



Custom Orthotics for Different Circumstances

Just as prescription eyeglasses correct vision deficiencies in eyes, custom orthotics correct deficiencies in the alignment of feet. Orthotics can relieve pressure and alleviate discomfort by repositioning structures of the foot to help them move properly and reduce the risk of injury. Good ankle, knee, and lower-back health depend on proper foot alignment, too.

Many people can benefit from custom orthotics. For example:

- Older people who may have arthritic conditions in their feet or ankles.
- Young children who have a foot deformity such as flat feet or an in-toeing or out-toeing disorder.
- Athletes who have slight foot imbalances that under normal conditions are not harmful and might not even be detectable, but in high-stress athletic activity can cause muscle, ligament, tendon, and joint fatigue; reduce efficiency; and elevate susceptibility to injury.
- Diabetics dealing with or trying to prevent foot ulcers.

There are three broad categories of custom orthotics:

Soft orthotic devices can improve balance, take pressure off uncomfortable or sore spots, and absorb shock. They are constructed of soft, compressible materials for improved cushioning. People with arthritis, a lack of protective fatty tissue, or diabetes benefit most.

Rigid orthotics are made of firm materials such as carbon fiber or plastic. They are designed to control foot function in two major foot joints just below the ankle joint to mitigate discomfort in the ankles, knees, and lower back.

Semi-rigid orthotics are often used by athletes to reduce soreness, fatigue, and perform more efficiently. They consist of a layer of soft material reinforced with more rigid material.

If your foot alignment is out of whack, it can have far-reaching ramifications. A thorough podiatric exam at our office can help you straighten things out.



November Is National Diabetes Awareness Month

According to the American Diabetes Association, diabetes affects over 34 million Americans, roughly 20 percent of whom don't realize they have it. Diabetes causes higher-than-normal blood sugar levels, which left untreated can lead to cardiovascular disease, blindness, kidney failure, nerve damage, lower-limb amputation ... even death.

With diabetes, the body does not produce insulin, produces some but not enough, or is unable to use insulin correctly. Insulin is a hormone produced by the pancreas that facilitates the transfer of glucose (sugar) from the bloodstream to cells, where it is stored for future energy. When insulin is absent or processed incorrectly, glucose buildup in the blood will wreak havoc.

Feet are major targets of diabetes. Poor circulation hampers healing, subjecting minor cuts, scratches, blisters, etc., to a much higher risk of ulceration and infection. To pile on, nerve damage (neuropathy) hinders one's ability to feel pain, discomfort, or irritation. Not only are normally minor conditions slow to heal, they may not even be noticed ... and quickly worsen.

For instance, corns, calluses, ingrown nails, and dry skin (which may crack) can pose serious threats of infection. Neuropathy can spur muscle weakness and loss of muscle tone and lead to hammertoes and bunions, which add new friction points. Diabetes-related foot conditions are responsible for over 60 percent of non-injury-related amputations.

There is good news, however. A healthy diet, regular exercise, annual medical checkups (including a full podiatric exam), taking medication as prescribed, proper footwear, and daily foot checks enable most people to live a normal life.

If your feet are due for a podiatric checkup, schedule an appointment with us today. To learn more about diabetes, visit the American Diabetes Association website at www.diabetes.org.

Mark Your Calendars

- Nov. 2** Election Day: Not the first Tuesday ... the first Tuesday following the first Monday.
- Nov. 4** Check Your Blood Pressure Day: Use a ... sphygmomanometer. Rolls off the tongue.
- Nov. 7** Daylight Saving Time ends (2 a.m.): DST origin? Port Arthur, Ontario, Canada, 1908.
- Nov. 11** Veterans Day: The last surviving U.S. WWI vet passed away in 2011 (Frank Buckles).
- Nov. 23** Eat a Cranberry Day: Cranberries are native to North America. Healthful, too.
- Nov. 25** Thanksgiving: A turkey's gender can be determined by the shape of its droppings.
- Nov. 28** Hanukkah begins (sundown): A menorah has 7 candle placeholders; a Hanukkiah, 9.



So Much Bounty, So Much Waste

According to the Environmental Protection Agency, approximately 40 million tons of food are wasted each year in the United States — over one-third of our food supply. The average American family of four is estimated to discard \$1,500 in food per year, and wasted food comprises 20 percent of our nation's landfills.

Some reasons for food waste can get complex, but some are fairly basic:

- Overall, food is plentiful and less expensive in our country than in other parts of the world; sadly, we take it for granted.
- Production lines lose a lot of food during handling, storage, processing, and transport (e.g., machinery startup/calibration of food amounts, mechanical malfunctions).
- We're too horticulturally superficial. Many shoppers won't buy fruits and veggies that are misshapen or have slight blemishes. Some stores ditch these pieces immediately, knowing their customers' tendencies.
- American grocery shoppers can be impulsive, overbuy, and wind up throwing food out.
- We frequently don't save leftovers or have too many. (Approximately 35 percent of edible turkey meat is thrown out each year. Most of it following Thanksgiving.)
- Restaurants don't ever want to run short on menu items, so they overbuy ... and eventually throw out large quantities of food.
- Non standardized expiration labels can be confusing. To avoid the perceived risk of foodborne illness, many people scrap perfectly good food.

