

# November Is National Diabetes Awareness Month

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, numbness in limbs, and even wounds that can lead to lower-limb amputation.

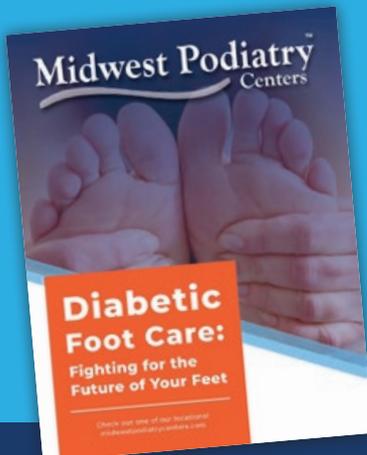
With diabetes, the body does not produce insulin, produces some but not enough, or is unable to use insulin correctly. Insulin is a hormone produced by the pancreas that facilitates the transfer of glucose (sugar) from the bloodstream to cells, where it is stored for future energy. When insulin is absent 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 and this can allow minor conditions to heal slowly or quickly become more a more serious condition.

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.

The good news is that a healthy diet, regular exercise, annual medical checkups, and regularly seeing a podiatrist for preventative diabetic footcare can help avoid some of the situations discussed. Other things like, taking medication as prescribed, wearing proper footwear or diabetic shoes, and doing daily foot checks enable most people to live a normal life.

If your feet are due for a checkup, schedule an appointment with us today at 612-788-8778. To learn more about diabetes, visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org).



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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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# Diabetic Feet Need Protection – Here's What You Can Do!



November is Diabetes Awareness Month, and you better believe podiatrists have a vested interest in this condition!

Living with diabetes means managing and

staying on top of many potential consequences, and the feet are far from left out of the picture. Complications from diabetes can lead to injuries that go unnoticed and fail to heal, worsening into dangerous ulcers.

The best way to prevent this sort of problem is to take action now, even if your feet are still feeling fine! Taking preventative measures can keep you a lot more comfortable and a lot less worried in the long run. Here are a few easy tips for protecting diabetic feet:

- **Manage your diabetes as a whole.** Sometimes the best advice is the most obvious. The more you keep blood sugar levels in check, the more you can lessen the progression of the condition.
- **Inspect your feet daily.** Take a convenient moment each day, such as after getting out of the shower, to check your feet for cuts, wounds, discolorations, or any other abnormalities. If you see anything, report it to us!
- **Trim your toenails regularly, when needed.** Trim toenails straight across, with the right tools, and smooth corners with a nail file. Try to avoid long or jagged nails that can cut your foot.
- **Always wear socks and shoes.** This includes around the house. And clean up walkways to help avoid stepping on anything unwelcome.

If you have further questions about diabetic foot care, we are happy to help. Simply bring them up with us!

## Apple Crumble

*This easy homemade Apple Crumble is our favorite dessert for season!*

### Ingredients

#### Crumble Topping

- 1 cup all-purpose flour
- 3/4 cup brown sugar light or dark
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 8 tablespoons unsalted butter melted

#### Filling

- 2 1/2 pounds Granny Smith apples peeled, cored, and sliced or diced into bite sized pieces (about 6 to 7 cups)
- 1/2 cup granulated sugar or brown sugar
- 1 tablespoon lemon juice
- 2 tablespoons corn starch or all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon

### Instructions

1. Preheat oven to 375°F. Lightly spray an 8 or 9-inch baking dish with nonstick cooking spray and set aside.

#### Crumble Topping

1. In a medium bowl combine all-purpose flour, brown sugar, salt, baking powder and cinnamon. Whisk to combine. 1 cup all-purpose flour, 3/4 cup brown sugar, 1 teaspoon baking powder, 1/2 teaspoon salt, 1/2 teaspoon ground cinnamon
2. Add the melted butter and stir with a fork until crumbly. 8 tablespoons unsalted butter

#### Prepare Filling

1. In a large bowl, combine apples, granulated sugar, lemon juice, cornstarch (or flour if using) and ground cinnamon. 2 1/2 pounds Granny Smith apples, 1/2 cup granulated sugar, 1 tablespoon lemon juice, 2 tablespoons corn starch, 1/2 teaspoon salt, 1 teaspoon ground cinnamon
2. Transfer apple mixture to the prepared baking dish and spread into an even layer.
3. Sprinkle crumble mixture evenly over the top of the filling.
4. Bake for 35 to 45 minutes or until bubbling and golden brown on top.
5. Let cool for 15 minutes before serving with ice cream if desire.

Recipe courtesy of [www.momontimeout.com/apple-crumble-recipe/#recipe](http://www.momontimeout.com/apple-crumble-recipe/#recipe)

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## Fall Prevention Month is Over – But the Risk Still Remains

As we grow older, and as factors such as our foot structures and past injuries grow more significant, our stability as we move can gradually degrade.

It can happen so slowly that this degradation isn't something we may really notice until something gives out on us and we take a fall. That fall, however, can have dire consequences. Any opportunity to prevent a potential fall is one worth investing in.

Annual checkups are a good way to keep abreast of any potential fall-related problems that may be developing, such as ankle instability. We can take measures now to mitigate such issues and greatly reduce risks of falls. Treatments such as physical therapy or custom orthotics can make very significant differences.

There is a lot more you can do to guard yourself or a loved one, though, and much of it can be done right at home. Here are a few easy tips to keep in mind:

- **Keep pathways clear of obstacles.** This includes both walkways inside and outside your home. Do not leave objects on the floor, and especially not on or around staircases.
- **Keep rugs and cords flat.** Loose carpeting, throw rugs that don't stay put, and electrical cords can all be hazardous. Repair, move, or replace any potential dangers.
- **Wear shoes with grip.** Shoes with flat soles will not provide much friction when things are slippery. Get shoes with a good, gripping sole and consider wearing them throughout the day, if recommended.
- **Don't rush.** Many accidents happen when we're not watching where we're stepping. Give yourself time to take things slowly and not be in a huge hurry.

Preventing sprains, broken bones, and worse is always worth the consideration! If you have any concerns, please don't hesitate to bring them up with us.

Visit [www.midwestpodiatrycenters.com](http://www.midwestpodiatrycenters.com) to sign up to receive our monthly digital newsletter.

