

## It is National Diabetes Month!

Many times a podiatrist is the first to diagnose diabetes, due to an issue that arises in the feet. Numbness, a non-healing wound, or chronic infection are all foot issues that are related to diabetes. It is vital that all patients with diabetes establish a relationship with a podiatrist.

Diabetes is a chronic disease that affects up to 6% of the population. When diabetes is present, either the body produces less or no insulin or the body tissues are resistant to the effects of diabetes. This results in higher levels of glucose in the blood, which can damage a whole range of body tissues and organs.



Care of the feet are essential to diabetics because of the direct effect diabetes has on the feet. Diabetes can damage the nerves, leading to a painful or numb condition called peripheral neuropathy. Diabetes also can lead to poor circulation, which can slow the healing process when damage occurs. Also, diabetics are more prone to infection and are slower to resolve infections due to poor circulation. Because of these issues, diabetics are more prone to such issues such as a completely insensitve foot, foot ulcers, foot deformities due to advanced neuropathy, and persistent infections in the feet. **The best course of action is to prevent all of these problems from occurring.**

Podiatrists have an extremely important role to play in the prevention and management of complications of the foot in those with diabetes. All those who are at risk for a problem should have that risk status assessed at least twice annually, and more if the risk is greater. Your podiatrist should communicate this risk status to other members of the health care team. Advice should be given on how to reduce the chance of damage happening, what to do to prevent it and what to do if something does go wrong.

Regular foot care from a podiatrist is a key way to prevent problems from developing in those who are at risk. Diabetic shoes and insoles are another way to manage pressures beneath the feet that could become ulcers.

## Diabetes 101: Type 1 Vs Type 2. What's the Difference and What Do you Need to Know?

When it comes to managing your diabetes, so much of your care will depend on your Type diagnosis. If you have Type 2 diabetes, your body prevents the insulin it makes from working correctly. Your body may make some insulin, but not enough. In contrast, with Type 1 diabetes, your body makes little or no insulin due to an overactive immune system. So people with type 1 diabetes must take insulin every day.

Often, Type 1 diabetics are diagnosed in childhood, which is why it is also often referred to as juvenile diabetes. Type 2 diabetes, on the other hand, may not develop until later in life. It can be tied to weight gain and poor diet and exercise habits, although this is not always the case.

Depending on the type of diabetes you are dealing with, your daily dietary and medication needs will differ. One thing, however, will stay constant: both types of diabetes can affect the your nerve health and blood flow. This, in turn, can make common cuts and bruises harder to feel in your feet—and harder to heal if infection sets in. For this reason, all Type 1 and Type 2 diabetics should perform daily foot checks and keep up with regular appointments in our office.



## We are so thankful for our patients!

It's that time of year again—the time when we reflect on the blessings in all of our lives. There's so much this year for which we can be grateful, but the one thing we all give thanks for, on every day, is you, our patients.

Without our wonderful patients, the Tanglewood family would not exist. We are grateful that you allow us into your lives, and let us help you heal. We hope to continue our relationship for many years to come! Happy Thanksgiving, everyone!

## The Year's Almost Up—Time to Use that Health Savings Account!

With the end of November, there's just one more month to put 2018's Health Savings funds to good use. Chances are, you've hit your insurance deductible, so now's a good time to invest in an item, like custom orthotics, that insurance likely won't cover.

With orthotics, you may find relief from foot and back pain. Running may become easier. Leg length imbalances and other structural problems can be treated. And you can cover the cost with funds from your HSA!

So, what are you waiting for? If orthotics have been on your mind for a while, now's the perfect time to come in for a comprehensive consultation with Dr. Schneider!

