



Fall Prevention Month is Over – But the Risk Still Remains

As we grow older, and as factors such as our foot structures and past injuries grow more significant, our stability as we move can gradually degrade.

It can happen so slowly that this degradation isn't something we may really notice until something gives out on us and we take a fall. That fall, however, can have dire consequences. Any opportunity to prevent a potential fall is one worth investing in.

Annual checkups are a good way to keep abreast of any potential fall-related problems that may be developing, such as ankle instability. We can take measures now to mitigate such issues and greatly reduce risks of falls. Treatments such as physical therapy or custom orthotics can make very significant differences.

There is a lot more you can do to guard yourself or a loved one, though, and much of it can be done right at home. Here are a few easy tips to keep in mind:

- **Keep pathways clear of obstacles.** This includes both walkways inside and outside your home. Do not leave objects on the floor, and especially not on or around staircases.
- **Keep rugs and cords flat.** Loose carpeting, throw rugs that don't stay put, and electrical cords can all be hazardous. Repair, move, or replace any potential dangers.
- **Wear shoes with grip.** Shoes with flat soles will not provide much friction when things are slippery. Get shoes with a good, gripping sole and consider wearing them throughout the day, if recommended.
- **Don't rush.** Many accidents happen when we're not watching where we're stepping. Give yourself time to take things slowly and not be in a huge hurry.

Preventing sprains, broken bones, and worse is always worth the consideration! If you have any concerns, please don't hesitate to bring them up with us.

From the Doctor

Dr. Gregg Neibauer, DPM



Hope everyone has enjoyed our Montana fall and you're ready for the holiday season.

Where did 2019 go?

Thank you for a great year.

It's the time of year to remember your blessings.

Happy Holidays!

Get Social w/Us





Diabetic Feet Need Protection – Here's What You Can Do!

November is Diabetes Awareness Month, and you better believe podiatrists have a vested interest in this condition!

Living with diabetes means managing and staying on top of many potential consequences, and the feet are far from left out of the picture. Complications from diabetes can lead to injuries that go unnoticed and fail to heal, worsening into dangerous ulcers.

The best way to prevent this sort of problem is to take action now, even if your feet are still feeling fine! Taking preventative measures can keep you a lot more comfortable and a lot less worried in the long run. Here are a few easy tips for protecting diabetic feet:

- **Manage your diabetes as a whole.** Sometimes the best advice is the most obvious. The more you keep blood sugar levels in check, the more you can lessen the progression of the condition.
- **Inspect your feet daily.** Take a convenient moment each day, such as after getting out of the shower, to check your feet for cuts, wounds, discolorations, or any other abnormalities. If you see anything, report it to us!
- **Trim your toenails regularly, when needed.** Trim toenails straight across, with the right tools, and smooth corners with a nail file. Try to avoid long or jagged nails that can cut your foot.
- **Always wear socks and shoes.** This includes around the house. And clean up walkways to help avoid stepping on anything unwelcome.

If you have further questions about diabetic foot care, we are happy to help. Simply bring them up with us!

Mark Your Calendars

- November 6** Saxophone Day – Break out your favorite jazz (or even easy listening)!
- November 15** National Clean Out Your Refrigerator Day – Make room for Thanksgiving leftovers!
- November 30** Small Business Saturday – Support your friendly local shops!
- December 1** National Christmas Lights Day – Get those lights untangled from last year!
- December 7** National Pearl Harbor Day of Remembrance – Thank a veteran!
- December 21** Winter Solstice – the days will get longer after today!



Is Video Game Addiction a Legitimate Concern?

You may have heard in recent months that the World Health Organization (WHO) classified “gaming disorder” as a mental health disorder in the latest revision of the International Classification of Diseases, ICD-11.

What exactly does this mean? Video games are prevalent in our culture. Does it mean huge swaths of people now suddenly have a classifiable disorder for enjoying them? Not really; but it also isn't something that should be entirely dismissed, either.

According to the WHO, certain criteria must be reached to diagnose gaming disorder:

- The playing of and desire to play games must be severe enough to cause “significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.”
- The behavior must have lasted for at least a year. A temporary gaming bender after losing a job or a bad breakup is not going to count.

