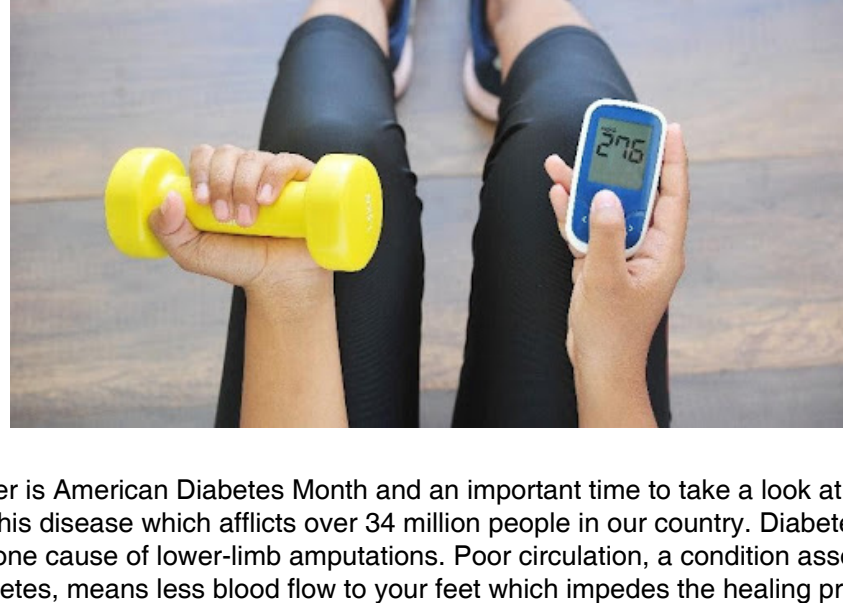




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7 Ways to Getting Moving to Fight Diabetes



November is American Diabetes Month and an important time to take a look at how to combat this disease which afflicts over 34 million people in our country. Diabetes is the number one cause of lower-limb amputations. Poor circulation, a condition associated with diabetes, means less blood flow to your feet which impedes the healing process. Simple cuts, rashes, and sores can quickly become infected wounds that pose a major medical threat. One way to combat poor circulation and lower your risk of diabetic complications is through regular exercise. In addition, being active makes your cells more sensitive to insulin so it works more efficiently, and you feel better.

If you've been inactive for a while the thought of exercise can be daunting. Here are 7 tips to help you become more mobile without a formal exercise program, gym membership, or expensive equipment.

1. **Involve your doctor.** Before starting any exercise program, you should consult your doctor and discuss the best exercise option for you. Taking this first step will help incentivize you to begin.
2. **Start small.** Simply walking 5-10 minutes a day will put you on the road to a more active lifestyle.
3. **Check your shoes.** You're trying to prevent damage to your feet (as well as the rest of your body) so be sure to schedule a checkup with your podiatrist as well. The foot doctor can make sure any foot or ankle pain you are experiencing is resolved and also make shoe recommendations to accommodate any chronic podiatric conditions you have to help ensure walking will be painless and safe.
4. **Track your progress.** Consider downloading an app on your phone, getting a fitness tracker, or a simple pedometer to wear to keep track of how many steps you take each day. Try to increase the number by 100-300 steps a day.
5. **Create opportunities to move.** Walk while you talk on the phone. Take the stairs instead of the elevator. Get off the bus one stop earlier. Once you challenge yourself to take more steps, you'll be surprised at all the ways you'll find to increase your movement.
6. **Stay motivated.** Enlist a friend to be a fitness buddy and report your progress or backsliding to one another. Set up small, attainable goals with healthy rewards—when I reach 2,000 steps a day, I will buy new earbuds to listen to podcasts while I walk, etc.
7. **Don't give up.** No one is perfect! If you get off track for a day or two, simply start again—no recriminations or trash talk to yourself.

Your podiatrist is a partner in managing your diabetes. Schedule regular checkups and contact your foot doctor if you notice any concerning changes in your feet.

Black Friday Shopping Tips



It's coming! We all know that as soon as the Thanksgiving leftovers are put away many people's attention will be focused plotting the best strategy to clean up on Black Friday shopping specials. If you're one of those marathon shoppers prepared to run from store to store to get the best deals, we want to offer some tips to protect your feet.

- **Choose shoes wisely.** This is a day for function not fashion. Go for a pair that you know to be comfortable. Something with a cushioned insole, good arch support and no-slip tread will safely get you through the day. A lighter weight pair will also leave your feet less tired.
- **Pack blister protection.** A small piece of moleskin or a bandage could save the day if you start to get a sore spot on your foot. Stop and apply immediately to prevent a painful blister from forming.
- **Stay hydrated.** Although it may mean an extra restroom stop, drinking water is one way to stave off painful edema (swelling in your feet and ankles) and give you more staying power in the stores.
- **Keep feet dry.** You'll likely be moving pretty quickly and that means feet may start to sweat. Moisture trapped inside your dark shoes is the perfect breeding ground for fungal infections. Dust your feet with powder or apply an antiperspirant on the soles of your feet before putting your socks on.
- **Don't forget your orthotic.** If your podiatrist has prescribed a custom orthotic for you to wear its purpose is to correct biomechanical and other issues in your feet that can cause pain. It's important to wear it consistently and especially on a day when you know you're going to be on your feet and walking for a long time.
- **Be vigilant and avoid injuries.** Don't get distracted by looking at flyers while trying to get down the escalator or to your car. It's a recipe for an ankle sprain or fall. Also, avoid carrying so many packages that you can't see the ground in front of you.

If you bring home foot pain along with your holiday shopping bargains, put your feet up and rest the next day. If pain persists, be sure to make an appointment to get it evaluated by your podiatrist.



