



Community Foot Specialists

Podiatrists Proudly Serving Dayton and Springfield, Ohio

October 2015

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Five Locations to Better Serve You!

Beavercreek

1911 N. Fairfield Rd. Suite 210

Dayton

1 Elizabeth Place 4th Floor

Dayton

5925 N. Main St Suite D

Springfield

2207 Olympic St.

Vandalia

1 E. National Rd Suite 300

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Happy Halloween

Safety Tips

Swords, knives and other costume accessories should be short, soft and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. Always walk and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks when available.

Lower your risk for serious eye injuries by not wearing decorative contact lenses.

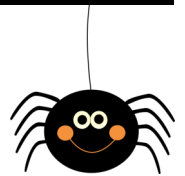
Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Diabetes of Aware-

November is American Diabetes Month, and the American Diabetes Association (ADA) is making effort to further raise awareness and understanding of the disease, its consequences, management and prevention .

30 Million

Nearly 30 million children and adults in the United States have diabetes

1 in 3 Adults

Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to stop diabetes

86 Million

Another 86 million Americans have pre-diabetes and are at risk for developing type –2 diabetes



People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.

50%

Diabetes causes nearly 50 percent of all cases of kidney failure.



More than half of all amputations in adults occur in people with diabetes.



More than half a million America adults have advanced diabetic retinopathy, greatly increasing their risk of severe vision loss.



About 60-70 percent of people with diabetes have mild to server forms of nerve damage that could result in pain the feet or hands, slowed digestion, sexual dysfunction and other nerve problems

Herb– Roasted Turkey

Ingredients

5 teaspoons unsalted butter, softened
3 teaspoons fresh minced sage, divided
3 teaspoons fresh minced thyme, divided
Kosher salt and freshly ground black pepper to taste
1 ½ cups low-fat, reduced sodium chicken broth
1 cup dry white wine
1 (5-pound) turkey breast, skin on washed and patted dry



Instructions

1. Preheat the oven to 350 degrees F. Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.
2. In a small bowl, combine the butter with 2 teaspoons each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 teaspoon of each of the herbs.
3. In a small saucepan, combine the chicken broth and wine, and bring to a gentle boil. Add the reserved herbs and lower to a simmer.
4. With your hands, Serrate the turkey barest skin from the barest meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the barest meat. Please the skin back down on the breast.
5. Set the turkey on the prepared rack in the pan. (You can also add veggies like peeled carrots, peeled parsnips, onion, or small potatoes to the pan; they will cook along with the turkey.) Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and the juices run clear. Baste every 15-20 minutes with the mixture of chicken broth and white wine. Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes before slicing. Discard the skin and serve.

Creamy Mashed Cauliflower

Ingredients

- 8 cups bite-size cauliflower florets (about 1 head)
- 4 cloves garlic, crushed and peeled
- 1/3 cup nonfat buttermilk (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon butter
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- Snipped fresh chives for garnish



Instructions

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

Diabetic Foot Care Guidelines

- * **Inspect your feet daily.** Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.
- * **Wash your feet in lukewarm (not hot) water.** Keep your feet clean by washing them daily . But only use lukewarm water– the temperature you’d use on a newborn baby.
- * **Be gentle when bathing your feet.** Wash them using a soft washcloth or sponge. Dry by blotting or patting– and make sure to carefully dry between the toes
- * **Moisturize your feet– but not between your toes.** Use a moisturizer daily to keep dry skin from itching or cracking, but DON’T moisturize between the toes– this could encourage a fungal infection.
- * **Cut nails carefully– and straight across.** Also, file the edges, Don’t cut them too short, since this could lead to ingrown toe nails.
- * **Never trim corns or calluses.** No “bathroom surgery” - let your doctor do the job.
- * **Wear clean, dry socks.** Change them daily.
- * **Avoid the wrong type of socks.** Avoid tight elastic bands (they reduce circulation). Don’t wear thick or bulky socks (they can fit poorly and irritate the skin).
- * **Wear socks to bed.** If your feet get cold at night, wear socks. NEVER use a heating pad or hot water bottle.
- * **Shake out your shoes and inspect the inside before wearing.** Remember, you may not feel a pebble– so always shake out your shoes before putting them on
- * **Keep your feet warm and dry.** Don’t get your feet wet in snow or rain. Wear warm socks and shoes in winter.
- * **Never walk barefoot.** Not even at home! You could step on something and get a scratch or cut.
- * **Take care of your diabetes.** Keep your blood sugar level under control .
- * **Don’t smoke.** Smoking restricts blood flow in your feet.
- * **Get periodic foot exams.** See your podiatric foot and ankle specialists on a regular basis for an examination to help prevent the foot complications of diabetes.

If you have any questions, comments or suggestions, please submit them to patientrelations@daytonfeet.com or let your front desk receptionist know. We look forward to hearing from you!



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Community Foot Specialists exists to provide patient centered, high-quality foot and ankle care, delivered by knowledgeable, compassionate podiatrists and a professional, caring staff, in a welcoming environment at convenient locations.

Thank you for all of your referrals, we appreciate them!