



In This Issue...

- November is National Diabetes Month
- Give Thanks for Your Feet!
- Recipe of the Month: Roasted Butternut Squash Winter Salad with Kale, Farro & Cranberry Dressing

November is National Diabetes Month



November Diabetes Awareness

Approximately 34 million adults and children have diabetes in America. **November is National Diabetes Month** and a great time to focus on this disease that can seriously impact the health of your feet. The most common form of the disease is Type 2 diabetes, and in patients with this disorder, the body doesn't use insulin properly. Controlling your blood sugar levels is important to avoid complications associated with diabetes. Two complications that affect your feet are poor circulation and neuropathy. Decreased circulation means the blood supply to your legs and feet is restricted, making it more difficult for wounds and ulcers to heal. This in turn can lead to infection and, worst-case scenario, amputation. Neuropathy makes this risk even higher because nerve damage can prevent you from perceiving pain, heat, and other sensations that would signal an injury or other condition and prevent you from seeking treatment before it becomes serious.

Fortunately, there are many steps you can take to control diabetes and protect your feet. Below are ten tips to help:

1. **Schedule regular podiatrist appointments.** The foot doctor will monitor the health of your feet. He or she will look for any signs that an infection is developing or any other problems that may increase your risk of injury.
2. **Get in the habit of inspecting your feet daily.** Report anything suspicious or concerning to the foot doctor promptly.
3. **Don't smoke.** Smoking impedes circulation, something that is already at risk with diabetes.
4. **Eat a healthy diet.** Talk to your physician about your food choices. Having diabetes doesn't mean you have to say "goodbye" to the foods you love. Work with a nutritionist to develop a plan custom-tailored for you.
5. **Exercise regularly.** Physical activity enables your body to use insulin more effectively. It also improves circulation and helps you maintain a healthy weight.
6. **Keep feet covered.** Even at home, it's best to wear shoes. If you have neuropathy, you are more likely to get a cut or puncture wound on the bottom of your feet and not notice it.
7. **Make sure feet stay dry.** Feet that spend long periods in damp socks and closed in shoes are more susceptible to fungal infections. If you perspire excessively, keep an extra pair of clean socks handy and change as soon as you notice they feel damp.
8. **Take care of trimming toenails.** Make sure they are cut straight across with no curved edges. Ask your podiatrist for help with this task.
9. **Practice good hygiene.** Wash feet daily with soap and warm (not hot) water.
10. **Choose shoes wisely.** Styles you wear should have roomy, wide toe boxes and not rub or pinch your feet anywhere. Avoid shoes made of very stiff materials.

Your podiatrist is a partner in managing your diabetes. Working together, you can maximize your control over this disease and minimize the risk of harm to your feet.

Give Thanks for Your Feet!



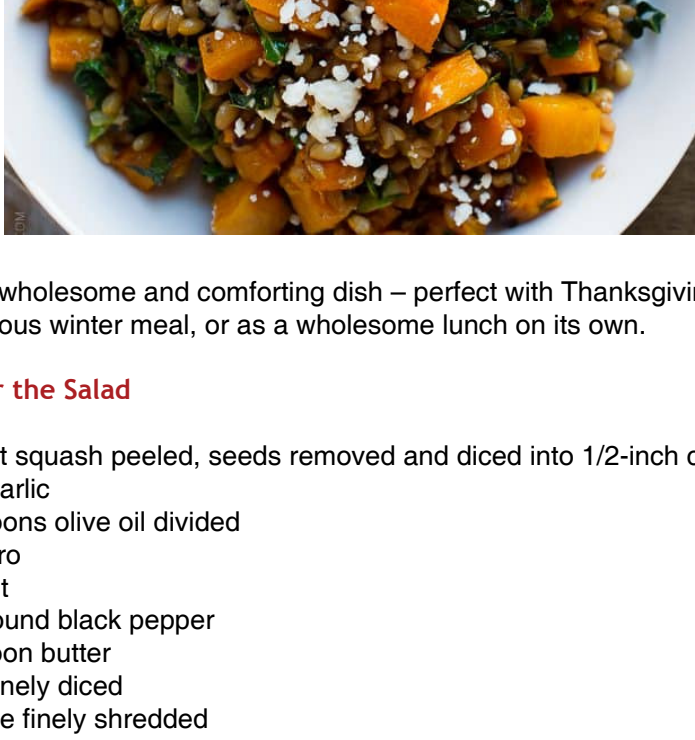
It's the time of year for giving thanks for the many good things we have. Your feet are often taken for granted but they are truly amazing structures and something to be grateful for! Consider the following incredible facts about your feet:

- Your foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- 25% of all the bones in your body are in your feet.
- The average person will walk approximately 115,000 miles in their lifetime—that equals more than 4 trips around the globe!
- There are 8,000 nerves in the soles of your feet. That's more sensory nerve endings per square centimeter than anywhere else in your body.
- There are 250,000 sweat glands in your feet that can produce approximately a half pint of perspiration daily.
- During the first year of a child's life, their feet grow so rapidly that they reach almost half their adult size.
- Your feet can absorb the pressure of up to four times your body weight when you are running.
- It takes 5-6 months to completely grow a new toenail.
- Your feet act as an early warning system for the rest of your body. Many conditions including diabetes, arthritis, peripheral arterial disease, and nerve and circulatory disorders may first show initial signs in your feet.

