



Diabetic Socks — More Important Than Christmas Stockings

Socks are often an overlooked component of good foot health. Diabetics can't afford to make that mistake, as diabetic-related nerve damage and compromised circulation can lead to serious foot problems, such as ulcers, infection, and potential amputation.

The following are some features to look for in diabetic socks:

Moisture-wicking fibers help keep feet dry. The fibers draw moisture away from the foot, then through the material to the surface on the other side, where it evaporates. Polyester, nylon, and merino wool are good wicking fibers, whereas 100% cotton is not. Moisture that's not wicked away elevates friction and is a haven for bacteria and fungi.

Diabetic socks should be **seamless**. Socks with seams can rub against the skin and bunch up or wrinkle — more friction ups the risk of blisters, chafing, and sores, which are serious matters for diabetics.

Diabetic socks should be **non-constricting** and have a good stretch design. In other words, there should be no elastic band at the top of the sock. This promotes good circulation and facilitates healing.

Socks should have **extra padding** and cushioning where feet are exposed to the most shock (e.g., heel area, ball of the foot).

A **white sole** is important for those with decreased sensitivity due to peripheral neuropathy. A white backdrop will alert the wearer to any bleeding or draining on the bottom of the foot.

Diabetic socks are typically treated with **antimicrobial technology** in moisture-prone areas of the foot to fend off bacteria and fungi and eliminate foot odor.

If you have questions about diabetic socks, please give our office a call.



We continue to collect new and unwrapped toy donations for Toys for Tots this holiday.

Toys can be donated through end of day 12/14/22 at the following clinic locations:
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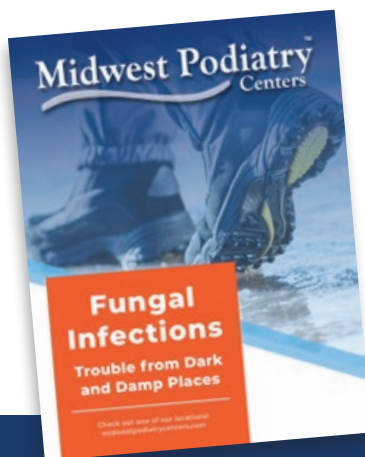
Family Traditions and Inherited Issues

Traditions help tie the identities of family members together. It just doesn't feel right unless grandpa carves the turkey, or Uncle Bill tells his story of how he almost caught that legendary fish (that seems to get bigger and bigger every year). There are some things passed down through families that aren't as heartwarming, though. Foot disorders can be one of them.

If you have a parent with a foot deformity such as bunions or high arches, odds are good that you may inherit the condition as well. It's genetics at work, and geneticists are working to discover the specific genes that influence these deformities.

Just because you might be genetically predisposed to bunions or high arches doesn't mean you can't do anything about it, however. When signs of bunions or arch problems begin to appear, steps can be taken to manage the progression and keep things from getting worse. Bunions can begin even in childhood, so it's wise to keep an early watch and receive a full evaluation if you suspect a problem may be developing.

Just remember, you can't choose your family, but you can choose how to care for your family's feet!



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Hello Winter

WORD SEARCH

S	N	O	W	G	M	U	L	X	B	I	S	A	Z
X	K	O	F	X	Y	O	U	I	Z	A	C	Z	V
Z	S	U	K	F	R	O	S	T	M	U	O	B	L
G	Z	L	S	S	W	E	A	T	E	R	C	L	P
C	W	D	E	N	F	C	S	S	S	C	O	I	S
A	I	H	Z	D	O	I	F	N	N	N	A	Z	N
G	N	Z	W	M	R	W	E	Z	P	A	R	Z	O
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H	E	C	C	R	T	O	R	L	O	E	M	R	M
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V	O	O	M	P	H	B	W	E	V	K	I	L	N
C	L	A	A	E	P	I	N	E	T	R	E	E	Q
B	Y	T	C	D	E	C	E	M	B	E	R	S	L
G	E	I	W	Y	Z	G	K	P	O	H	K	K	A

WINTER
SLED
SNOWFLAKES
COAT
SNOWMAN
BLIZZARD
FROST
SWEATER

DECEMBER
PINETREE
COCOA
CHRISTMAS
ICE
FIREPLACE
SNOW
MITTENS



Unwrap Ways to Prevent Peroneal Tendonitis

If you have ever had pain and swelling on the outside of the ankle, then you might know what it's like to be "gifted" with peroneal tendonitis.

This condition is caused by a tendon that stretches behind the lateral malleolus, that bony bit on the outside of your ankle. Tight calf muscles and overuse can cause this tendon to rub against the bone and become inflamed, making it a common injury with runners.

If you want to keep peroneal tendonitis at bay, then the problems of tight muscles and overuse should be a primary concern. Stretch your calf muscles before and after a workout, and gradually build the intensity and endurance of your runs over time (this is sage advice for any type of workout, really). The more ability you give the tendon and surrounding muscles to adjust to the demands you put on them, the less likely you will suffer from injury.

If ankle pain strikes or persists, we can help you find the proper treatment and get you back on track with activity. Return the pain and get yourself something nicer!



Gingerbread Hot Cocoa

Yield: 4 servings; prep time: 10 min.; cook time: 45 min.; total time: 55 min.

Ingredients

- 1/4 cup packed brown sugar
- 1/4 cup baking cocoa
- 1 tablespoon molasses
- 1-1/2 teaspoons ground cinnamon
- 1-1/2 teaspoons ground ginger
- 1/2 teaspoon ground allspice
- Dash salt
- 3 cups whole milk
- 1 teaspoon vanilla extract
- Whipped cream

Directions

1. In a small saucepan, combine the first 7 ingredients; gradually add milk. Cook and stir over medium heat until heated through. Remove from heat; stir in vanilla. Serve with whipped cream.

Gingerbread Hot Cocoa Recipe photo by Taste of Home.

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There's Nothing Festive About Forefoot Fractures



We know the holidays can get hectic. With so many places to go, people to see, and shopping to do, you might not always be fully aware where your feet are heading! Sometimes, unfortunately, they can be heading into trouble, leading to a fracture in your forefoot or one of your toes.

Forefoot fractures can happen from falls, twists, or sudden impacts. The good news is that they tend to heal without needing an operation. The bad news is that you will still have to rest and wait for full healing once the bone is realigned up to six or eight weeks in many cases.

Pain, swelling, and often bruising are signs of a fracture, especially if it continues for more than two or three days, or interferes with walking. If you believe you have broken a toe or a bone in your forefoot, make an appointment to see us as soon as possible. Until then, stay off the injury and apply ice for no more than 20 minutes at a time to reduce swelling. If you have to wear a shoe, have it be wide and with a stiff sole for protection.

There's no getting around that a forefoot fracture may dampen your festivities but receiving the right treatment will speed your recovery and help prevent chronic consequences like arthritis down the road!