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November 2010 Newsletter

“When your feet hurt, you hurt all over”

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 is 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 with the duration of diabetes.
- **Age.** The older you are, the greater the 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, please consult a doctor for further evaluation and treatment.

Diabetic Foot Care Guidelines

Inspect your feet daily. Check for cuts, blisters, redness, and swelling. Use a magnifying hand mirror to check the bottom of your feet.

Wash your feet in luke warm water. Keep your feet clean by washing them daily.

Moisturize your feet-not in between the toes. Use a moisturizing cream daily to keep your feet from becoming dry and cracking.

Cut nails carefully-straight across. Also, file the edges. Do not cut them too short; this could lead to ingrown toenails.

Never trim corns or callouses.

Wear clean socks. Wearing white socks will show signs or bleeding or drainage.

Avoid socks that are too tight. Avoid tight elastic bands (they reduce circulation).

Shake out your shoes and inspect the inside before wearing. Remember, you may not feel a pebble, so always shake out your shoes before wearing them.

Never walk barefoot. Not even at home!

Take care of your diabetes. Keep your blood sugar monitored and under control.

Do not smoke. Smoking restricts blood flow to your feet.

Get periodic foot exams. See your podiatrist on a regular basis for an exam to prevent foot complications.

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/foot 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 of individuals show symptoms of P.A.D., it is important that people know risk factors that can put themselves or loved ones at risk.

- 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!

Meet Our Staff:

- * Robert J. Rosenstein, DPM
- * Jennifer A. Zienkowski, DPM
- * Michael G. Coppers, DPM
- * Kenny, Patient Coordinator
- * Debbie, Patient Coordinator
- * Kellie, Financial Administrator
- * Brian, Marketing
- * Jennifer, Podiatric Assistant
- * Julie, Podiatric Assistant
- * Robin, LPN
- * Nicole, Radiology Tech
- * Chrissy, Pedicurist
- * John, Physical Therapist

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to all of our patient's who have sent us a referral this month!

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:

Cassie C.	Stevie H.	Greg M.	Judy K.	Valorie E.
Gordana C.	Judy K.	Joy M.	Larry H.	Robert C.
Beverly M.	Debra H.	Heather B.	Angela B.	Mary S.
Susan B.	Jefrey P.	Gayle E.	Rose G.	Lisa D.
James W.	Patricia V.	Judy M.	Doug R.	Terri P.
Mamie M.	Bobby M.	Karen H.	Laura M.	Donald F.
Walt Z.	Zelege M.	Ashton K.	Charles Z.	John R.
Jessica F.	Gloria A.	Charlotte I.	Jennifer G.	Doug L.

the Shoe Store

Relief Crocs

Comfortable, light weight and molds to your foot.

The relief, by Crocs Medical, is designed to provide therapeutic relief for many foot conditions.

The designed sole provides comfortable relief for plantar fasciitis, heel spur syndrome and other foot injuries, while the roomy forefoot allows a comfortable fit.



The Relief Croc is APMA approved and recommended by all podiatrists.

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 of you. We hope each one of you enjoys your special day.

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<http://drrobertjrosenstein.blogspot.com>

<http://affpodiatrists.blogspot.com>

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Inventory Sale

Date: November 1st - 30th

Time: Mon, Wed, Fri 9a.m.-5p.m.
Tues, Thurs 9a.m.-7p.m.

Venue: the Shoe Store
7537 Mentor Ave. Suite 303
Mentor, Ohio 44060

Men's Athletic

Men's Casual

Men's Dress

Women's Athletic

Women's Casual

Women's Dress

Sale includes all in-stock Aetrex Footwear
Shoes sold as is with NO RETURNS
Limited stock and sizes

