



Neuropathy Know-How

Have you ever encountered poor cell phone reception? You know how frustrating it can be to have calls cut out or drop. When neuropathy, or nerve damage, develops in the feet, it has similar effects. Interference in nerve signals can cause pain, tingling, or outright numbness, frustrating you and leaving you uncomfortable.

If neuropathy is affecting your feet, we can help you develop an ideal treatment and management plan. This plan may involve some of the at-home tips noted below:

- **Move More.** Exercise can not only improve circulation, which helps maintain nerve health, but can also improve mood and reduce the effects of pain. Make sure to consult your doctor before starting a new plan.
- **Consider a Vitamin B Supplement.** Vitamins B12 and B6 are both beneficial to nervous system health. Having low levels of these essential vitamins can increase pain from neuropathy. Most people receive enough B vitamins through their diet, so ask your doctor whether an additional supplement may be right for you.
- **Stop Smoking.** If you smoke, we doubt we're the first to tell you to quit. Smoking does have an impact on neuropathy by constricting your blood vessels and providing less blood flow to the nerves in your feet.



Managing neuropathy often requires making changes to both your lifestyle and treatment plan. Remember, we're in your corner to help you find the plan that best suits your needs!

What's For Dinner Wednesday?

FAMILIES EVERYWHERE WANT TO KNOW

what's for dinner *this* wednesday?



WHILE THE WEEK MIGHT START OUT WITH THE BEST INTENTIONS OF COOKING HEALTHY MEALS EVERY NIGHT, SOMETIMES BY WEDNESDAY IT'S TEMPTING TO JUST PICK UP TAKEOUT ON THE WAY HOME. WELCOME TO "WHAT'S FOR DINNER WEDNESDAY!" EVERY WEDNESDAY WE'LL SHARE A HEALTHY, EASY DINNER RECIPE TO GET YOU THROUGH THE WEEK. JOIN US ON FACEBOOK FOR HEALTHY, EASY MEALS!





Pointers to Prevent Charcot Foot

Diabetes Awareness Month is not just about the drive to find treatments and cures. It is also about providing education on proper management of the condition and prevention of serious complications.

Feet are especially vulnerable to the effects of diabetes, and their condition can deteriorate over time to a debilitating and even life-threatening degree. A common complication with diabetes is Charcot foot. Charcot foot is a condition causing weakening of the foot bones which can occur in people who have neuropathy. The foot can eventually change shape and bones can break.

The good news is that complications from diabetes that affect your feet can be prevented by following these simple steps:

- **Check Your Feet Every Day.** Poor circulation and nerve damage can mean that injuries and fractures in the foot are not felt, leaving them to grow worse. Inspect both feet every day for signs of redness, swelling, sores, and other abnormalities. If they do not begin to clear up after a couple days, see us right away.
- **Take Care to Avoid Injury.** Even a small cut can lead to a serious ulcer, so be sure to protect your feet whenever possible. This may even include seamless diabetic socks to prevent irritation against the skin.
- **Manage Your Blood Sugar.** Keeping your blood sugar in check is the best way to help keep nerve damage from progressing.

Receiving regular podiatric checkups is another crucial step toward preventing Charcot foot and other nasty offshoots of diabetes in your feet. Our expert staff is here to help; just ask!

Mark Your Calendars

- November 1** National Cook for Your Pets Day – Don't forget the doggy bag!
- November 5** Daylight Saving Time Ends – We're falling back an hour!
- November 10** Marine Corps Birthday – Semper Fi!
- November 13** World Kindness Day – Make someone else's day!
- November 15** National Clean Out Your Refrigerator Day – If you dare!
- November 23** Thanksgiving Day – Appreciate the blessings in life!
- November 25** Small Business Saturday – Support local!
- November 30** Computer Security Day – When's the last time you scanned?





