary relief of symptoms. Ask our staff for more info.



October Dates to Remember

- October 1st – National Homemade Cookie Day
- October 4th – National Taco Day
- October 9th – National Stop Bullying Day
- October 14th – Be Bald and Be Free Day
- October 15th – National Grouch Day
- October 18th – National Mammography Day
- October 22nd – National Make a Dog's Day Day
- October 28th – National Chocolate Day
- October 29th – National Cat Day
- October 31st – Halloween
- October is also: Breast Cancer Awareness Month
<https://ww5.komen.org/>
Leukemia & Lymphoma Awareness Month
<http://www.lls.org>

Help to End Breast Cancer

During the month of October, Fixing Feet Institute will be participating in a fundraiser with Susan G. Komen to help raise money and awareness of Breast Cancer that effects 1 in 8 women during their lifetime.

Our office has set a goal to raise \$2000 and is taking a step towards a world without Breast Cancer. We Can't do it Alone – We Need your Help



Please take a moment to visit our team fundraising page (listed below) and give a gift today. Your donation will be making a big difference in the fight against breast cancer.

Your gift will help Susan G. Komen provide education, screening and treatment program for women and men I our community and support cutting edge research so that one day we can live in a world without breast cancer.

http://www.info-komen.org/site/TR/DIYFundraising/HeadquartersSite?team_id=435939&pg=team&fr_id=8186