



Affiliated Podiatrists, Inc.

November 2009 Newsletter

“When your feet hurt, you hurt all over”

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WHAT IS DIABETES?

Diabetes is a chronic disease that affects as many as 16 million Americans. For reasons that are not yet clear, diabetes is increasing in our population to the point where public health authorities are calling diabetes an "epidemic" that requires urgent attention. People with diabetes are unable to use the glucose in their food for energy. The glucose accumulates in the bloodstream, where it can damage the heart, kidneys, eyes and nerves. Left untreated, diabetes can develop devastating complications. It is one of the leading causes of death and disability in the United States. However, the good news is that with proper care, people with diabetes can lead normal, satisfying lives. Much of this care is "self-managed," meaning that if you have this condition, you must take day-to-day responsibility for your own care.

TREATMENT

If you or someone you know has Diabetes, they would be wise to make healthful lifestyle choices in diet, exercise and other health habits. These will help to improve glycemic (blood sugar) control and prevent or minimize complications of diabetes. Eating a consistent, well-balanced diet, that is high in fiber, low in concentrated sweets. Regular exercise, in any form can help reduce the risk of developing diabetes. Activity can also reduce the risk of heart disease, stroke, kidney failure, blindness and ulcers.

DIABETES AWARENESS MONTH

DIABETIC NEUROPATHY

Diabetic neuropathy is damage to the nerves that allow you to feel sensations such as pain. Diabetic neuropathy is the most common complication of diabetes. There are a number of ways that diabetes damages the nerves, mostly related to blood glucose being too high or uncontrolled. Depending on the affected nerves, symptoms of diabetic neuropathy can range from burning and numbness in your extremities to loss of total sensation. These symptoms are mild, for others, diabetic neuropathy can be very uncomfortable, disabling and sometimes fatal.

SYMPTOMS

- Numbness or reduced ability to feel pain or changes in temperature, especially in your feet
- Tingling, burning or prickling sensation that starts in your toes or the balls of your feet and gradually spreads upward
- Sharp, jabbing pain that's worse at night
- Extreme sensitivity to the lightest touch — for some people, even the weight of a bed sheet
- Loss of balance and coordination
- Muscle weakness and difficulty walking
- Serious foot problems, such as ulcers, infections, deformities, and bone and joint pain

RISK FACTORS

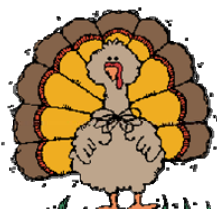
- **Poor blood sugar control**
- **Length of time you have diabetes.** Your risk of diabetic neuropathy increases the longer you have diabetes.
- **Age.** The older you are, the greater your chance of developing diabetic neuropathy.
- **Your sex.** Men are more likely to develop diabetic neuropathy than women.
- **High cholesterol**
- **Smoking**

If you or anyone you know has neuropathy, consult your doctor for further treatment.

Thanksgiving

Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Indians that took place in the autumn of 1621. Although they did have a three-day feast in celebration of a good harvest, and the local Indians did participate, this "first Thanksgiving" was not a holiday, simply a gathering. There is little evidence that this feast of thanks led directly to our modern Thanksgiving Day holiday. Thanksgiving can, however, be traced back to 1863 when President Lincoln became the first president to proclaim Thanksgiving Day. The holiday has been a fixture of late November ever since.

Thanksgiving was proclaimed by every president after Lincoln. The date was changed a couple of times, most recently by Franklin Roosevelt, who set it up one week to the next-to-last Thursday in order to create a longer Christmas shopping season. Public uproar against this decision caused the president to move Thanksgiving back to its original date. And in 1941, Thanksgiving was finally a legal holiday, as the *fourth* Thursday in November.



Peripheral Arterial Disease What is Peripheral Arterial Disease?

Peripheral Arterial Disease commonly known as "poor circulation" is the restriction of blood flow in the arteries of the legs and feet. This limits the flow of oxygen-rich blood to your extremities.

Signs and Symptoms

- Leg pain that occurs while walking
- Leg pain that occurs while lying down
- Leg numbness or weakness
- Cold legs or feet
- Sores or ulcers that won't heal on your toes, legs or feet
- A change in leg color
- Loss of hair on feet and legs
- Changes in toenails-color and thickness

If any of these symptoms are present, it is important to discuss them with your podiatrist. Left untreated can result in loss of limb or death.

Risk Factors

Even though only half show symptoms of P.A.D., it is important that people know risk factors as well.

