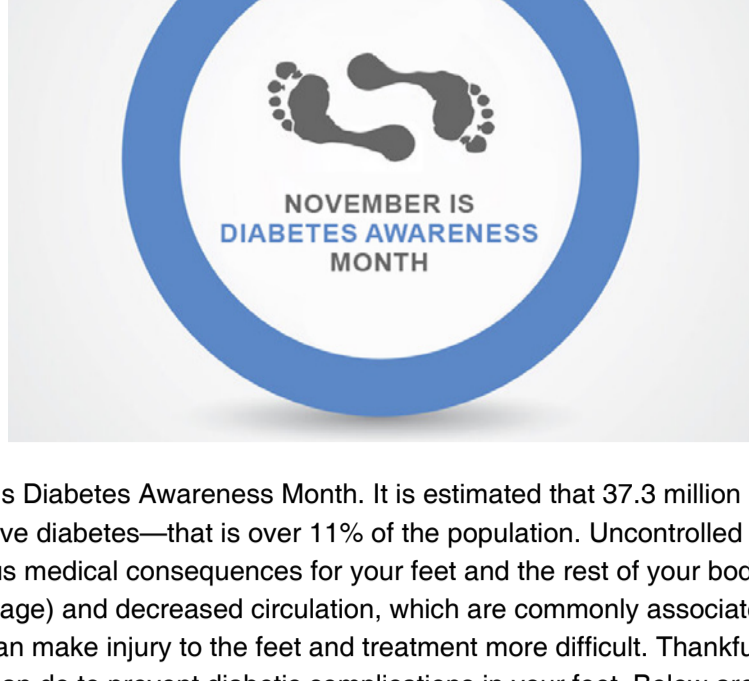




## In This Issue...

- 7 Ways to Protect Feet from Diabetic Complications
- Help Your Feet by Avoiding Holiday Weight Gain
- Recipe of the Month: Chicken and Stuffing Casserole

## 7 Ways to Protect Feet from Diabetic Complications



November is Diabetes Awareness Month. It is estimated that 37.3 million people in America have diabetes—that is over 11% of the population. Uncontrolled diabetes can have serious medical consequences for your feet and the rest of your body. Neuropathy (nerve damage) and decreased circulation, which are commonly associated with diabetes, can make injury to the feet and treatment more difficult. Thankfully, there is much you can do to prevent diabetic complications in your feet. Below are seven helpful tips:

1. **Check your feet daily.** One of the most important ways to ensure you avoid diabetic complications in your feet is to examine them every day. Look your feet over top and bottom and between the toes. If you spot any redness, rashes, sores, blisters, bruising, or discoloration alert your podiatrist right away.
2. **Practice good podiatric hygiene.** Wash your feet every day with warm (not hot), soapy water. Dry completely, especially the spaces between your toes.
3. **Keep feet dry.** If you tend to sweat excessively, apply foot powder in the morning and consider wearing moisture-wicking socks.
4. **Wear shoes that fit properly.** Shoes that are too small can rub against the skin and cause a blister to form. Always run your hand around the inside of your shoes before putting them on to check for loose stitching, pebbles, or other objects that could hurt your feet. Do not walk barefoot.
5. **Take care of your toenails.** Keep nails trimmed and filed to avoid tears. Be sure to not cut nails so short that the surrounding skin can overlap the nail and cause it to become ingrown.
6. **Moisturize nightly.** Diabetes can cause you to have dry skin due to damage to nerves that are responsible for secreting oils to your skin. Avoid putting lotion between your toes, however, as this may lead to excessive dampness in that area and create a breeding ground for athlete's foot.
7. **Do not smoke.** Smoking decreases your circulation. This means that oxygen and nutrient-rich blood will have difficulty reaching your feet as needed. Talk to your doctor about a smoking cessation program.

If you have diabetes, your podiatrist is an important member of your care team. Schedule regular checkups with the foot doctor and do not hesitate to call if you experience pain or new symptoms in your feet.