So, be thankful for your feet and take good care of your feet. This will enable you to live an active life for many years to come.



Recipe of the Month Roasted Butternut Squash Winter Salad with Kale, Farro & Cranberry Dressing



This salad is a wholesome and comforting dish – perfect with Thanksgiving turkey, as a side for a delicious winter meal, or as a wholesome lunch on its own.

Ingredients for the Salad

- 1 butternut squash peeled, seeds removed and diced into 1/2-inch cubes
- 4 cloves garlic
- 4 tablespoons olive oil divided
- 2 cups farro
- kosher salt
- freshly ground black pepper
- 1 tablespoon butter
- 1 shallot finely diced
- 3 cups kale finely shredded
- 1/4 cup feta cheese

Ingredients for the Dressing

- 3 tablespoons balsamic vinegar
- 2 tablespoons unsweetened cranberry juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup olive oil

Directions

1. Preheat the oven to 400°F.
2. Place the butternut squash and garlic on a rimmed baking sheet, drizzle with about 2 tablespoons olive oil, season with salt and pepper, and toss well, using your hands to evenly coat the squash. Roast the squash in the oven for about 15-20 minutes, or until fork tender.
3. While the butternut squash and garlic roasts, place the farro and about 4-5 cups of cold water in a saucepan, season generously with kosher salt, and bring to a boil over medium high heat. Once the farro comes to a boil, lower heat to a simmer, cover, and let the farro cook for up to 40 minutes, or until the farro has bloomed. Check your farro package for instructions, as some farro may cook faster/longer.
4. When the butternut squash is tender, remove from the oven and set aside. Squeeze the garlic out of the peel into a small bowl, mash with a fork, and set aside. Discard garlic peel.
5. In a deep sided sauté pan, heat remaining 2 tablespoons olive oil and butter over medium-low heat. Once the butter is melted, add the shallots and roasted garlic, and cook for a minute or two, or until the shallots are translucent. Stir in the kale, butternut squash, and farro. Season to taste with salt and pepper. Remove from heat and let it sit while you make the cranberry dressing.
6. In a small bowl, whisk together the balsamic vinegar, cranberry juice, salt, and pepper. While whisking, slowly drizzle in the olive oil. Stir in the feta cheese.
7. Transfer the salad to a serving dish and serve warm, with additional dressing on the side.

Recipe courtesy of kitchenconfidante.com



Fun Foot Facts – Animal Edition

Butterflies taste with their feet, gannets incubate eggs under their webbed feet and elephants use their feet to hear – they pick up vibrations of the earth through their soles.

Foot Funnies



What sound does a limping turkey make?
Wobble, wobble!

Trivia

The most common reason your heels hurt is:

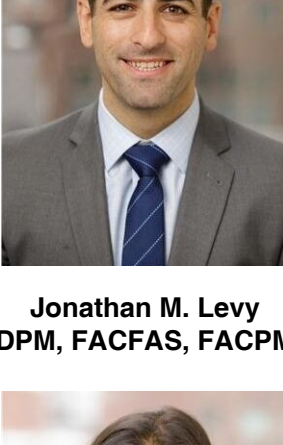
- A) Trouble in the tissue that supports your arch
- B) Plantar warts
- C) Blisters
- D) Legos camouflaged by the carpet

A. One of the most common sources of heel pain is a condition called "plantar fasciitis," which is an inflammation of a thick band of connective tissue that starts in your heel and supports your arch. One remedy for treating the pain is to roll a frozen water bottle with the arch of your foot to ease the inflammation and reduce swelling. Good arch support is important for treating and preventing this condition.

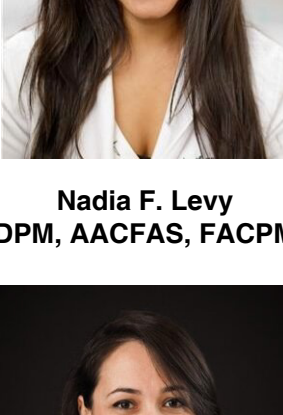
Follow us...



Meet Our Doctors



Jonathan M. Levy
DPM, FACFAS, FACPM



Nadia F. Levy
DPM, AACFAS, FACPM



Diane M. Castro
DPM, FACFAS



Josef Geldwert
DPM, FACFAS



Katherine Lai
DPM, FACFAS



Vera Malezhik
DPM, AACFAS

Our Office

120 E 56th St, Suite 1150
New York, NY 10022
212-980-6487

Office Hours

MON: 8am - 5pm
TUE: 8am - 6pm
WED: 8am - 6pm
THU: 8am - 5pm
FRI: 8am - 4pm
CLOSED SAT & SUN

www.podiatrysportsmed.com

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.