

# THE FOOT & ANKLE CENTER OF MARYLAND



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### Preventing Diabetic Foot Complications



November is American Diabetes Month. In the last two decades, the prevalence of diabetes has increased significantly. It's estimated that 37.3 million people in the U.S. have diabetes (one in five). What's more, of that number, 8.5 million have the disease but have not been diagnosed.

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### Black Friday Survival Guide for Your Feet



Many brick-and-mortar stores are struggling. With the holidays approaching, we may see crazier than ever Black Friday shopping deals designed to get consumers into the stores. If you're a bargain-loving, post-Thanksgiving holiday shopper, we've got some suggestions for how to help your feet stand firm through Black Friday.

[Read More Here](#)



### Recipe of the Month Fall Harvest Salad with Butternut Squash and Apple

Fall harvest salad with roasted butternut squash and apple is the only salad recipe you need this fall or winter. It's healthy, wholesome, and nourishing.



#### Ingredients

- ½ large **butternut squash**, cut into ½-inch cubes (4 cups)
- 2 tablespoons **olive oil**
- 1 teaspoon **Italian seasoning**
- 1 teaspoon **garlic powder**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**
- 1 (5 oz.) package **baby kale**
- 1 medium **apple**, cut into ½ inch pieces
- ½ cup **pomegranate seeds** (seeds from ½ medium pomegranate)
- ¼ cup **feta cheese**, crumbled
- ½ cup **pepitas** (no shell pumpkin seeds), *toasted*

#### Apple Cider Vinaigrette

- 2 tablespoons **apple cider vinegar**
- ¼ cup **olive oil**
- ½ tablespoon **Dijon mustard**
- ½ teaspoon **salt**
- ¼ teaspoon **ground black pepper**

#### Directions

1. Preheat oven to 400 F. In a large mixing bowl, toss together butternut squash, olive oil, Italian seasoning, garlic powder, salt, and pepper. Transfer to a **quarter-sheet** and roast for 30 minutes until tender.
2. Combine baby kale, roasted butternut squash, apple, pomegranate seeds, feta cheese, and toasted pepitas in a large serving bowl.
3. Whisk vinegar, olive oil, mustard, salt, and pepper in a small mixing bowl. Pour the desired amount of dressing over the salad and toss to combine.

#### Notes:

**How to toast pumpkin seeds:** Add ½ cup raw pepitas (no shell pumpkin seeds), ½ tablespoon olive oil, 1 teaspoon honey, and ¼ teaspoon salt in a small mixing bowl. Stir together to combine. On a parchment-lined quarter sheet baking pan, arrange pepitas in a single layer and bake for 8-10 minutes in a preheated 350 F oven.

**Make ahead instructions:** To make this fall harvest salad ahead of time, roast the butternut squash, prep the ingredients (except for the apple due to browning), and make the dressing. Store in separate airtight containers. When ready to serve, chop up an apple, assemble the salad, and toss it with the dressing.

**How to store:** This salad is best eaten fresh since the apple cider vinaigrette will start to soften the kale. If you have leftovers, keep them for 1-2 days in an airtight container in the refrigerator.

Recipe courtesy of [www.aheadofthyme.com](http://www.aheadofthyme.com)

### November Special Days Mark Your Calendar!

<b>November 1</b> All Saints Day	<b>November 12</b> Chicken Soup for the Soul Day
<b>November 2</b> All Souls' Day	<b>November 17</b> Take a Hike Day
<b>November 5</b> Daylight Saving Time Ends	<b>November 23</b> Thanksgiving Day
<b>November 7</b> Election Day	<b>November 24</b> Black Friday
<b>November 11</b> Veterans Day	<b>November 27</b> Cyber Monday

#### Trivia

Thanksgiving was declared the first national holiday in America by which President?

- A. Rutherford B. Hayes
- B. Ulysses S. Grant
- C. Abraham Lincoln
- D. Grover Cleveland

Answer: C

#### Joke

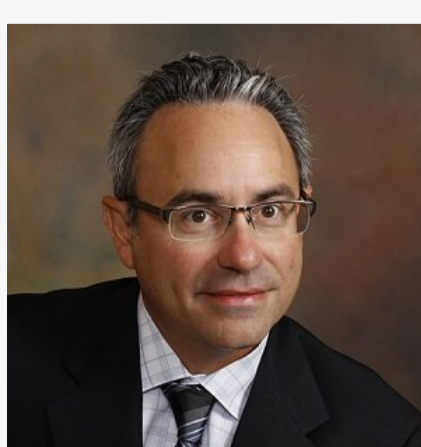
What dance did the turkey go to?

Answer: The Butterball!

### November Fun Facts

- November is often associated with "Movember," a global campaign where men grow mustaches to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and mental health.
- In the United States, Thanksgiving is celebrated on the fourth Thursday of November. It's a time for families and friends to come together, enjoy a feast, and give thanks for the year's blessings.
- The day after Thanksgiving, Black Friday, is one of the biggest shopping days of the year in the United States, marked by major discounts and sales.
- November 11th is Veterans Day in the United States, a day to honor and thank all military veterans for their service and sacrifice.
- Several significant historical events occurred in November, including the fall of the Berlin Wall in 1989, the signing of the Armistice ending World War I on November 11, 1918, and the launch of the first space station, Salyut 1, by the Soviet Union in 1971.
- On November 2, 1983, President Reagan signed the bill establishing the Dr. Martin Luther King Jr. holiday, which is held on the third Monday in January.

### Meet Our Doctor



Ross S. Cohen, DPM

#### Our Office

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Mon: 9:00am – 4:30pm  
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Wed: 9:00am – 3:00pm  
*(phones only no patient hours)*  
Thu: 9:00am – 6:30pm  
Fri: 9:00am – 4:30pm

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