



# Midwest Podiatry<sup>TM</sup> Centers

Patient Newsletter  
December 2024

## When Cold Feet Mean More Than Just Winter's Chill

As the temperatures start to drop, many of us notice our feet getting a bit colder. While this can be a normal response to chilly weather, for some people, cold feet are more than just a seasonal annoyance. If your feet constantly feel icy—even indoors or with warm socks—this could be a sign of an underlying nerve issue, such as neuropathy. Neuropathy is a condition that affects the nerves responsible for sensation and temperature regulation in the feet, often leading to discomfort and interference with daily activities.

## When Should You Be Concerned?

While occasional cold feet are generally harmless, persistently chilly or numb feet—especially when they stay cold despite being in a warm environment—shouldn't be ignored. This constant cold feeling could indicate nerve damage, poor blood circulation, or underlying health issues like diabetes. Recognizing the early warning signs can help prevent more serious complications, so it's important to be mindful of other symptoms that may accompany chronically cold feet.

### Common signs that cold feet may be linked to nerve issues include:

- **Numbness or Tingling:** Persistent numbness or tingling sensations in your toes or feet.
- **Increased Sensitivity to Touch:** Even light touches can feel overly intense or uncomfortable.
- **Burning or Shooting Pain:** Often worse at night, these sensations may be sharp, burning, or tingling.
- **Changes in Skin Color or Texture:** Skin can appear unusually pale, reddish, or bluish, and may become dry, flaky, or even shiny.

## Understanding Neuropathy

Neuropathy is a condition where the nerves that send sensory information from the body to the brain are damaged, impacting their ability to communicate properly. This nerve damage can be caused by a range of factors, including diabetes, injury, vitamin deficiencies, autoimmune conditions, and certain medications. When neuropathy affects the feet, it can disrupt blood circulation and temperature regulation, leading to symptoms like cold feet, numbness, and even pain. For some, neuropathy can also lead to balance issues, increasing the risk of falls.

## Why Treating Neuropathy Matters

If left untreated, neuropathy can progressively worsen, leading to further complications. Over time, untreated neuropathy may result in more significant nerve damage, leading to a complete loss of sensation, making it difficult to feel pain, pressure, or temperature. This loss of sensation can increase the risk of injuries, infections, and ulcers—especially in those with conditions like diabetes.

By addressing neuropathy early on, you can prevent these complications and preserve both foot health and overall well-being.

At our clinic, we offer comprehensive neuropathy treatment options that are designed to address these symptoms and improve quality of life by:

- **Restoring Sensation:** Our treatments aim to support nerve function, improving sensation and allowing you to feel a fuller range of temperatures and textures.
- **Promoting Circulation:** We work on enhancing blood flow to the feet, which helps keep them warm and nourished.
- **Reducing Pain and Tingling:** We provide options to alleviate the discomfort of neuropathy, making it easier to walk and stay active without pain holding you back.

## Find Relief This Holiday Season

If you or someone you know is experiencing constant cold feet along with other symptoms of neuropathy, it's time to take action. Don't let cold, uncomfortable feet become a permanent part of your routine.

Reach out to our clinic to discuss treatment options that can restore warmth, comfort, and health to your feet. Taking care of your feet now can lead to lasting improvements and a better quality of life. Let us help you take steps toward warmth, comfort, and better foot health today!





## Recipe of the Month

# Eye Round Christmas Roast



### Ingredients

#### **Eye Round Roast:**

- 1/4 cup black peppercorns
- 2 tablespoons kosher salt
- 2 tablespoons sugar
- 4 cloves garlic
- 1/2 teaspoon red pepper flakes, optional
- One 3- to 4-pound eye round roast

#### **Horseradish Sauce:**

- 1 cup sour cream
- 1/4 cup heavy cream
- 3 tablespoons prepared horseradish
- 2 teaspoons freshly ground black pepper
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon kosher salt
- Juice of 1/2 lemon

### Cooking Instructions

#### **Special equipment: an Instant-Read Thermometer**

- For the eye round: Preheat the oven to 450 degrees F.
- Grind the peppercorns, salt, sugar, garlic and red pepper flakes, if using, in a spice grinder or a mortar and pestle to a thick paste. Rub the paste over the roast to completely coat.
- Add the roast to a large ovensafe skillet or small roasting pan and roast for 15 minutes. Without opening the oven, turn the temperature down to 250 degrees F. Continue to roast until the crust is dark and crispy and the internal temperature registers 135 degrees F, an additional 60 to 70 minutes.
- Use tongs to transfer the roast to a cutting board. Allow to rest for at least 30 minutes and up to 1 hour.
- For the horseradish sauce: While the roast rests, mix together the sour cream, heavy cream, horseradish, pepper, Worcestershire sauce, salt and lemon juice in a medium bowl. Transfer to a serving dish.
- Thinly slice the roast against the grain and serve with the horseradish sauce.

*Serve and Enjoy!*

# Can You Spot All 5 Differences?



## December Holidays and Important Dates

- **12/10 - Hanukkah Begins:** An 8-day Jewish holiday celebrating the rededication of the Second Temple in Jerusalem, starting on the evening of December 10 and ending on December 18.
- **12/15 - Bill of Rights Day:** Commemorates the ratification of the first 10 amendments to the U.S. Constitution in 1791.
- **12/21 - Winter Solstice:** Marks the first day of winter and the shortest day of the year in the Northern Hemisphere.
- **12/24 - Christmas Eve:** A widely observed night before Christmas, often celebrated with gatherings, dinners, and festivities.
- **12/25 - Christmas Day:** A Christian holiday celebrating the birth of Jesus Christ, also widely observed as a cultural holiday.
- **12/31 - New Year's Eve:** Celebrates the end of the calendar year, often with parties, fireworks, and countdowns to midnight.