Addiction to gaming isn't like addiction to drugs or alcohol. Good and rewarding feelings are not always guaranteed during use, although some games are designed to take advantage of such responses to keep people returning. Some multiplayer online games, especially those with “loot box” reward systems, may employ these measures, but others can as well. There are rare reports of those who have played to the point of neglecting their own children or even their own physical health needs.

However, “rare” is the key word. The WHO notes that gaming disorder is a rare condition. As long as gaming is not affecting your life negatively, it's likely not a problem.

But if you or a loved one is constantly playing to the detriment of other needs, and especially if anxiety and/or depression are suspected, it is worth consulting a therapist about the matter.



Twice Baked Sweet Potatoes

Here's a healthier take on a warm, savory dish. Try it at your Thanksgiving table!

Ingredients

- 8 medium sweet potatoes
- 1 Tbsp. canola or sunflower oil
- ½ c. finely grated Parmesan cheese, divided
- 1/3 c. sour cream
- 2 Tbsp. pure maple syrup
- 1 tsp. salt
- ½ tsp. ground pepper
- ½ tsp. freshly grated or ground nutmeg
- Fried baby kale leaves for garnish, optional (other greens or herbs are fine)

Preparation

- Preheat oven to 400 degrees F. Line a large-rimmed baking sheet with parchment paper.
- Prick sweet potatoes in 3-4 spots with a fork. Rub them with oil and place on the baking sheet. Roast 45-60 minutes, until tender. Let them cool until they can be handled.
- Increase oven to 450 degrees F.
- Slice each sweet potato in half (horizontally) and scoop the flesh into a large bowl, leaving a ¼-inch border in the skins. Place the 12 best skins back on the baking sheet. Save or discard the remaining 4 skins.





Alpine Foot & Ankle Clinic

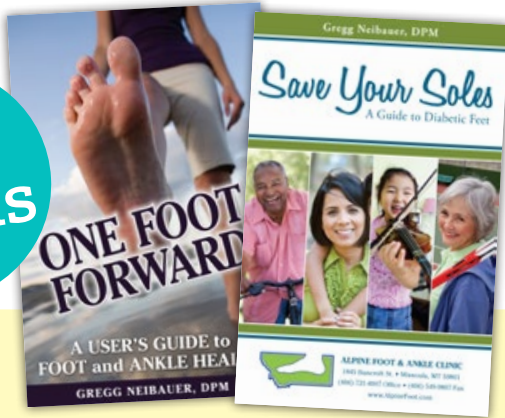
FOOT & ANKLE CARE FOR THE WHOLE FAMILY

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Free
Books



Call (406) 721-4007 or
visit www.AlpineFoot.com

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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Good Gift Ideas for the Foot Health-minded

The holidays are coming fast, so it's wise to get your gift shopping finished as soon as possible! We're all about foot and ankle health, but trying to survive a mall three days before Christmas is terrible for one's well-being in general.

If you have someone in your life who could benefit from some extra foot comfort, we have a few superb gift suggestions for you. If you would like some more personalized suggestions, don't be afraid to ask us. We'll see what we can come up with!

- **Slippers (with arch support!)** – It's hard to turn down a warm, cozy pair of slippers, but don't just buy the first pair you see. Find a pair designed with arch support in mind, because even short times in slippers should keep feet comfortable (and especially if their house has hardwood floors).
- **An Anti-Fatigue Mat** – "A what?" you may be asking. These are mats that cushion feet and reduce the pressure they have to endure each day. It looks simple—and it is—but it may be the best gift for someone who spends all day standing in one spot.
- **A Foot Roller** – A loved one with heel pain will likely love the ability to massage their feet with a sturdy roller. These come in a variety of materials, but get one that is best suited for where they may most use it: a larger one for home or a smaller one for under a desk at work.
- **A Pumice Stone** – A great stocking stuffer for someone who is mindful of calluses. These can come in a variety of fancy compositions such as "natural earth lava", which is great for a "wow factor." However, standard pumice stones usually work just as well.