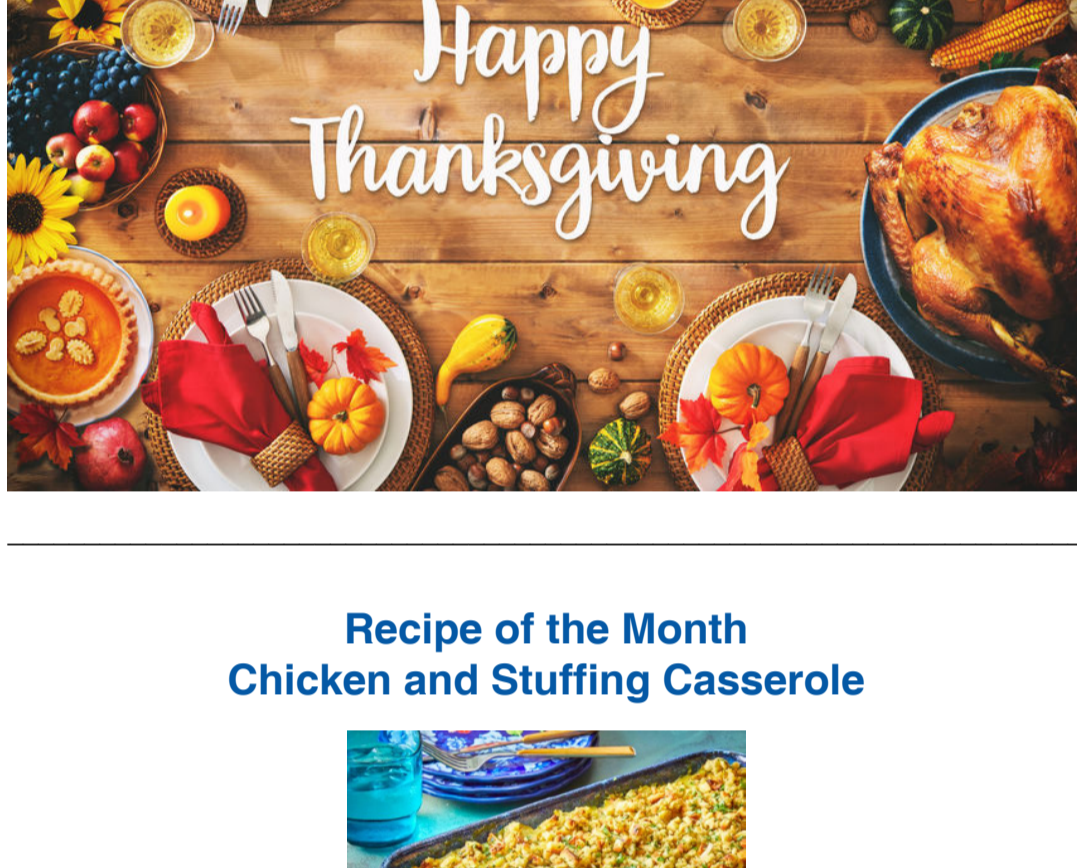
## Help Your Feet by Avoiding Holiday Weight Gain



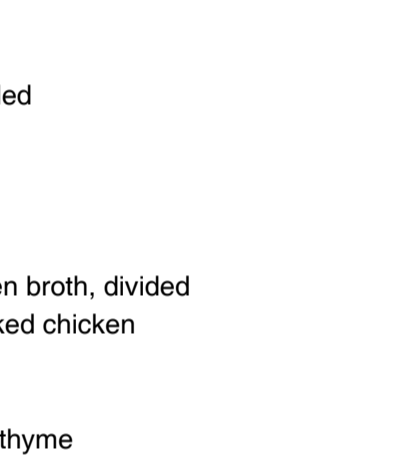
The season of over-eating is upon us. From Thanksgiving straight through to Christmas and New Year's festive occasions and tempting foods will be in high supply. While you will want to enjoy your holiday favorites, overdoing it can harm your feet. Carrying excess weight can cause or exacerbate many common foot conditions including: plantar fasciitis, arthritis, flat feet, sesamoiditis, and more. It also makes it harder to control conditions like diabetes and heart disease which negatively impact your feet.

