



Keep Diabetes from Destroying Your Feet



November is the month of thankfulness, but it's also a month of awareness.

In Diabetes Awareness Month, we pay a little extra attention to the effects of this condition on the body—especially the feet. We say “a little extra” because diabetes doesn't wait for a special month to become a serious factor in someone's life. Awareness is a 365-day-a-year battle!

A Message From the Doctor

Dr. Gregg Neibauer, DPM



Thanksgiving and Christmas will be here shortly! Inside are a few articles on gratitude, cracked feet, and diabetes. I am passionate about preventing diabetic foot issues so if you are experiencing these symptoms, please give us a call.

Get Social w/Us



What Makes Diabetes So Bad for the Feet?

Our feet need good circulation and sensation in order to perform their jobs well. Unfortunately, diabetes can throw a wrench in both of these things.

As the condition causes damage within our circulatory system, the ability of nerves in our feet to receive the oxygen and nourishment they need from the blood is reduced. The nerves themselves can become damaged over time, ultimately leading to numbness in the feet.

In this state, not only can an injury to the foot go unnoticed, but circulation becomes poor and stops providing the cells what they need to heal. Even a small cut can grow worse when walked on, eventually turning into an ulcer and becoming infected. From there, the dangers can become life-threatening!

Keep an Eye on Your Feet

If you have diabetes, a daily foot inspection is crucial to your health. Look and feel along your feet for any signs of injury, discoloration—anything out of the ordinary. If you do find something that doesn't clear up in a couple days, give us a call right away!

Do not be afraid to ask a loved one for help if you can't check your entire foot. Tools such as mirrors and selfie sticks can also be useful. We can help you create a plan that is best for you.

Dealing with Dry, Cracked Feet



Dry feet are a common problem. About 1 in 5 people experience dry feet from time to time.

Part of this is just due to our anatomy. Our feet contain a lot of sweat glands, but not many sebaceous (oil) glands. That means our feet can lose a lot of moisture without being able to seal it in.

Dry feet can be a nuisance and painful as well. Cracks that develop in dry skin can hurt to walk on and increase the chances of infection. Taking care of dryness and cracks can help prevent this from happening.

Here are a few easy tips for taking care of dryness:

- **Find a good heel balm.** A useful balm will moisturize healthy skin while exfoliating dead skin. Ingredients such as urea, saccharide isomerate, alpha-hydroxy acids, and salicylic acid might sound intimidating, but they are the ones you'll want to look for.

Some minor stinging or irritation may be normal when applying a balm, especially if you have cracks. Stop use immediately if it continues to bother you or is causing a severe reaction.

- **Apply liquid bandage to cracks.** Usually coming in a spray, a liquid bandage can seal cracked heels throughout the day, helping to prevent against further cracking and exposure.
- **Moisturize at bedtime.** When you have a good heel balm or lotion, apply it to your feet at night, then pull on an old pair of cotton socks. This will allow your feet to remain moisturized without making a mess of your sheets.

If dry feet and cracks are a persistent problem, more advanced treatments may be necessary. Talk with us; we can help!

Mark Your Calendars

- November 4** Daylight Saving Time Ends – Fall back one hour!
- November 12** National Pizza with the Works (Except Anchovies) Day
- November 30** Stay Home Because You're Well Day – Sorry, we can't write you a note.
- December 7** Pearl Harbor Day – Thank our Veterans for their service.
- December 18** Bake Cookies Day – It's just plain fun.
- December 25** Christmas Day of course – Merry Christmas!



Is Gratitude Good for You?

Thanksgiving is considered a time to count your blessings, but it's not always easy to find time if you're the one who's preparing the feast!

Aside from that, though, an "attitude of gratitude" is often touted as something that can have long-term benefits to your spirit. But can it also have positive effects on your health?

Studies on the topic tend to be somewhat mixed, but some of the benefits include:

- **Better Sleep.** Researchers at the University of Manchester in England found subjects who felt more grateful reported falling asleep faster and having an improved quality of sleep. Taking a few moments before bed to jot down a few items of gratitude could be effective.
- **Improved Workout Commitment.** At the University of California-Davis, study participants reported more motivation to stick to a gym schedule as part of gratitude.
- **Fewer Pains?** A 2003 study in the Journal of Personality and Social Psychology had college students maintain an online "gratitude journal" for 10 weeks (one entry per week). They reported fewer problems such as headaches, sore muscles, or nausea.

Other studies have not confirmed these types of effects, but there is no harm in giving them a try. Write down 3 things every morning that you are thankful for and make them different every day. Another great happiness habit is to journal one thing every day that you enjoyed from the previous day. We'd love to hear your results!



Cauliflower Stuffing

Looking for a classic-style Thanksgiving side dish that doesn't involve so much bread? Try this cauliflower stuffing recipe!

Ingredients

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 small head cauliflower, chopped
- 1 cup mushrooms, chopped
- Kosher salt
- Freshly ground black pepper
- ¼ cup chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage (may substitute 1 tsp. ground sage)
- ½ cup vegetable or chicken broth

Preparation

- Melt butter in a large skillet over medium heat.
- Add onion, carrot, and celery. Sauté until soft, usually 7-8 minutes.
- Add cauliflower and mushrooms. Season with salt and pepper. Cook until tender, about 8-10 additional minutes.
- Sprinkle parsley, rosemary, and sage over the dish and then add vegetable broth. Cover with lid and cook for about 15 minutes until totally tender and liquid is absorbed.



Alpine Foot & Ankle Clinic

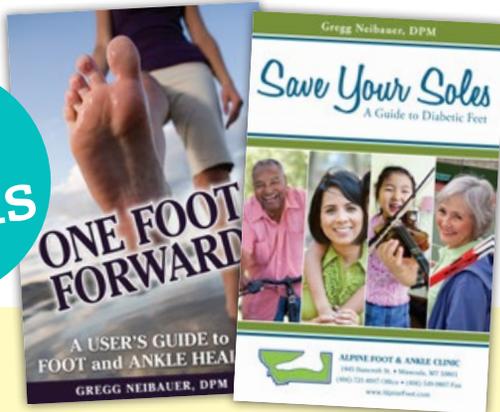
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Free
Books



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We want to thank you for referring patients to us. We are very glad that you trust us with your patients, family and friends. Making our patients feel comfortable at our office and healed is most important to our staff at Alpine Foot and Ankle Clinic! Thank you for partnering with us.

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When is the Time to Treat Fungal Nails? Now!



Fall is in full swing and odds are pretty good you're not wearing open-toed shoes as often as you did during the summer. (Or maybe you are—we won't judge.)

With your feet a bit more concealed, you might be thinking less about a fungal nail infection that has taken up residence. Out of sight, out of mind, right?

Wrong! Do not put off until next season what could be treated today. If you want clearer nails by the time next summer rolls around, the time to start your treatment is now.

Even when a fungal nail treatment kills all of the stubborn fungus within a nail, it doesn't magically clear up the damage that was caused. The thick, brittle, discolored nail is going to remain until it is pushed out by new, healthy nail tissue.

How quickly do toenails grow, though? They grow about 1.6mm per month. That's about a 16th of an inch!

While in some cases, there are nail restoration treatments that can hide a damaged nail beneath a well-made replica, the simplest route is to start treatment as soon as possible so that the fungus has cleared up by sandal season.

The sooner signs of a fungal nail infection are discovered and treatment started, the more quickly results can be experienced! Talk with us today about any concerns you might have. We'll be happy to help!