**Recipe of the Month
Savory Stuffed Squash**



Potato lovers rejoice! As the name suggests, the baked potato squash is less sweet and seemingly more starchy than typical squash varieties. Carbs without guilt!

Ingredients:

- 1 Baked Potato or Acorn Squash
- 2 Tbsp Extra Virgin Olive Oil
- 1 Bunch Tuscan Kale
- 1 Sweet Onion
- 1/3 Cup Blue Cheese
- 1/3 Cup Chopped Pecans
- Salt
- Black Pepper

Instructions:

1. Preheat your oven to 400 degrees.
2. Wash and dry the squash. Using a sharp knife, cut each squash in half-length wise. Scoop out the seeds with a metal spoon and place the squash cut side up on a baking sheet.
3. Drizzle 1 tablespoon of olive oil over the two halves and use clean hands or a basting brush to distribute the oil evenly. Season with salt and pepper and bake for 45 minutes to an hour, until the flesh can be easily pierced with a fork
4. Peel the onion and cut it in half. Lay the cut side of each half down and slice the onion into 1/8 inch or so pieces. Heat the remaining 1 tablespoon of olive oil in a saucepan over medium heat and add the onion. Season with salt a pinch of salt and some black pepper and stir to coat. Allow the onion to cook, stirring occasionally until it become soft and translucent, about 10 minutes.
5. While the onion is cooking, wash your kale and peel or cut the leaves away from the hard stem, discarding the stem (or saving it for stock).
6. Stack the leaves on your cutting board horizontally and begin to slice them vertically creating short little ribbons. Add the kale to the cooked down onions and stir. Allow the kale to cook for 5 minutes or until it has wilted and is soft. Turn the heat off and stir in the pecans and blue cheese.
7. Divide the filling equally amongst the squash halves and place in the 400-degree oven to bake for 10 minutes.
8. Remove the squash and cut each half in half again before serving.

Recipe courtesy of a wellbasedlife.com

Ticklish Feet: It's a Touchy Subject

There is no argument that feet are extremely ticklish. But what makes our feet so sensitive to tickling? As it turns out, thousands of nerves are to blame for making us squirm.

Our feet are undeniably strong (they support our body weight), but each foot has about 8,000 nerve endings, making them as sensitive as they are strong. Scientists believe these nerve endings exist to protect our feet from injuries, and because the nerves are a mixture of both touch receptors and pain receptors that carry information to the brain, feet tickling creates very different sensations in each individual person.

Add to this, there are two different types of tickling. Light tickling, such as a feather brushing across the soles of your feet, is called knismesis. This type of tickle frequently produces irritation that makes a person instinctively pull away rather than laugh with pleasure. Meanwhile, harder tickling is called gargaesis. This type of tickle comes from using your fingers on the sole of the foot and usually elicits laughter from your "victim" if done playfully.

While some people genuinely dislike the fact that their feet are ticklish, having sensitive feet is a good thing. Non-ticklish feet could be a sign of problems with a person's nerve receptors, which can happen from illnesses like arthritis, diabetes, and neuropathy, which is a degenerative nerve disease.

Capturing Criminals: One Step at a Time

For years, criminal investigators and forensic experts have used fingerprints to determine identity. More recently, forensic podiatry has garnered attention as footprint evidence proves valuable as a tool to catch criminals.

Every person's foot has a unique set of ridges that make up a print unmatched by any other human being. As with fingerprints, the footprint's pattern is a unique characteristic that can pinpoint any one person.

But often the prints at a crime scene do not come from a bare foot. Forensic podiatrists are being asked to assist with crime scene investigations by analyzing shoe prints and gait patterns. Details can emerge such as:

- Size, type, and model of shoe
- Wear patterns and individual characteristics
- Sex, height, and weight of the wearer
- If the person was carrying a heavy object or running
- Number of suspects
- Path taken through the scene
- Entry and exit points
- Linking multiple crime scenes

Foot Funnies



Q: How does an astronomer cut his toenails?

A: Eclipse them.

Trivia

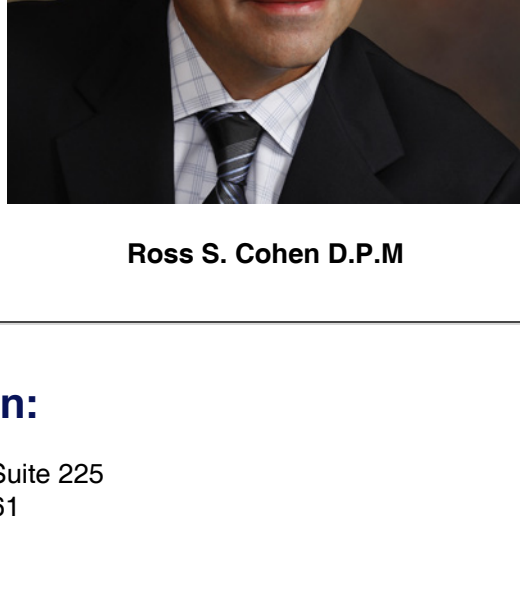
You're most likely to break bones located here:

- A. Your big toe
- B. Your pinky toe
- C. The center of your foot

Answer: C. The center of your foot

Bearing the brunt of your body's weight takes a toll. It's common to get stress fractures -- tiny breaks -- in the long, thin bones in the middle of your feet, called the metatarsals.

Meet Our Doctor



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- Monday: 9am-4:30pm
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- Wednesday: 9am-3pm (phones only- no patient hours)
- Thursday: 9am-6:30pm
- Friday: 9am-4:30pm

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