Below are some tips to help you feast mindfully and avoid weight gain:

- **Map out the buffet table.** Before you start to fill your plate see what all your options are and plan what you will pick. Be sure that at least half your plate is filled with salad, raw vegetables, or other lower calorie options.
- **Nibble strategically.** Affairs where the food is laid out and self-serve can be the trickiest. Choose a small plate for your food and when you finish what is on it throw it out or put it in the sink. Do not stand or sit and chat next to the food table to help avoid mindless eating.
- **Balance your food choices.** If you look forward to eggnog and Christmas cookies, you can enjoy them in moderation and if you consciously make tradeoffs in your eating plan. Choose more salads, vegetables, fruits, and lower calorie healthy foods throughout the day to offset a few well-chosen treats.
- **Watch your cheer consumption.** Decide ahead of time on the number of alcoholic beverages you will have and stick to it. Have a large glass of water or seltzer in between alcoholic drinks. This will also help you feel full.
- **Weigh yourself daily.** It will help you stay accountable and avoid the "I'll start on Monday" mentality to weight control.
- **Get an adequate amount of sleep.** Holiday parties, shopping and work deadlines can result in later bedtimes and less sleep. Studies show that when we are tired, we tend to consume more calories.
- **Stay active.** Keep up your regular exercise program. Devise bad weather alternatives if your fitness routine normally takes place outdoors. Try to build more opportunities for calorie burning into your day: park farther away from the store, walk while you talk on the phone and take the long way up and down the aisles at the grocery store if you have time. This will burn off a few of the holiday treat calories and help you avoid the unwanted gift of extra pounds this season.



## Recipe of the Month Chicken and Stuffing Casserole



### Ingredients

- 1 c. salted butter, divided
- 1 c. chopped onion
- 1 c. chopped carrot
- 1 c. chopped celery
- 1/2 c. all-purpose flour
- 6 c. low-sodium chicken broth, divided
- 4 1/2 c. shredded cooked chicken
- 1 c. frozen peas
- 1/2 c. heavy cream
- 1 tbsp. chopped fresh thyme
- 3/4 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. ground turmeric
- Nonstick cooking spray
- 2 6-oz. packages Savory Herb flavored stuffing mix
- 1/4 c. chopped fresh parsley, plus more for garnish

### Directions

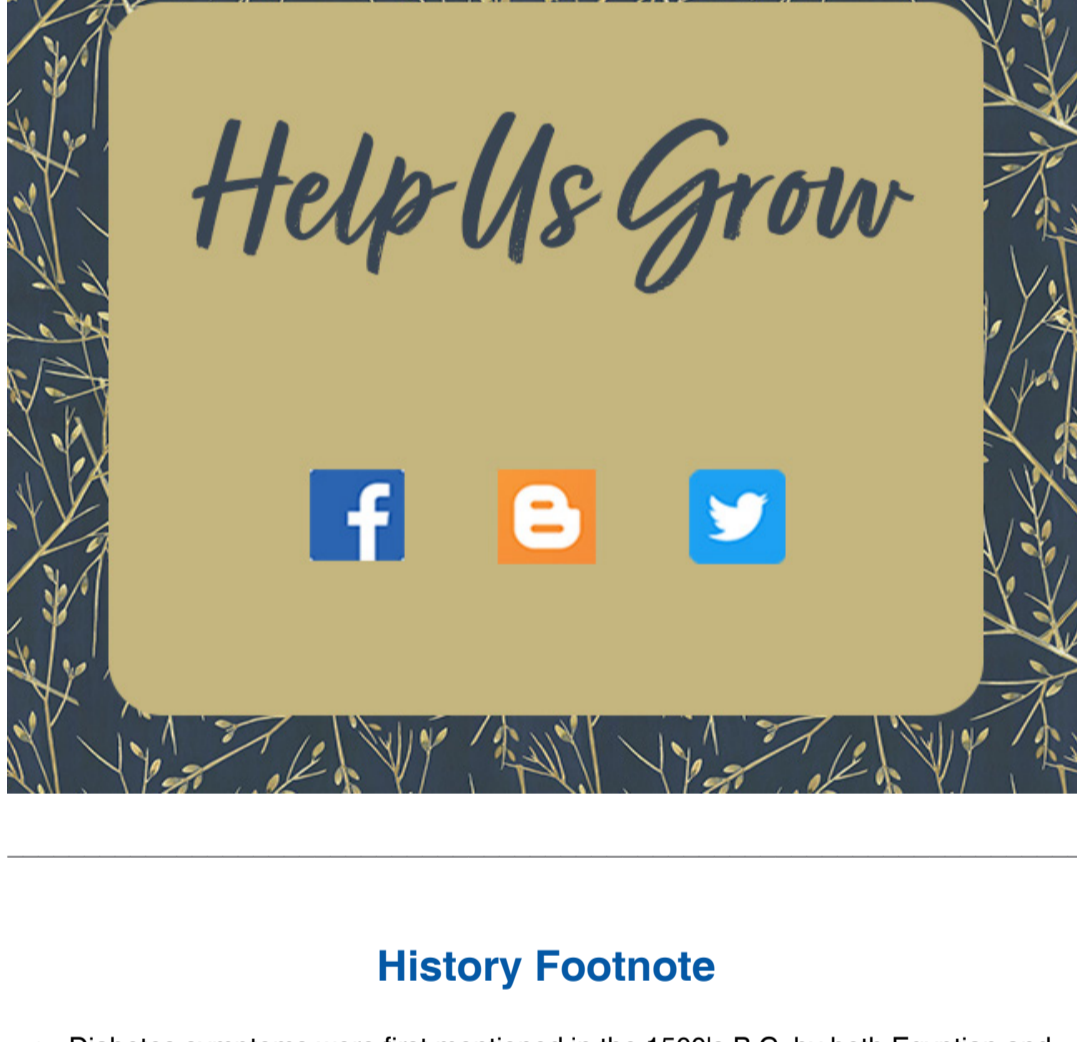
Preheat the oven to 375°. Melt 1/2 cup of the butter in a Dutch oven over medium high heat. Add the onion, carrot, and celery, and cook until vegetables are beginning to soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute.

