



Southern Ohio Foot and Ankle

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Warning Signs

It is estimated that 5.4 million Americans have undiagnosed diabetes. Below is a list of symptoms that may help you to determine if you should have your blood sugar levels checked.

Excessive Thirst

Extreme Hunger

Frequent Urination

Unexplained Weight Loss

Tingling or Numbness of the Feet and Hands

Behavioral Changes

Blurred Vision

Fatigue

Nausea or Stomach Pain

Slow-to-Heal Wounds

Frequent Infections

If you suffer from any of these symptoms, you should see your Doctor without delay. All it takes is a simple blood test to diagnose diabetes.

The Diabetic Foot



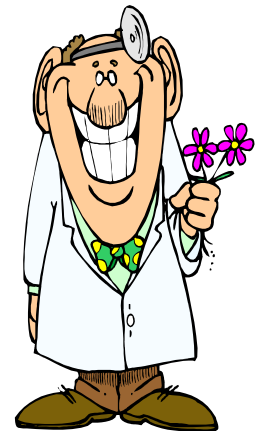
Foot problems are the leading cause for hospitalization of diabetics. An estimated 15% of all diabetics will develop a serious foot condition at some point in their lives. The most common causes are ulcerations, infection and gangrene.

These problems are generally the result of three main factors; poor circulation, neuropathy and diminished resistance to infection.

Prevention of diabetic foot problems involves daily inspections, good diabetes control and regular visits to your doctor. Please clip and save the Diabetic Foot Care Guide below for quick reference.

Diabetic Foot Care

- Inspect feet daily for blisters, cuts, scratches and skin breakdown between toes. Use a mirror if necessary
- Wash feet with a mild soap. Dry carefully, especially between toes. Use medicated foot powder as prescribed for fungal infections
- Avoid extreme temperature. Test water before bathing. If you are unable, have a family member test
- If feet are cold at night, wear wool socks. DO NOT apply external sources of heat such as hot water bottles or heating pads. Do not place feet near automobile heaters
- DO NOT use chemical agents for removal of a corn or callous. Always have these removed by your doctor
- Inspect the insides of shoes daily for foreign objects, protruding nails, torn linings, and "bunching up" of shoe construction material
- Wear properly fitted stockings. DO NOT wear mended stockings. Avoid stocking with seams. Change stockings daily. Be careful of pressure on toes from stretch socks
- DO NOT wear garters that are circular. If garters are necessary they should be attached to a garter belt
- Wear properly fitted shoes. Avoid pointed or open-toed shoes. Break in new shoes gradually. If necessary, have another family member inspect your feet after wearing new shoes
- NEVER WALK BAREFOOTED. This includes going to the bathroom at night, surfaces such as sandy beaches or concrete around swimming pools, etc....
- Do not do "bathroom surgery" on corns or callouses. Follow special instructions from your doctor
- See your podiatrist regularly
- Be sure anyone caring for your feet knows you are diabetic. This includes shoe salesmen. Recognize that as you get older your feet will tend to spread and require a wider and longer shoe. Do not insist on the same size you wore when you were younger.



Did You Know?

The approximate percentage of persons with diabetes in Ross and the 7 surrounding counties is 10%. This would total 30,000 individuals!



November Footfalls



As we all know, the upcoming Holidays are tough on anyone's diet, especially the diabetic. Everyone tends to "over-do" during Thanksgiving and Christmas meals. With some forethought and planning you can enjoy guilt free holiday eating.

Knowledge of your diabetic meal plan is vital. You will know how much to eat when you are dining away from home. If you are invited to parties, call ahead to see what is on the menu. You can offer to bring a dish that you can enjoy without compromising your diet.

For buffet eating, look over the offerings before you fill your plate. Only take what you really want, or know you are allowed to eat. Try taking small portions and sit away from the buffet table after filling your plate.

Don't go back for seconds.

Remember not to drink alcohol without talking to your doctor first. Insulin and some pills do not mix well with alcohol. Never have more than 2 drinks. A serving of alcohol is 1 1/2 ounces of distilled liquor, 12 ounces of light beer, or 4 ounces of dry wine.

If you schedule regular exercise times *before* the holidays begin, it will be much easier to adhere to. Remember, if you don't **plan** to exercise you won't. Planning active holiday parties such as caroling or walking tours for viewing neighborhood decorations can mix exercise and fun. By following these simple guidelines you can enjoy the holidays and avoid diabetic compromise.



Did You Know?

The risk for Type 2 diabetes increases with age. Approximately 18.3 percent (8.6 million) of the United States population age 60 and older have diabetes!



Left-Over Turkey?

Try this recipe for left over turkey

It and others can be found under the diabetic category at:
www.recipe-source.com

Scalloped Turkey and Cauliflower

Yield 4 servings

- 2 C Cauliflower Florets
- 1 1/2 C Turkey Stock
- 2 ts Whole Wheat or All Purpose Flour
- 1 ts Parsley Flakes
- 2 ts Onion Flakes
- 1 ts Salt/4 ts Black Pepper
- 1/2 lb Turkey Breast



Cook cauliflower in boiling salted water for 6 minutes, or until almost tender.

Combine stock, flour and seasoning in a small saucepan. Cook and stir until slightly thickened. Place turkey breast in a greased baking dish. Arrange cauliflower around turkey breast. Pour sauce over turkey and cauliflower. Bake in a 350 F oven for 20 to 25 minutes or until heated through.

4 servings, each 112 calories 1 med-fat meat, 1 vegetable exchange