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# Total Foot and Ankle of Tampa Bay

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NEWSLETTER

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[www.mytampafoot.com](http://www.mytampafoot.com)

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November 2017, Vol 24

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**November is  
National  
Diabetes Month**

## Foot Care for Patients with Diabetes: Fact and Fiction

You know that good foot care is a vital part of managing diabetes. Even a problem as minor as a scratch or a bruise, if neglected, can lead to a serious infection or even a foot ulcer in a patient with diabetes.

Are you paying enough attention to your foot health? This month, which is National Diabetes Month, is a great time to review some important diabetes foot care essentials.

You decide ... fact or fiction?

- *Only those with high blood sugar levels should check their feet.* **Fiction!** All individuals with diabetes should inspect their feet every day, even if your blood sugar levels appear to be under control. Check for redness and swelling as well as any cuts and sores and let us know if you have any type of damage to your feet and toes.
- *If you have diabetes, it's not good to soak your feet.* **Fact!** Immersing your feet in water for a length of time will remove the natural oils and dry out your skin. Dry skin is more likely to crack and let in bacteria and fungus.

....continued on page 2



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### Our Offices

**Zephyrhills Office**  
6326 Fort King Rd  
Zephyrhills, FL 33542  
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Fax: (813) 788-7010

**Office Hours:**  
Monday-Friday:  
09:00 AM - 05:00 PM

**Sun City Center Office**  
936 Cypress Village  
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Fax: (813) 788-7010

**Office Hours:**  
Tuesday:  
08:00 AM - 04:00 PM  
Wednesday:  
09:00 AM - 4:00 PM  
Thursdays:  
08:00 AM - 03:00 PM  
Fridays:  
09:00 AM - 3:30 PM

**Wesley Chapel Office**  
2649 Windguard Circle  
Unit 101, Wesley Chapel  
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**Office Hours:**  
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**Apollo Beach/  
Riverview Office**  
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10141 Big Bend Road  
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Fax: (813) 788-7010

**Office Hours:**  
Wednesday:  
09:00 AM - 04:00 PM  
Thursdays:  
11:30 AM - 3:30 PM

## ...continued from page 1 **Foot Care for Patients with...**

- *Don't put lotion on your feet. Fiction!* Keep your skin supple and smooth, and free of cracking, by applying a thin layer of rich foot cream or lotion on your feet after washing. Be careful to avoid the areas between the toes.
- *It's no problem to get a professional pedicure. Fiction!* Avoid nail salons if you have cuts or sores on your feet or legs, or if you have neuropathy. Even with no damaged skin, check the salon for cleanliness and make sure tools are sterilized and in an unopened package. It's a good idea to bring your own tools that you can sterilize at home.
- *Avoid walking barefoot. Fact!* Many patients with diabetes have neuropathy which causes a loss of sensation in the feet. You may not feel it if you injure your foot, and the damage can worsen with neglect. Your feet should always be well-protected with socks and shoes that fit well and are comfortable. Look for footwear with a wide toe-box to allow toes plenty of wiggle room. P

## Put a Podiatrist on Your Diabetes Management Team

For those with diabetes, you know that managing your blood sugar levels, eating well and staying active takes a team!

Your diabetes management team should be those medical specialists who can give you the right treatment and guidance to control this disease and its complications. Your team should include:

- Your primary care physician as coordinator and for referrals.
- An endocrinologist to help control your diabetes.
- Your pharmacist to help keep your medications on track and to educate you on the possible effects of taking over-the-counter drugs along with prescriptions.
- A vascular surgeon to help manage some dangerous complications like neuropathy and peripheral arterial disease.
- An ophthalmologist who will monitor your eye health because of possible reduced blood flow to the eyes.
- Your dentist who with regular exams and cleanings will watch for the development of any gum disease.



And at the top of the list, put a podiatrist on your diabetes management team! Podiatrists are uniquely qualified to treat all problems and conditions of the feet. Complications from diabetes can reduce the sensation in your feet and also restrict blood flow to the lower extremities and feet. This dangerous combination can allow even a small injury to go unnoticed and not heal properly. If a sore develops into an ulcer, the wound may escalate into a very serious injury that may even require amputation.

If you have diabetes, come in to see us at least twice a year for a complete foot exam. We'll look for any skin, structure, toe or toenail damage that you may have not noticed and act quickly to resolve the problem. We can fix small issues like calluses, corns, fungal infection or sores before they really become a problem.

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## History FootNote

By injecting insulin into a diabetic dog in 1921, Canadian physician Frederick Banting and medical student Charles Best found that the hormone effectively lowered the dog's blood glucose levels to normal.

## Celebrity Foot Focus

Actors Salma Hayek, Tom Hanks and James Earl Jones, as well as quarterback Jay Cutler and hockey defense player Nick Boynton, have all revealed that they have diabetes.

## BILL PAY NOW AVAILABLE ONLINE!

### To all of our patients:

You can now pay your bill online!

Just go to our website:

[mytampafoot.com](http://mytampafoot.com)

There's a green banner at the top of our home page and in the right upper corner it says:

### PAY MY BILL

Click on it, follow the prompts and you can make your payment without having to call the office or use a stamp!

Thank you!

### HERE'S WHAT IT LOOKS LIKE:

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## Recipe of the Month Mini Chocolate Tarts

Mini desserts are a great way to offer dessert at the holidays without overindulging.

### Ingredients

- 1.4 ounces sugar-free, fat-free chocolate pudding mix
- 1 cup skim milk
- 4 ounces light whipped topping, thawed
- 24 puff pastry cups
- 48 mini-chocolate chips

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## 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.

## Joke of the month



Q: Who is not hungry at Thanksgiving?

A: The turkey because he's already stuffed!

....continued from page 3 **Recipe of the Month**

**Instructions**

1. Preheat the oven to 400 degrees F. Bake the puff pastry cups according to package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.
3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with 2 mini chocolate chips.

**Tip:** You will have 2/3 cup pudding mixture remaining. We recommend using for 2 chocolate mousse parfaits (1/3 cup servings). Top with a little whipped topping and a few chocolate chips for another delicious dessert.

*Recipe courtesy of [www.diabetes.org](http://www.diabetes.org)*

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**Meet our Doctors**



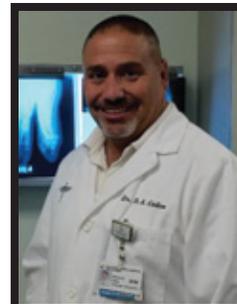
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