Gradually stir in 4 cups of chicken broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the chicken, peas, heavy cream, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 more minutes.

Spray a 13-by-9-inch baking dish with nonstick spray and pour in the filling. Place the remaining 1/2 cup of butter in a large, microwave safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 2 cups of chicken broth, and 1/4 cup parsley. Let stand 2 minutes or until stuffing mix has absorbed the broth.

Top the chicken mixture evenly with the stuffing mixture. Bake for 30-35 minutes or until golden brown on top and bubbly around the edges. Let stand 15 minutes. Sprinkle with additional chopped parsley before serving.

Recipe courtesy of *The Pioneer Woman*



## History Footnote

- Diabetes symptoms were first mentioned in the 1500's B.C. by both Egyptian and Native American physicians.
- Researchers in 1959 developed a method for measuring insulin in the blood and classify those with diabetes into type 1 (insulin-dependent) and type 2 (non-insulin-dependent).
- In 1675, the word "mellitus" or honey was added to the name "diabetes" because of the excess sugar present in the urine.

## Foot Funnies



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

## Trivia:

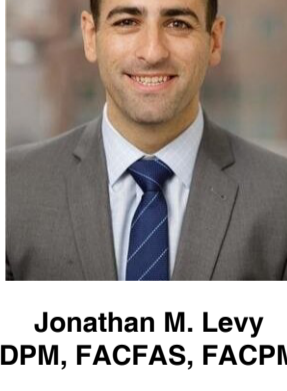
November 1st is "All Saints' Day". What is November 2nd?

- Saint Patrick's Day
- Saint Christopher's Day
- Saint Swithin's Day
- All Souls' Day

Answer: D

All Saints' Day (Día de Todos los Santos), on November 1, and All Souls' Day (Los Fieles Difuntos), on November 2, are celebrated hand in hand – firstly to honor the saints and then to remember the dead.

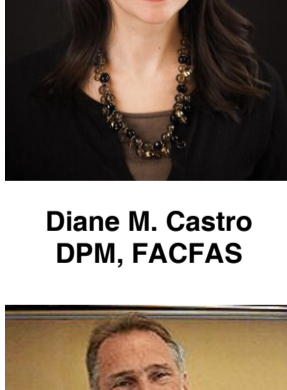
## Meet Our Doctors



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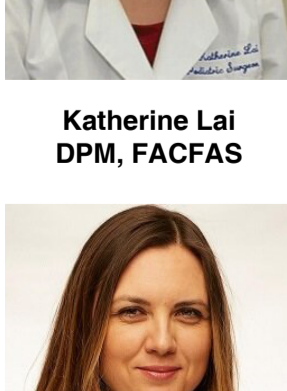
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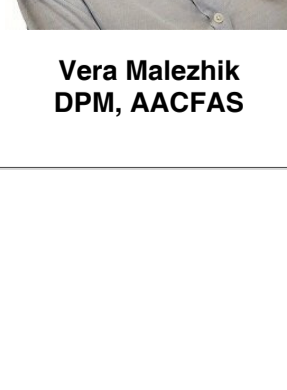
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