Benefits of a Warm Bath

With the holiday season approaching and all its preparatory rushing, we won't blame you if you are thinking about how relaxing a nice, warm bath would be at the end of a hectic day. Bathing has its benefits, and you don't need fancy oils or bubbles to take advantage of them.

A warm bath can help improve circulation to the extremities, which is especially helpful against nerve damage in the feet. It can also help lower blood pressure and improve heart function. Be careful not to bathe in water that is too hot as that can place excessive strain on the heart.

The nervous system can also benefit from a warm bath, helping decrease inflammation and ease aches and pains. The steam from the warm water can also help clear the sinuses and improve oxygen intake.

Plus, the general feeling of stress reduction has widespread effects from head to toe. We won't discourage you from using your favorite soaps and products, but do watch for skin reactions. As long as you are relaxed and comfortable, a nice bath can help wash your troubles away.

Sugar-Free Cranberry Creations

Cranberries are a fall staple, but you don't have to only enjoy them out of a can and on your Thanksgiving plate. There are other ways to partake in the tart pleasures of cranberries and all the nutritional benefits they have to offer. Why not wake up your breakfast with a Sugar Free Cranberry Banana Smoothie?

Sugar Free Cranberry-Banana Smoothie

Ingredients

- 1 c. water
- 2 bananas
- 1 c. fresh cranberries
- 1 tsp. pure vanilla extract
- 1 c. Greek yogurt, vanilla or plain
- 1 tbsp. ground flax seed
- ½ c. ice
- ½ c. coconut milk
- 1 tsp. liquid stevia, vanilla crème, or other sweetener of choice

Simply combine the above ingredients in a blender and liquefy. Add more ice and blend until smooth, if needed. Almond milk can be substituted for coconut milk. If you desire a thinner smoothie, do not add as much Greek yogurt, or replace the yogurt with milk.



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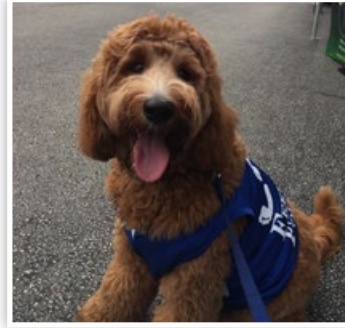
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Cooper's Corner

"How Cooper Came to Our House"

My wife has wanted a dog for many years. But I, being the practical one, tried to discourage her from buying one. About six months ago, she finally told me it was going to happen whether I like it or not. I am so glad she didn't listen to me. She found the perfect dog for us – Cooper!



Cooper has brought so much joy into our lives. We decided that we wanted him to be a therapy dog so he could bring smiles to as many other people as possible. He is just beginning his advanced training as a therapy dog.



One thing we pride ourselves in at Foot & Ankle Associates of Florida is caring for our patients like they were part of our family. Having Cooper come to the office, helps complete that comfortable family atmosphere we are striving toward. Be sure to read our Newsletter each month to learn more fun facts in "Cooper's Corner".

Dr. Matthew Villani

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What Makes Diabetic Shoes Different?

At first glance, all shoes may look the same; they cover and protect your feet, so is there really any big deal in opting for diabetic shoes?

For those whose feet are more vulnerable due to nerve damage and poor circulation, the answer is a resounding "Yes!" Diabetic shoes provide number of factors to further safeguard feet against injury and sores that can develop into serious ulcers or infections.

Diabetic footwear is designed to relieve parts of the foot that can experience excess pressure, which can cause the skin in those sections to become irritated and break down. General shock and rubbing against the foot is also reduced due to the padding in diabetic shoes.

Diabetic patients who suffer from pain in the feet can also benefit from the added stability and support of a diabetic shoe. Keeping joints properly aligned can help lessen pain and reduce inflammation. The shoe can also help stabilize any foot deformities that may be present.

Not everyone living with diabetes may need a diabetic shoe, but it's important to understand what your feet need at whichever stage of the condition you may be in. Our team can guide you toward the best choices for your safety and mobility.

