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Caring For Those Who Cared For Us

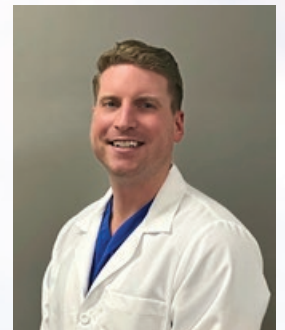


Midwest Podiatry Centers provides high-quality foot and ankle care at nine different locations in the metro area. Many of our Podiatrists also provide outstanding foot and ankle care in senior living facilities throughout Minnesota. We have the unique opportunity to do this through the In-House Senior Services branch of our company. This partnership allows our professionals to provide podiatry services in senior homes that we have relationships with. Even more exciting, In-House Senior Services also provides Audiology and Optometry services directly to residents living in senior care facilities that we

visit. We are committed to providing exceptional medical care and making it easy and accessible for the senior community to get the care they need. We are passionate about enhancing the quality of life for seniors and their loved ones by delivering these services under the comfort of their own roof. If you have you have a senior family member or friend who resides in a senior living facility, it is likely that we may already provide these medical services at their home. In-House Senior Services aims to make the lives of seniors, their families, and caregivers easier and safer by bringing our professional doctors to them. If you would like to learn more about these services, please contact 612-243-8999.

INTRODUCING OUR NEWEST PODIATRIST, DR. NIC STAUB TO OUR TEAM

We are excited to announce that starting December 6th, 2021, Dr. Nic Staub will be joining Midwest Podiatry Centers as the newest podiatrist on our outstanding team. Dr. Staub comes to us with a wealth of knowledge in clinical and surgical management of foot and ankle conditions. He has special interest and expertise in ankle trauma, sports injuries, degenerative arthritis of the foot and ankle, and diabetic wound care. Dr. Staub has a passion for treating patients of all ages and is looking forward to building new relationships with patients at Midwest Podiatry Centers.



An Iowa native, Dr. Staub obtained his bachelor's degree in biology from Luther College in Decorah, Iowa. After completing his undergraduate education, he pursued his doctorate degree at the Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa. He completed a successful three-year residency in reconstructive rearfoot and ankle surgery at SSM Health DePaul Hospital in St. Louis, Missouri. Dr. Nic Staub is also an active member of the America Podiatric Medical Association and the America College of Foot and Ankle Surgery.



FINDING GOOD WINTER OR SNOW BOOTS

Winter boots and snow boots are not the same. Winter boots are intended for light activity in the snow and rain. Even if they're lined, insulated, and waterproof, they're not meant for long outings in tough winter conditions.

Snow boots are more rugged and built for long-term, heavy-duty winter action. They have more rigid construction than winter boots, are bulkier, and have snow gaiters to prevent snow from entering the boot.

However, both should possess the following features to keep your feet comfy, warm, and dry:

Weather resistance and waterproofing are essential. Snow, rain, and puddles can make feet vulnerable to frostbite, bacterial and fungal invasions, and other issues. Boot manufacturers typically shout this protection from the rooftops. If it's lacking, no deal.

- Boots should not bend easily at the arch. Solid arch support provides improved shock absorption and diminishes the risk of arch or heel pain.
- The higher the boot shaft, the more protection from moisture. A higher shaft also provides increased support for the ankle if icy conditions precipitate a fall. Two or three inches above the ankle is ideal.
- Boots should have a *slight* heel — less than three-quarters of an inch — to alleviate stress on the Achilles tendon, which can improve posture and balance and make falls less likely.
- Prospective boots should have thick rubber soles with deep indentation patterns (lug soles) to provide good traction.
- The insoles themselves should have thick cushioning to increase comfort and stability. Don't be fooled by extraneous fur lining or woolly material, which can quickly wear down.
- Adjustable laces offer customization to accommodate socks of varying thickness and can provide additional support or relieve pressure at various points of the foot or ankle.



TOP 10 TIPS FOR HOLIDAY PREP

1. Plan ahead
2. Don't stop decorating at the entryway
3. Put your lights outside before the cold and snow hit
4. Cookies are essential
5. Get wrapping early
6. Don't wait until the last week to purchase gifts
7. Less is sometimes more
8. Involve the whole family
9. Plan for the unexpected
10. Breathe and HAVE FUN



HEAR FOR THE HOLIDAYS

Many seniors look forward to holiday gatherings and the chance to spend time with family and friends. Whether you pick up your seniors at their senior living home to join the family for holiday get togethers or your family visits them in their own environment, holiday gatherings can be noisy. Most holiday get togethers have a lot of sounds happening at once, making it difficult to hear especially for those with untreated hearing loss.

