

Nov./Dec. 2014



## November is National Diabetes Month

### What Is Diabetes?

Diabetes is the inability to manufacture or properly use insulin, and it impairs the body's ability to convert sugars, starches, and other foods into energy. The long-term effects of elevated blood sugar (hyperglycemia) can lead to serious damage to the eyes, heart, kidney, nerves, and feet. Diabetes affects the lives of nearly 26 million people in the United States and nearly seven million don't even know they have the disease yet.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care, and careful management at home, a person with diabetes can avoid the most serious complications and enjoy a full and active life. Today's podiatrist plays a key role in helping patients manage diabetes successfully and avoid foot-related complications.

### Symptoms

Diabetes warning signs include the following:

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on the feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel

Make diabetic foot care a priority with regular check-ups with your podiatrist.



End of the  
Year  
Special!  
All Foot Care  
Products  
10% off



## Laser Therapy



### **A Painless Option for Chronic Pain**

Laser therapy is the latest medical technology being used for foot and ankle conditions and is truly on the cutting edge. Laser therapy is the use of specific wavelengths or frequencies of light energy to create therapeutic effects. These can be, but are not limited to, decreased healing time of surgeries and wounds, pain and swelling reduction, increased circulation and

dramatically reduced pain levels. Laser therapy is clinically indicated to treat arthritis, pain, muscle strain and tears, tendonitis, neuromas and nerve pain, neuropathy, joint pain, plantar fasciitis, wound healing (including decreased surgical healing times), bursitis, or any type of inflammatory disease or condition. Laser therapy is safe, painless, and extremely effective, with many patients having reduction in pain and swelling after just one treatment. Laser therapy is FDA approved and has no known side effects. Give our office a call to see if laser therapy is an option you.

**All of us at  
Oregon  
Foot Care  
Centers  
want to  
wish you  
and yours  
a very  
happy,  
healthy  
holiday!**



## **Twice Baked Sweet Potatoes**

**Life is Short, eat Dessert First. These are so good you'll think your'e eating dessert!**

- 4 medium-size sweet potatoes
- 5 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Pinch cayenne pepper (and I mean just a pinch!)
- 1/4 cup butter
- Oil, for greasing roasting tray
- Salt & pepper
- 3/4 cup chopped pecans or walnuts



Preheat oven to 375.

Wash sweet potatoes under running water. Put on roasting pan and cook until tender, 1hr and 15 min. Remove potatoes from oven and allow to cool slightly. Cut potatoes in half, scoop out insides, leaving enough that the potato keeps its shape. Add 2T. sugar, cinnamon, nutmeg, cayenne pepper and butter (I like to add some of the nuts to this mixture also). Using a fork, cream these together. Season with salt and pepper. Put back on roasting pan that has been drizzled with oil to keep from sticking. In a small bowl combine remaining 3T. brown sugar and nuts. Sprinkle on top of each potato and bake for an additional 10 min.