

Midwest PodiatryTM Centers

Patient Newsletter
November 2025

Staying Active Without Hurting Your Feet

November is National Diabetes Awareness Month, and at Midwest Podiatry Centers, we're encouraging everyone to take proactive steps toward better foot health. For those living with diabetes, caring for your feet isn't just a small part of your routine — it's a crucial part of protecting your overall health and mobility.

Why Diabetic Foot Care Matters

Diabetes can have a significant impact on your circulation and nerve function, especially in your feet and lower legs.

Reduced blood flow makes it harder for wounds to heal, while nerve damage (known as peripheral neuropathy) can cause numbness or tingling that makes it difficult to notice cuts, blisters, or sores.

Left untreated, these minor injuries can develop into serious infections or ulcers — sometimes leading to hospitalization or even amputation. The good news? With regular foot checks and professional care, most diabetes-related foot problems are entirely preventable.

At Midwest Podiatry Centers, our goal is to help you stay active, pain-free, and confident on your feet. Preventive foot care, early detection, and patient education are the foundation of our diabetic foot care program.



Know the Early Warning Signs

Keeping an eye on your feet daily is one of the best ways to catch potential problems before they worsen. Watch for:

- Numbness, tingling, or burning sensations
- Cuts, sores, or blisters that heal slowly
- Changes in skin color, texture, or temperature
- Swelling, redness, or drainage
- Ingrown toenails or thick, discolored nails



If you notice any of these warning signs, schedule a visit right away. Early intervention can prevent complications and help you maintain strong, healthy feet.

Comprehensive Diabetic Foot Screenings

Our experienced podiatry team offers comprehensive diabetic foot screenings to assess circulation, nerve health, and skin condition. These screenings allow us to identify risks early and provide tailored treatment or preventive care to protect your feet long-term.

From custom orthotics and wound care to guidance on proper footwear, we're here to ensure your feet get the care and attention they deserve. Regular visits can make all the difference in preserving your mobility and independence.



Step Forward With Confidence

This November, take the initiative to Step Ahead of Diabetes. Whether you've just been diagnosed or have been managing diabetes for years, your feet deserve expert attention.

Schedule your diabetic foot screening today with Midwest Podiatry Centers — your trusted partner in lifelong foot health. Every step you take toward prevention is a step toward a healthier future.

Annual Diabetic Shoe Benefit

Did you know that qualified Medicare patients can receive a new pair of diabetic shoes every year at little to no cost? Proper footwear is essential for protecting your feet, improving comfort, and preventing serious complications related to diabetes.

If you have diabetes, ask our team today about getting fitted for your annual pair of diabetic shoes and keeping your feet healthy all year long.

Recipe of the Month

Air Fryer Sweet Potatoes



Ingredients

- Two 8-ounce sweet potatoes, scrubbed
- 2 teaspoons olive oil
- Kosher salt and freshly ground black pepper
- Unsalted butter, for serving
- Chopped fresh chives, for serving



Cooking Instructions

1. Special equipment: a 6-quart air fryer
2. Toss the sweet potatoes with the oil, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl until evenly coated.
3. Place the potatoes in the basket of a 6-quart air fryer. Cook at 400 degrees F until crispy on the outside and tender on the inside, flipping halfway through, 35 to 40 minutes.
4. Cut lengthwise along the top of each potato, being careful of the hot steam, then fluff the inside with a fork and season with a pinch of salt. Top with a pat of butter and chopped fresh chives.

Serve and Enjoy!

Can You Spot All 5 Differences?



November 2025 Holidays and Important Dates

- **11/03 - Daylight Saving Time Ends:** Clocks are set back one hour in most U.S. states, marking the transition to standard time.
- **11/11 - Veterans Day:** A federal holiday honoring all U.S. military veterans who have served in the Armed Forces.
- **11/13 - World Kindness Day:** A global day promoting the importance of being kind to others, yourself, and the world.
- **11/15 - America Recycles Day:** A day dedicated to promoting recycling, waste reduction, and sustainable environmental practices.
- **11/27 - Thanksgiving Day:** A major U.S. holiday celebrating gratitude, family, and community, traditionally marked with a shared meal.
- **11/28 - Black Friday:** The day after Thanksgiving, known for major retail sales and the unofficial start of the holiday shopping season.