



## Do You Have Cold Feet?

Cold feet are a common condition among all types of patients. Your body responds to cold by reducing blood flow to the extremities leaving your feet very vulnerable.

There can be many causes of cold feet. Chronic cold feet may be a result of any of these diseases: Muscular Dystrophy, Multiple Sclerosis, Diabetes, Arthritis or Cerebral Palsy.

However, there are many other conditions that may cause cold feet symptoms. The most common is Peripheral Neuropathy which damages the nerves of the limbs, especially the feet. The most common symptoms of this type of Neuropathy are:

- Numbness or insensitivity to pain or temperature
- Tingling or burning
- Sharp pains or cramps
- Extreme sensitivity to touch-even light touch
- Extremely hot or cold feet.

Peripheral Vascular Disease (PVD) or poor circulation is also a common cause of cold feet. Peripheral vascular disease is the medical name for a group

of medical problems that causes poor circulation to the toes, feet and legs. One of the major diseases in this group is called arteriosclerosis.

Arteriosclerosis, more commonly known as "hardening of the arteries" is a condition in which there is a gradual thickening, hardening, and loss of elasticity in the walls of the arteries. The arteries are the blood vessels that brings the blood from the heart, down to the feet and legs. Arterial insufficiency may also be caused by an obstruction in the artery wall, by the narrowing of arteries or by a spasm of the vessel. This disease is most common in men past fifty years of age.

Another common cause of cold feet is Raynaud's. There are two types of this condition, and attacks are sudden with both. The first is referred to as Raynaud's Phenomenon. This condition may be caused by various disorders. Women and men have been shown to have equal occurrences with symptoms appearing usually after the age of 30. Raynaud's Phenomenon symptoms may affect only one side of the body.

The second is referred to as Raynaud's Disease. As opposed to Raynaud's

Syndrome, it occurs mainly in women. This form of Raynaud's generally begins in the teens or early twenties, but can occur anytime in life. Occurrences normally affect both sides of the body equally.

One of the less common but more dangerous causes of cold feet is Buerger's Disease. This disease commonly affects males more than females at a rate of 1 female for every 75 males. It begins most often at the ages of 20 to 45. The primary cause of this disease is the use of tobacco products. It is very rare for a non-smoker to develop Buerger's Disease.

If you suffer from chronic cold feet it is suggested you make an appointment to see your primary care physician or podiatrist to determine the cause. Chronic cold feet are not normal and most likely have an underlying undiagnosed cause.



## Warm Feet are Happy Feet!

There is one very important rule to remember:

Dry Feet = Warm Feet.

The most common reason for cold feet in the winter is that the foot itself is wet.

The sock plays the most important role in keeping feet dry. The cotton sock is simply not appropriate for outdoor winter wear. Why? Because they *absorb* moisture. Once they are wet, cotton socks lose insulation

ability. In fact a damp cotton sock will actually make the foot colder by keeping the foot covered with a thin layer of moisture. In addition to this, a cotton sock cannot be dried without taking the sock off which is not possible when participating in outdoor activities.

Instead of cotton socks for the winter, it is recommended you wear one of the following: Wool, Shearling or Fleece socks. These types of socks are much thicker than

a standard cotton sock and do not lose their insulation properties if they get damp. They body heat of a person can actually dry these types of socks while wearing them.

Check with your local sports, hunting or shoe stores for information regarding these types of socks. They are widely available and highly recommended for protecting your feet against cold harsh winter weather.



## Winter Walking Tips

Walking in icy, snowy weather can be dangerous, but these tips from the National Highway Traffic Safety Administration can help make your trek safer.

- Dress in layers and wear boots with nonskid soles. Wear a bright scarf or hat or reflective gear so drivers can see you.
- Walk on sidewalks if possible. If sidewalks are covered in snow and ice and you must walk in the street, walk against the flow of traffic and as close to the curb as you can.
- Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic.
- When traveling with babies or small children, dress them in bright or reflective clothing. Always keep children-whether in a stroller or on foot-in front of you and as close to the curb as possible.
- Before stepping off the curb, make sure oncoming cars and trucks have come to a complete stop.

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Dr. Boyle and Dr. Graham are accepting new patients of all ages. If you suffer from a painful foot condition, you may call our office to schedule an appointment. New patients may download all forms required in PDF format from our website listed above.

## Recipe of the Month—Hearty Mushroom Barley Soup

### Ingredients

- 2 cups each: low-sodium chicken broth & water
- 1/2 cup barley
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 onion, chopped
- 1/2 pound mushrooms, thickly sliced
- 1/8 tsp pepper
- 5 ounces frozen peas
- 8 ounces cooked chicken breast, cubed
- 1 can (10-3/4oz.)

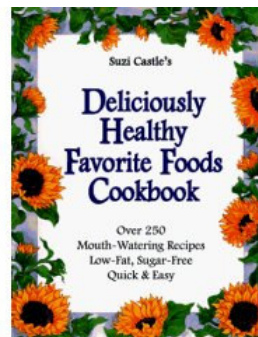
condensed cream of chicken soup  
1/2 cup nonfat milk

### Directions

1. In a covered pan, simmer chicken broth, water, and barley for 30 minutes.
2. Add carrots, celery, onion, mushrooms, and pepper. Simmer, covered, for 10 minutes. Add peas, chicken, soup, and milk. Simmer for 5 minutes longer.

Calories: 195  
Protein: 11 g  
Sodium: 385 mg  
Cholesterol: 24 mg  
Fat: 5 g  
Carbohydrates: 23 g  
Exchanges: 1 lean meat, 1-1/2 bread

### Source:



### Did You Know?

58 Million Americans are Overweight

40 Million Americans are Obese

3 Million Americans are morbidly Obese

78% of Americans are not meeting basic activity level recommendations

25% are completely sedentary

76% increase in Type II diabetes in adults 30-40 yrs old since 1990

8 out of 10 Americans over 25 are Overweight

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas." Anonymous