## Comfort Food That Won't Throw Off Your Meal Planning

With the winter months ahead, we're all craving the comforts of favorite foods like big, juicy burgers. Want a recipe that's diabetic-friendly and won't throw off your diet? Try this on for size:

### Grilled Herb Burger from Diabetic Living

#### Ingredients

- 1 egg white, lightly beaten
- 2/3 cup chopped onion
- 1/3 cup grated Parmesan cheese
- 1/4 cup snipped fresh oregano and/or basil
- or 2 teaspoons dried oregano and/or basil, crushed
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound lean ground beef
- 1 pound uncooked ground turkey breast
- 8 whole wheat ciabatta rolls, split and toasted
- 16 slices tomato
- Fresh oregano and/or basil sprigs (optional)
- Goat cheese (chevre), arugula, and/or red onion slices (optional)

#### Directions

1. In a large bowl combine egg white, onion, Parmesan cheese, the 1/4 cup oregano, the ketchup, garlic, salt, and pepper. Add beef and turkey; mix well. Shape meat mixture into eight 3/4-inch-thick patties.
2. For a charcoal or gas grill, grill patties on the rack of a covered grill directly over medium heat for 14 to 18 minutes or until no longer pink (165 degrees F),\* turning once halfway through grilling time.
3. Serve burgers on rolls with tomato slices. If desired, top with fresh oregano and/or basil sprigs, dollops of goat cheese, arugula, and/or red onion slices.



## Why Puppies Make Bad Christmas Gifts

If you think nothing could be sweeter than finding a soft, fuzzy, bow-wrapped puppy under the tree this year, think again. Here are three reasons NOT to give a pet as a holiday gift this season:

**1) You'll seriously stress the puppy.** Forget the matter of gift-wrapping—which no puppy wants to endure—and think about this? Introducing a new pet on Christmas means that tiny animal will meet its new owners amid the chaos of gift-opening, endless guests and lots of loud excitement. Puppies, much like babies, are prone to stranger anxiety and they need a quiet, receptive environment to properly bond with new owners. If their first encounters are stressful and scary, a proper bond may never truly form between the dog and its new humans.

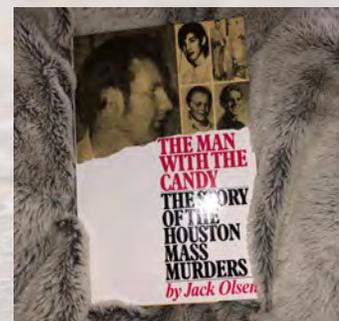
**2) Owning a dog is a major responsibility.** Puppies grow up, but they never become independent. They require regular exercise, lots of food, consistent medical attention (including vaccinations, check ups, teeth cleanings and more.) Plus, they need to be cared for when families are traveling. Before you give someone—including a child—a Christmas puppy, it's crucial to make sure the recipient is willing and able to live up to the requirements of dog care.

**3) Most "present puppies" end up abandoned or in shelters.** When people turn puppy shopping into another Christmas impulse purchase, they fail to consider all the responsibilities involved in pet care. They quickly become overwhelmed and realize they can't possibly keep their puppy. Then, the puppy is taken to a shelter or, worse, abandoned. It is of the utmost importance to protect dogs from this sad outcome by carefully thinking through the purchase and making sure the intended new owner is truly up to taking care of a living creature.

## Who is Reading what at Tanglewood Foot Specialists?

'Tis the Season! It's time to cuddle up by a fireplace with a soft blanket and drink of choice to enjoy a great book! We polled the Tanglewood Team and came up with everybody's favorite book. Got a great new read to suggest to us? Reach out to [info@tanglewoodfootspecialists.com](mailto:info@tanglewoodfootspecialists.com) We'll feature patient book recommendations in upcoming newsletters!

**The Alchemist - Edith**  
**Harry Potter - Yessica**  
**The Art of Racing in the Rain - Amy**  
**The Man With The Candy- Julia**  
**Wuthering Heights - Dr Schneider**  
**Little Women - Jordana**



# Tanglewood Foot Specialists

*Advanced care with a compassionate touch*

Tanglewood Foot Specialists

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## "Evil" Edition Sudoku!

			7					9
		3		6	2			
	5			9				6
		2						1
9			4	5	8			7
8							9	
	8			4				9
			9	1		4		
2					5			

## October Answers:

8	6	4	1	3	5	2	7	9
3	1	7	9	4	2	8	5	6
5	9	2	6	7	8	4	1	3
2	3	9	8	5	4	1	6	7
7	4	1	2	6	9	3	8	5
6	5	8	3	1	7	9	2	4
9	7	6	4	2	1	5	3	8
4	2	3	5	8	6	7	9	1
1	8	5	7	9	3	6	4	2

## From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our November 2018 newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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