- Age (50 or older)
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Personal or family history of P.A.D., heart disease, heart attack, or stroke
- Poor exercise habits

In diagnosing P.A.D. the physician obtains a complete medical history and performs a physical examination of the lower extremities. If any risk factors are present, your doctor may recommend a non-invasive test of the extremities, such as the P.A.D.-net system, which we offer as an ancillary service in the office. Based on results of the exam, further referral to a vascular specialist may be necessary.

Treatment

Treatment for P.A.D. involves lifestyle changes, medication and, in some cases surgery. If you or anyone you know has P.A.D., consult your doctor for further treatment or testing.

Important News About You!

the SHOE STORE

While there are many brands of diabetic shoes on the market, our focus is offering shoes that are therapeutic along with having a sense of style. We have selected the best shoes on the market for therapeutic use. Visit our store open Monday through Friday and review quality shoes from Aetrex and Dr. Comfort.

We offer a full line of Medicare approved diabetic shoes and keep a wide range of sizes in stock. Often times this allows us to dispense shoes the day you come in for a fitting.

If you or someone you know is diabetic, we suggest making an appointment with Terry for a personal shoe fitting. Please feel free to stop buy and browse our selection.

Meet Our Staff:

- * Robert J. Rosenstein, DPM
- * Jennifer A. Zienkowski, DPM
- * Michael G. Coppers, DPM
- * Louise, Office Manager
- * Terry, Shoe Store Manager
- * Nancy, Patient Coordinator
- * Kellie, Financial Administrator
- * Jennifer, Podiatric Assistant
- * Kenny, Podiatric Assistant
- * Robin, LPN
- * Nicole, Radiology Tech

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome the following new patients:

<i>Esther R.</i>	<i>Alexia C.</i>	<i>Mary T.</i>	<i>Sarah M.</i>
<i>Patricia Z.</i>	<i>Walter Z.</i>	<i>Adolph P.</i>	<i>Andrea S.</i>
<i>Ricky E.</i>	<i>James L.</i>	<i>Charles M.</i>	<i>Phyllis B.</i>
<i>Irene L.</i>	<i>Glenn Z.</i>	<i>Lane B.</i>	<i>Laura N.</i>
<i>Dolores G.</i>	<i>Janie B.</i>	<i>Anthony D.</i>	<i>Nicole B.</i>
<i>Joseph E.</i>	<i>Theresa G.</i>	<i>John K.</i>	<i>Paul M.</i>
<i>Donna N.</i>	<i>Nadine D.</i>	<i>Carol T.</i>	<i>Eleanor K.</i>
<i>Brenda N.</i>	<i>Clifford H.</i>	<i>Sandra D.</i>	<i>Marian M.</i>

APPLE BACON STUFFING

Ingredients:

½ lb. bacon, diced
2 c. onions, chopped
1 Tbs. garlic, chopped
3 Granny Smith apples, quartered, cored and diced
2 Tbs. sage, chopped
3 c. chicken stock
2 eggs
½ c. heavy cream
4 Tbs. flat leaf parsley, chopped
8 c. white bread stuffing
Salt and pepper to taste

Directions:

Preheat oven to 350 degrees. Generously butter a baking dish.

Render bacon over medium heat. Add onions, garlic, apples and sage. Cook over medium heat for 2 minutes. Whisk together stock, eggs, cream and parsley. Combine both mixtures with bread, then season with salt and pepper to taste. Mix together all ingredients and transfer to prepared pan.

Cover stuffing and bake for 35 minutes. Uncover and continue to bake 15-20 minutes longer.

Let's Wish Happy Birthday to all November birthdays!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a November birthday. We have a large patient population with a birthday in November, so unfortunately we can not list all

Titans Gym Nutrition Classes starting November 7th

- 10 week program
- Weekly weigh ins
- Individual food logs
- Helpful meal plans

Available to all!
For more information please contact
Niki DelGrosso at (440) 773-5727

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Fall Fest

D N Z P J
R O R E L

K C A R N I V A L F K
A C O R N H A R V E S T W
T G F P R Y N F E S T I V A L
H H O T X C O R N V B X Y S K
A T X P S C A R E C R O W R Q H K
H C L G O U R D N H E T O U U A L
A K B N J Y F A G R M S Q C M A J H R
K C A R A M E L A P P L E T H S I Q A
G N Y R P H A Y R I D E O O B H C L W
G N A U K F M G J K V N B F A L L
J Q G M A P P L E V S C E I P W H
V E P A U T U M N H W R K D K
B L K A B N F F S T R A W M R
R I L E A V E S W N A T J
N S Y Z F Y S A S N R
Z F E R N Z D

Acorn

Apple

Autumn

Caramel Apple

Carnival

Corn

Fall

Festival

Gourd

Harvest

Hay Ride

Leaves

October

Pumpkin

Scarecrow

Squash

Straw