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Newsletter Fall / Winter 2022

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• 7 Ways to Protect Feet from Diabetic Complications

7 Ways to Protect Feet from Diabetic Complications



diabetes, can make injury to the feet and treatment more difficult. Thankfully, there is much you can do to prevent diabetic complications in your feet. Below are seven helpful tips: 1. Check your feet daily. One of the most important ways to ensure you avoid diabetic complications in your feet is to examine them every day. Look your feet over top and bottom and between the toes. If you spot any redness, rashes, sores, blisters, bruising, or discoloration alert your podiatrist right away. 2. Practice good podiatric hygiene. Wash your feet every day with warm (not hot), soapy water. Dry completely, especially the spaces between your toes.

- 3. Keep feet dry. If you tend to sweat excessively, apply foot powder in the morning and consider wearing moisture-wicking socks. 4. Wear shoes that fit properly. Shoes that are too small can rub against the skin and cause a blister to form. Always run your hand around the inside of your shoes
- before putting them on to check for loose stitching, pebbles, or other objects that could hurt your feet. Do not walk barefoot.

5. Take care of your toenails. Keep nails trimmed and filed to avoid tears. Be sure to

- not cut nails so short that the surrounding skin can overlap the nail and cause it to become ingrown. 6. Moisturize nightly. Diabetes can cause you to have dry skin due to damage to nerves that are responsible for secreting oils to your skin. Avoid putting lotion between your toes, however, as this may lead to excessive dampness in that area
- and create a breeding ground for athlete's foot. 7. Do not smoke. Smoking decreases your circulation. This means that oxygen and nutrient-rich blood will have difficulty reaching your feet as needed. Talk to your doctor about a smoking cessation program.
- Schedule regular checkups with the foot doctor and do not hesitate to call if you experience pain or new symptoms in your feet. Help Your Feet by Avoiding Holiday Weight Gain

If you have diabetes, your podiatrist is an important member of your care team.



with salad, raw vegetables, or other lower calorie options.

between alcoholic drinks. This will also help you feel full.

Monday" mentality to weight control.

it out or put it in the sink. Do not stand or sit and chat next to the food table to help avoid mindless eating. Balance your food choices. If you look forward to eggnog and Christmas cookies, you can enjoy them in moderation and if you consciously make tradeoffs in your eating plan. Choose more salads, vegetables, fruits, and lower calorie healthy foods throughout the day to offset a few well-chosen treats. Watch your cheer consumption. Decide ahead of time on the number of alcoholic

beverages you will have and stick to it. Have a large glass of water or seltzer in

• Weigh yourself daily. It will help you stay accountable and avoid the "I'll start on

Get an adequate amount of sleep. Holiday parties, shopping and work deadlines can result in later bedtimes and less sleep. Studies show that when we are tired, we

. Nibble strategically. Affairs where the food is laid out and self-serve can be the trickiest. Choose a small plate for your food and when you finish what is on it throw

tend to consume more calories. Stay active. Keep up your regular exercise program. Devise bad weather alternatives if your fitness routine normally takes place outdoors. Try to build more opportunities for calorie burning into your day: park farther away from the store, walk while you talk on the phone and take the long way up and down the aisles at

the grocery store if you have time. This will burn off a few of the holiday treat calories and help you avoid the unwanted gift of extra pounds this season.



heat. Add the onion, carrot, and celery, and cook until vegetables are beginning to

Directions

1 c. chopped celery 1/2 c. all-purpose flour

1 c. frozen peas 1/2 c. heavy cream

3/4 tsp. salt 1 tsp. pepper

6 c. low-sodium chicken broth, divided 4 1/2 c. shredded cooked chicken

1 tbsp. chopped fresh thyme

 1/4 tsp. ground turmeric Nonstick cooking spray

soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute. Gradually stir in 4 cups of chicken broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to

parsley. Let stand 2 minutes or until stuffing mix has absorbed the broth.

Preheat the oven to 375°. Melt 1/2 cup of the butter in a Dutch oven over medium high

thicken. Stir in the chicken, peas, heavy cream, thyme, salt, pepper, and turmeric.

Spray a 13-by-9-inch baking dish with nonstick spray and pour in the filling. Place the remaining 1/2 cup of butter in a large, microwave safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 2 cups of chicken broth, and 1/4 cup

Top the chicken mixture evenly with the stuffing mixture. Bake for 30-35 minutes or until golden brown on top and bubbly around the edges. Let stand 15 minutes. Sprinkle with

 2 6-oz. packages Savory Herb flavored stuffing mix • 1/4 c. chopped fresh parsley, plus more for garnish

additional chopped parsley before serving.

Recipe courtesy of The Pioneer Woman

Native American physicians.

Return to a simmer and cook for 3 more minutes.

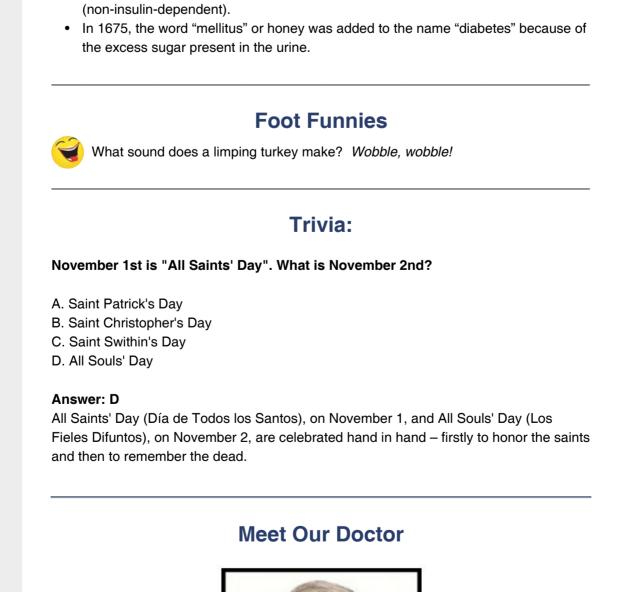
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History Footnote

Diabetes symptoms were first mentioned in the 1500's B.C. by both Egyptian and

Researchers in 1959 developed a method for measuring insulin in the blood and

classify those with diabetes into type 1 (insulin-dependent) and type 2



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> 8:00am - 12:30pm 1:30pm - 4:30pm

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