

Midwest PodiatryTM Centers

Patient Newsletter
November 2023

Welcome to the November edition of our newsletter, your source for all things related to living a healthy and fulfilling life. As we embrace the beauty of fall and prepare for the holiday season, we also recognize the importance of November as National Diabetes Month.

This month's newsletter is dedicated to raising awareness about diabetes and, specifically, the vital aspect of foot care in diabetes management.

National Diabetes Month

National Diabetes Month is a time to shine a spotlight on diabetes, its impact on individuals and communities, and the importance of diabetes prevention and management. This November, let's join together to educate ourselves and those around us about this chronic condition and how we can make a difference.

Activities to Do During National Diabetes Month

Stay Informed: Knowledge is power. Take some time to educate yourself about diabetes, its types, symptoms, and risk factors. Share this knowledge with friends and family.

Community Events: Many communities organize events, workshops, and seminars about diabetes awareness during this month. Check your local listings to see what's happening in your area.

Volunteer: Consider volunteering for a local diabetes organization or a charity that supports diabetes research. Your time and efforts can make a real impact.

Get Active: Physical activity is essential for managing diabetes. Organize a family walk, hike, or bike ride and invite your loved ones to join you in promoting an active lifestyle.

Healthy Eating Challenge: Challenge yourself to a month of healthier eating. Try out diabetes-friendly recipes and encourage your family to do the same.

Wear Blue: Blue is the official color of diabetes awareness. Wear blue clothing or accessories throughout the month to show your support.

Dry-Brined Turkey With Tangy Honey Glaze

Ingredients:

½ cup Diamond Crystal or ¼ cup plus 1½ tsp. Morton kosher salt

1 Tbsp. light brown sugar

1 12–14-lb. turkey, neck reserved for gravy, giblets discarded, patted dry

12 Tbsp. (1½ sticks) unsalted butter, room temperature, divided

¼ cup sherry vinegar or red wine vinegar

2 Tbsp. honey

4 tsp. Worcestershire sauce

3 sprigs rosemary

3 garlic cloves, crushed

2 2x1" strips of orange zest



- Combine ½ cup kosher salt and 1 Tbsp brown sugar in a small bowl.
- Place a 12–14 lb turkey on a rack on a baking sheet.
- Pat the turkey dry with paper towels.
- Sprinkle the salt mixture all over the turkey, inside and out.
- Refrigerate the turkey, uncovered, for 12-48 hours.
- Remove the turkey from the rack.
- Line the baking sheet with foil.
- Place the turkey, breast side up, on the rack.
- Let it sit at room temperature for 2–3 hours.
- Preheat the oven to 450°F.
- Spread 4 Tbsp room-temperature butter under the turkey's skin and outside.
- Tie the turkey's legs together with kitchen twine.
- Pour 1 cup of water onto the baking sheet.
- Roast the turkey at 450°F for about 30 minutes.
- Make a glaze by cooking ¼ cup vinegar, 2 Tbsp honey, 4 tsp Worcestershire sauce, rosemary, garlic, orange zest, and 4 Tbsp butter.
- Keep the glaze warm.
- Reduce the oven temperature to 300°F.
- Continue roasting, brushing with glaze every 30 minutes and adding water as needed, until the turkey's breast reaches 150°F.
- Transfer the turkey to a cutting board and rest for 30 minutes to 1 hour before carving.



Keep Your Feet Warm the Right Way

Diabetes can affect the circulation and nerves in your feet, making them more susceptible to injury and infection. Here are 4 tips to keep your feet warm and healthy throughout November:

Proper Footwear: Invest in warm, comfortable shoes that fit well. Avoid tight shoes or those with seams that can cause irritation.

Moisturize: Diabetes can lead to dry skin, so it's essential to keep your feet moisturized to prevent cracking and infections. But avoid putting lotion between your toes, as excess moisture can lead to fungal growth.

Inspect Daily: Check your feet daily for any signs of blisters, cuts, or sores. If you notice any issues, consult your healthcare provider promptly.

Keep Warm: Cold feet can lead to poor circulation. Wear warm socks, but ensure they aren't too tight, which can restrict blood flow.

November Holidays and Important Dates

11/1 All Saints' Day

A Christian holiday to honor all saints and martyrs, especially those without a specific feast day.

11/1-2 Day of the Dead (Día de los Muertos)

A Mexican holiday to remember and celebrate deceased loved ones.

11/7 Election Day (United States)

In even-numbered years, Election Day is held in the U.S. for various federal, state, and local elections.

11/11 Veterans Day (United States)

A day to honor and thank all military veterans for their service and sacrifice.

11/23 Thanksgiving Day (United States)

A time for families and friends to gather, express gratitude, and enjoy a traditional feast.

11/24 Black Friday

A day known for significant sales and discounts, marking the start of the holiday shopping season.

11/26 Small Business Saturday

A day to encourage people to support local businesses and shop small.

Fall Word Search!

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

Autumn
 Black
 Cranberries
 Elections
 Family
 Football
 Friday
 Frost
 Gratitude
 Harvest
 Leaves
 Pecans
 Pilgrims
 Sweaters
 Thanksgiving



Doctor of the Month: 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 as well as 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 be informed. 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.