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November 2021



November Is National Diabetes Awareness Month



Meet Our Doctor

Dr. Dale Vancil

Dr. Dale Vancil specializes in podiatric surgery and podiatric foot surgery. He serves patients at our clinics in Richfield and Blaine.

Dr. Vancil is certified by the American Board of Foot and Ankle Surgery (ABFAS) and has more than 35 years of experience. His higher education included attending the University of Wisconsin Eau Claire, the University of Minnesota, and the William M. Scholl College of Podiatric Medicine.

He was a member of the Durlacher Podiatry Honor Society, a tutor of Anatomical Sciences, Anatomy Physiology, and Histology. He was also a member of the student chapters of the American College of Foot Surgeons and the Academy of Ambulatory Foot Surgeons.

Dr. Vancil approaches patient care with the belief that all patients deserve to have the information they need to make good choices about their foot and ankle care. The more that a patient understands and is part of their own treatment plan, the higher their quality of care and the better overall results that can be achieved.

According to the American Diabetes Association, diabetes affects over 34 million Americans, roughly 20 percent of whom don't realize they have it. Diabetes causes higher-than-normal blood sugar levels, which left untreated can lead to cardiovascular disease, blindness, kidney failure, nerve damage, lower-limb amputation ... even death.

With diabetes, the body does not produce insulin, produces some but not enough, or is unable to use insulin correctly. Insulin is a hormone produced by the pancreas that facilitates the transfer of glucose (sugar) from the bloodstream to cells, where it is stored for future energy. When insulin is absent or processed incorrectly, glucose buildup in the blood will wreak havoc.

Feet are major targets of diabetes. Poor circulation hampers healing, subjecting minor cuts, scratches, blisters, etc., to a much higher risk of ulceration and infection. To pile on, nerve damage (neuropathy) hinders one's ability to feel pain, discomfort, or irritation. Not only are normally minor conditions slow to heal, they may not even be noticed ... and quickly worsen.

For instance, corns, calluses, ingrown nails, and dry skin (which may crack) can pose serious threats of infection. Neuropathy can spur muscle weakness and loss of muscle tone and lead to hammertoes and bunions, which add new friction points. Diabetes-related foot conditions are responsible for over 60 percent of non-injury-related amputations.

There is good news, however. A healthy diet, regular exercise, annual medical checkups (including a full podiatric exam), taking medication as prescribed, proper footwear, and daily foot checks enable most people to live a normal life.

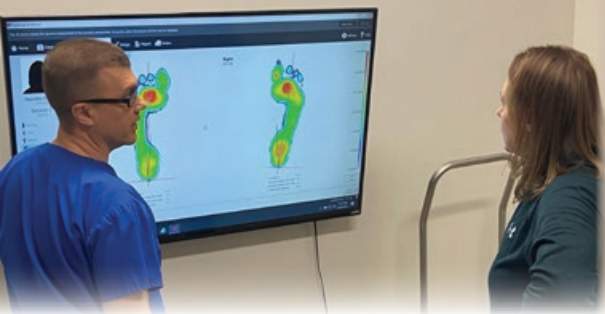
If your feet are due for a podiatric checkup, schedule an appointment with us today. To learn more about diabetes, visit the American Diabetes Association website at www.diabetes.org.



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Custom Orthotics for Different Circumstances



Just as prescription eyeglasses correct vision deficiencies in eyes, custom orthotics correct deficiencies in the alignment of feet. Orthotics can relieve pressure and alleviate discomfort by repositioning structures of the foot to help them move properly and reduce the risk of injury. Good ankle, knee, and lower-back health depend on proper foot alignment, too.

Many people can benefit from custom orthotics. For example:

- Older people who may have arthritic conditions in their feet or ankles.
- Young children who have a foot deformity such as flat feet or an in-toeing or out-toeing disorder.
- Athletes who have slight foot imbalances that under normal conditions are not harmful and might not even be detectable, but in high-stress athletic activity can cause muscle, ligament, tendon, and joint fatigue; reduce efficiency; and elevate susceptibility to injury.
- Diabetics dealing with or trying to prevent foot ulcers.

There are three broad categories of custom orthotics:

Soft orthotic devices can improve balance, take pressure off uncomfortable or sore spots, and absorb shock. They are constructed of soft, compressible materials for improved cushioning. People with arthritis, a lack of protective fatty tissue, or diabetes benefit most.

Rigid orthotics are made of firm materials such as carbon fiber or plastic. They are designed to control foot function in two major foot joints just below the ankle joint to mitigate discomfort in the ankles, knees, and lower back.

Semi-rigid orthotics are often used by athletes to reduce soreness, fatigue, and perform more efficiently. They consist of a layer of soft material reinforced with more rigid material.

If your foot alignment is out of whack, it can have far-reaching ramifications. A thorough podiatric exam at our office can help you straighten things out.

Hot Feet In The Cool Fall? Watch for These Early Signs of Neuropathy

We've all heard of getting cold feet, but what if they're always hot?

If your feet keep feeling like they're on fire even with the cooler fall air, there might be a reason. A burning sensation could be a sign of nerve damage, otherwise known as neuropathy. Damaged nerves misfire and send your brain signals that don't necessarily make sense—like burning pain, numbness, and tingling sensations that seem to have no root cause.