Holidays with friends and family can feel overwhelming for loved ones with hearing loss. If you are concerned that someone at your holiday table could be experiencing hearing loss, you can find tips below for making the most of this holiday season.

TIPS THIS HOLIDAY:

1. Wear your hearing aids. If you do not have hearing aids, it is recommended that you have a hearing screening by a professional and ask if they could help your hearing loss.
2. Cut down the background noises like music, kitchen fan, or a TV.
3. Remind your friends and family of your hearing loss so they know to speak up for you.
4. Make sure you face people when you are speaking with them.

In-House Senior Services has Audiologists who provide hearing care including; hearing screenings, wax removal, hearing aid checks, and even assist in the ordering and fitting of hearing aids to seniors in the comfort of their senior home. **Please reach out to In-House Senior Services at 612-243-8999 if you would like to learn more about this service.**



HOLIDAY CRUNCH

Yield: 18 servings

This addictive white chocolate coated treat can be whipped up in less than 15 minutes, and it's perfect for gifting and holiday parties since it makes enough to feed a crowd.

Ingredients

- 1/2 cup (104g) popcorn kernels*
- 1 (12 oz) bag Vanilla Candy Melts (such as Wilton Candy Melts)
- 1 1/2 cups (75g) broken pretzel pieces or baby pretzels
- 1 (10 oz) bag** green and red Milk Chocolate or Mint M&Ms
- Christmas sprinkles

Directions

1. Pop popcorn, place in a bowl after popped, mix in broken pretzel pieces and M&Ms.
2. Melt vanilla candy melts in a microwave-safe bowl on 50% power for 30-second intervals, stopping to stir every 30 seconds until melted and smooth.
3. Drizzle half of the melted chips over your popcorn mix bowl, gently stir and toss a few times.
4. Drizzle the remaining chips over the popcorn mix, gently stir and coat until majority is covered.
5. Pour the mixture onto wax paper, add holiday color sprinkles to entire mixture when laid out. (make sure to do this before chocolate gets too hard)
6. Allow the mix to cool and harden before you enjoy.

Recipe courtesy of cookingclassy.com

SINGING THE CHILBLAIN BLUES



Chilblains plague some people when feet, hands, or the face are subjected to cool, cold, or damp conditions. Chilblains manifest as purplish-red patches, itchiness, a burning sensation, swelling, and pain. Sometimes the skin will blister, too, which can lead to ulcers and infection if left untreated.

When feet are affected, the smaller toes are most frequently involved. Areas with increased pressure, such as bunions, can be impacted, too.

The body's abnormal response to cold and the rewarming process appears to be at the heart of

chilblain formation. Blood vessels constrict with cooler temperatures. Upon rewarming, smaller blood vessels expand more quickly than adjoining blood vessels can handle. A bottleneck is formed and blood leaks into surrounding tissue. There's still some mystery to the ailment, however.

Chilblains can affect any age group; women are definitely more susceptible than men. Chilblains often go away on their own in two to three weeks, but if you have diabetes or a circulatory disorder and experience blistering, call our office immediately. Infection can take root more easily, as healing is impaired.

Fortunately, chilblains can be prevented. Limit your exposure to cool, cold, or damp conditions; dress warmly and cover exposed skin; change out of wet shoes and socks immediately; wear properly fitting shoes and moisture-wicking socks; minimize drafts in your home; rewarm your feet slowly (no perching them in front of a space heater); quit smoking; and get/stay active.

Chilblains are frequently just annoying but sometimes can be more serious. If your symptoms don't improve after a week or two, contact our office. We can evaluate you for possible underlying conditions and prescribe medication to alleviate your discomfort.

MIDWEST PODIATRY CENTERS

Offering 9 Convenient Locations: Blaine, Burnsville, Edina, Maple Grove, Minneapolis, Minnetonka, Plymouth, Richfield, St. Anthony
612-788-8778 • MidwestPodiatryCenters.com

IN-HOUSE SENIOR SERVICES

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