

### Foot Ulcers: A Serious Condition that Requires Immediate Treatment



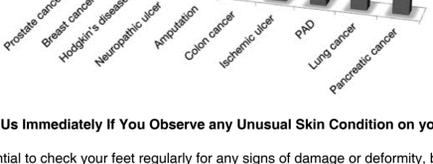
If you or a family member has diabetes, you know how important good foot care is to staying healthy. The smallest scrape, cut or puncture wound could easily escalate into a dangerous foot ulcer without you noticing it, and medical researchers agree that ulcers and amputations of the foot or leg are all-too-common and costly complications from diabetes.

The diabetic foot is jeopardized by multiple factors, including peripheral neuropathy (nerve damage) and restricted blood supply to the extremities. When the foot becomes damaged, these conditions prevent healing.

It's a dangerous slide:

- Diabetes causes neuropathy, or loss of sensation, so a minor injury to the foot can become an open sore or ulcer.
- Reduced blood flow inhibits healing and then the ulcer becomes infected.
- If the infection isn't promptly treated by a qualified podiatrist, or if it doesn't respond positively to treatment, there is danger of amputation.

A patient with diabetes who has a foot ulcer **or** who has had an amputation has a **higher mortality rate** than many deadly diseases including cancer of the breast, prostate and colon, as well as Hodgkin's disease. The following chart, published by U.S. National Library of Medicine's National Institute of Health, illustrates the relatively high 5-year mortality rates for these patients:



#### Contact Us Immediately If You Observe any Unusual Skin Condition on your Feet

It's essential to check your feet regularly for any signs of damage or deformity, but especially if you suffer from diabetes. Inspect your feet daily including the soles of the feet and between the toes. Look for anything out of the ordinary - calluses, bruises, scrapes, cuts, blisters and punctures.

We urge you to make it a habit to come to our office for a foot checkup. But if you observe a problem on your own, call us right away. We take these problems seriously as they are limb - and life - threatening.

We will give you a complete foot exam and obtain a personal medical history. If your foot problem has worsened into an ulcer, we will clean out the wound - also called debridement - and keep a careful watch on it.

**Remember: If you have diabetes, your foot wounds will not heal by themselves - you need professional help from a qualified podiatrist.**

Please reach out to us with any questions or problems - we're here to help!

### Exercise is Very Beneficial for Patients with Diabetes



Did you know that exercise can help you control your blood sugar?

Regular exercise is an important part of managing your diabetes, along with healthy eating and planning, taking your medications and managing stress.

Being active helps your cells become more sensitive to insulin and therefore work more efficiently. Another benefit is that your cells are able to remove glucose from the blood in a way that's entirely separate from insulin.

In other words, exercising for people with diabetes is a win-win!

#### It's Not Too Late to Start!

Even if you have been inactive, you can begin a beneficial exercise program any time.

First, check with your doctor to make sure it's okay.

Here are some helpful tips:

- Start slowly! Always get your doctor's permission.
- Warm up before any activity for about 5 minutes.
- Always include a cool-down portion at a lower intensity for about 10 minutes.
- Stay hydrated with plenty of water.
- Be prepared with carbohydrates like a sports drink if necessary.
- Wear your medical ID tag in case of an emergency.
- Check your feet after your workout for any sign of damage or deformity.

You can find more information from the American Diabetes Association on exercise safety tips for individuals with diabetes here. <http://www.diabetes.org/food-and-fitness/fitness/get-started-safely/injury-free-exercise.html>

### A Word about Athlete's Foot



Are your feet itchy especially between the toes? Do you have a rash or scaly blistered skin on your toes or feet? If yes, you may have athlete's foot. This sometimes painful condition is caused by a fungus that is very contagious. The fungus thrives in warm, wet conditions like your shoes. It's easily transmitted at public areas like pools, changing rooms and spas.

Here's an important note - this type of fungus is easily spread to the soles of your feet, your hands and can even cause jock itch.

You may be tempted to try over-the-counter products like anti-fungal sprays or lotions to treat athlete's foot, but they provide only temporary relief from symptoms and don't eliminate the fungus.

Instead, give us a call for a professional evaluation and treatment. We'll prescribe topical medication to get to the source of the problem quickly along with oral drugs if necessary.

You can prevent athlete's foot by:

- Never share shoes or towels.
- Wear shoes made of materials like leather or canvas that breathe and provide ventilation.
- Wear acrylic socks rather than cotton as they wick away moisture.
- Alternate shoes so they are completely dry and wear clean socks every day.
- Apply powder to your feet to absorb perspiration.
- Wear flip flops in public pools, spas, gyms and locker rooms.

### Remember To Clean Your Flip Flops Regularly



It's August - summer is more than half gone and you've been reveling in a barefoot approach for weeks now. But are your favorite flip flops looking pretty gross?

Let's face it - your flip flops accumulate a lot of dirt, sweat and even dead skin cells from warm weather adventures, and they could use a cleaning. Take it in 2 steps:

#### Flip Flops - Deep cleaning

In an emergency - or every 2-3 months - give leather or rubber flip-flops a deep cleaning:

- Scrub with a mixture of baking soda and water - add enough water to 1/2 cup baking soda to make a paste. A soft-bristled toothbrush is just the right tool to get at all kinds of unpleasant stuff.
- Rinse thoroughly in cool water.
- Dry with a rag and let them air-dry away from sunlight.

#### Regular Maintenance

More frequently, spruce up your flip flops with this easy routine:

- Wipe them down with a paper towel dampened with vinegar, rubbing alcohol or dish soap.
- Use another paper towel to wipe clean with water - don't let drying solutions like alcohol stay on.
- Pat dry.

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### History FootNote

Neil Armstrong placed the first human footprint on the moon in 1969, and that will probably last until as long as the moon survives, as long as an asteroid doesn't hit that spot.

### Celebrity Foot Focus

His team, the Golden State Warriors, didn't win the NBA championship after a heart-stopping 7th game loss to the Cleveland Cavaliers, but that didn't stop point guard Steph Curry from taking the spotlight wearing his blinding white "chef shoes" on the court.

### Joke of the Month

Luke comes home from his first day of school, and his mother asks, "What did you learn today?" "Not enough," Luke replies. "They said I have to go back tomorrow."

### Trivia

**August 9th, 1930, is the birthdate of what cartoon character?**

- A. Mickey Mouse
- B. Minnie Mouse
- C. Betty Boop
- D. Bullwinkle the Moose
- E. Yertle the Turtle

**Answer C.** Betty Boop. Created by Max Fleischer and Grim Natwick in the 1930's, Betty Boop is one of the most famous cartoon characters to ever grace our screens. Her first appearance was on August 9th 1930, on the popular Talkartoon cartoon series.

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### Meet Our Doctor



Carl Ingrassia, DPM

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### Office Hours

Monday: 8:00am – 5:00pm  
Tuesday: 8:00am – 6:00pm  
Wednesday: 8:00am – 6:00pm  
Thursday: 8:00am – 5:00pm  
Friday: 8:00am – 5:00pm  
Saturday: Closed  
Sunday: Closed