On the contrary, though, these are all warning signs of neuropathy, which can be attributed to many medical conditions, the most common being diabetes. Other culprits include vitamin deficiencies, kidney disease, alcohol abuse, drug side effects, fluid retention, poor circulation, hypertension, thyroid issues, Lyme disease, exposure to toxins, and more. Clearly, if you experience perpetually hot feet, or any of the symptoms mentioned above, you should seek medical help to determine what's behind the problem. Treatment to manage an underlying condition will go a long way toward easing discomfort and increasing your quality of life. In addition, certain medications and natural supplements may help minimize symptoms as well.



Ask our helpful staff for more information on how to keep your feet feeling as cool as the refreshing fall temperatures.

Live Life to the Fullest with Excellent Diabetic Foot Care

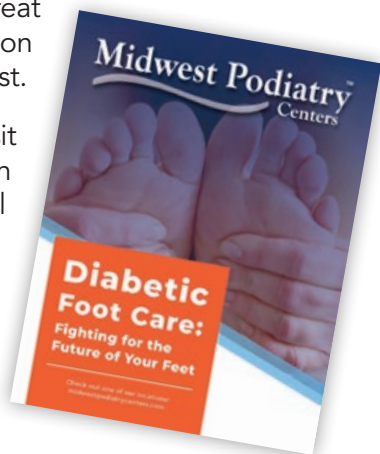
Ice cream and bare feet are just two of the joys that people diagnosed with diabetes may mourn. While this disease does necessitate lifestyle changes, many of them are beneficial for anyone wanting to live a healthier life. If you or someone you love has this disease, don't waste time looking backward. Instead, step into each new day with a positive attitude and the knowledge that you can win this battle.

Along with a new diet and an exercise plan, you should incorporate a daily foot care regime. Diabetes can lead to nerve damage that causes loss of feeling, so it is imperative to check for bumps, blisters, scrapes, discoloration, swelling, and any other signs of trouble each day. Can't see the soles? Pick up a hand mirror or ask a family member for help.

Wearing shoes provides great protection from sharp objects, but even shoes can cause trouble if they are too tight. Choose footwear that provides wiggle room for your feet. Our office can prescribe diabetic shoes, so ask about them at your next visit.

Your podiatrist is a key member of your care team—we're here to help answer questions and even provide such diabetic foot care as medical pedicures. You should never cut your cuticles or calluses because the risk of infection is too great. Let us keep your feet in great shape while you focus on living your life to the fullest.

Want to know more? Visit our website, click on the book image, and fill out the online form to receive your free copy of our book about diabetes and your feet.



Keto Pumpkin Pie

Ingredients

For The Crust

- 1 1/2 c. almond flour
- 3 tbsp. coconut flour
- 1/4 tsp. baking powder
- 1/4 tsp. kosher salt
- 4 tbsp. butter, melted
- 1 large egg, beaten

For The Filling

- 1 (15-oz.) can pumpkin puree
- 1 c. heavy cream
- 1/2 c. packed keto-friendly brown sugar, such as Swerve
- 3 large eggs, beaten
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1/4 tsp. kosher salt
- 1 tsp. pure vanilla extract
- Whipped cream, for serving (optional)

Directions

1. Preheat oven to 350°. In a large bowl, whisk together almond flour, coconut flour, baking powder, and salt. Add melted butter and egg and stir until a dough forms. Press dough evenly into a 9" pie plate, then use a fork to poke holes all over crust.
2. Bake until lightly golden, 10 minutes.
3. In a large bowl, whisk together pumpkin, cream, brown sugar, eggs, spices, and vanilla until smooth. Pour pumpkin mixture into par-baked crust.
4. Bake until filling is slightly jiggly in the middle and crust is golden, 45 to 50 minutes.
5. Turn off oven and prop door open. Let pie cool in oven for 1 hour, then refrigerate until ready to serve.
6. Serve with whipped cream, if desired.

Recipe courtesy of www.delish.com.

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Staying Healthy During Thanksgiving Weekend

Thanksgiving is a wonderful time of year, gathering with family, feasting, and reflecting on our blessings. But the busyness of the weekend can be tough on feet and ankles.

Some people travel several hours by plane, train, or automobile (Thanksgiving movie hint) to see family. Poor circulation from sitting in one spot too long and tight quarters can lead to aches, pain, fatigue, muscle cramps, and swelling. Take advantage of opportunities to get up and walk around, stretch, rotate your ankles, and raise, point, and curl your toes. Compression socks/stockings can be invaluable, especially for diabetics.

If you're the chief Thanksgiving cook, you may be on your feet a lot. Take a 5-minute break each hour, do some tasks while sitting down when possible, utilize shock-absorbing kitchen mats, and request assistance!

If you have gout — a painful, inflammatory arthritis frequently targeting the big-toe joint — bone up on your knowledge of foods that cause flare-ups, and limit your intake. Examples include red meat, turkey (to a lesser degree), meat gravies, shellfish, and alcohol.

For many, Thanksgiving pickup football games are a tradition. Wear proper footwear for traction and comfort, stretch, and don't overdo it. Many middle-agers attempt to keep up with younger family members, much to their chagrin. According to the American College of Foot and Ankle Surgeons, over 25,000 Americans experience significant ankle injuries from Thanksgiving gridiron activity.

For some households, Thanksgiving weekend also marks the transition to Christmas season and outdoor decorations. Falls and stumbles off ladders can result in heel bruises, ankle sprains, and fractures.

If your whirlwind Thanksgiving weekend causes foot or ankle discomfort, please don't hesitate to contact our office.



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is here to help with all
your foot and ankle needs.

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