These tips can help out households:

- Write detailed shopping lists. Don't shop on the fly.
- Use smaller dinner plates to limit portion sizes.
- Inspect the refrigerator regularly. In a full fridge, some foods are hidden, get lost in the shuffle, and are never eaten.
- Keep track of food you throw away. It could reveal a trend.



This Thanksgiving: Loaded Cauliflower Mashed Fauxtatoes

Yield: 6 servings; prep time: 10 mins.; total time: 50 mins.

This great Thanksgiving side dish packs bacon, cheese, and chives on a diet-friendly cauliflower mash to combine the best of healthy and decadent.

Ingredients

- 8 oz. bacon, cut into 1/2-inch pieces
- 3 garlic cloves, chopped
- 1 onion, chopped
- kosher salt
- Freshly ground black pepper
- 1 large head cauliflower cut into florets
- 1/2 c. white wine
- 1 c. low-sodium chicken stock
- 1/2 c. heavy cream
- 1/2 c. grated parmesan
- 3 tbsp. unsalted butter, cut into pats and chilled
- 1 c. cheddar
- 2 tbsp. sliced scallions

Directions

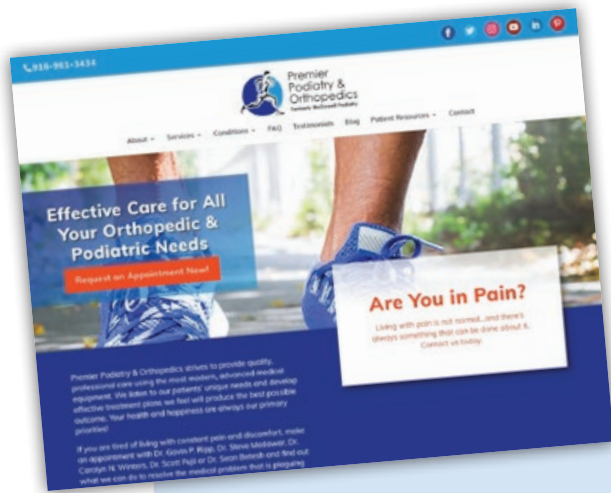
1. In a large Dutch oven over medium heat, add bacon and cook until browned, about 5 minutes. Transfer to a plate lined with paper towels; set aside. Drain bacon fat, leaving 2 to 3 tbsp. in the pan. Discard excess.
2. Add garlic, onion, 1 tsp. salt, 1/2 tsp. black pepper, and sauté for 2 minutes. Add cauliflower and cook until slightly softened, about 5 minutes. Add wine and stock; simmer on low for 30 minutes.
3. Meanwhile, prepare a baking dish set on top of a parchment-lined sheet pan, and set oven to broil setting.
4. Transfer cauliflower mixture to a blender in batches, and add heavy cream and parmesan; blend until smooth. Pour cauliflower mash into the baking dish, and fold in butter. Top with cheddar and broil until cheese is golden brown, about 5 minutes. Top with bacon and scallions. Serve immediately.

Recipe courtesy of www.delish.com.



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Staying Healthy During Thanksgiving Weekend



Thanksgiving is a wonderful time of year, gathering with family, feasting, and reflecting on our blessings. But the busyness of the weekend can be tough on feet and ankles.

Some people travel several hours by plane, train, or automobile (Thanksgiving movie hint) to see family. Poor circulation from sitting in one spot too long and tight quarters can lead to aches, pain, fatigue, muscle cramps, and swelling. Take advantage of opportunities to get up and walk around, stretch, rotate your ankles, and raise, point, and curl your toes. Compression socks/stockings can be invaluable, especially for diabetics.

If you're the chief Thanksgiving cook, you may be on your feet a lot. Take a 5-minute break each hour, do some tasks while sitting down when possible, utilize shock-absorbing kitchen mats, and request assistance!

If you have gout — a painful, inflammatory arthritis frequently targeting the big-toe joint — bone up on your knowledge of foods that cause flare-ups, and limit your intake. Examples include red meat, turkey (to a lesser degree), meat gravies, shellfish, and alcohol.

For many, Thanksgiving pickup football games are a tradition. Wear proper footwear for traction and comfort, stretch, and don't overdo it. Many middle-agers attempt to keep up with younger family members, much to their chagrin. According to the American College of Foot and Ankle Surgeons, over 25,000 Americans experience significant ankle injuries from Thanksgiving gridiron activity.

For some households, Thanksgiving weekend also marks the transition to Christmas season and outdoor decorations. Falls and stumbles off ladders can result in heel bruises, ankle sprains, and fractures.

If your whirlwind Thanksgiving weekend causes foot or ankle discomfort, please don't hesitate to contact our office.