



November Is American Diabetes Month

'An Ounce of Prevention ...'

According to the American Diabetes Association, more than 150,000 Americans with diabetes undergo lower-limb amputations each year. Those who undergo amputation have a lower average five-year survival rate than those with coronary artery disease, breast cancer, or colon cancer. However, diabetic foot ulcers can be prevented with knowledge, diligence, and regular podiatric checkups.

A foot ulcer is an open wound or sore that typically develops on the sole or between the toes. Diabetes can damage nerves that alert the brain to pain, temperature shifts, and pressure changes, enabling ulcers to form unnoticed. It can also impair circulation, which delays healing and raises the risk of infection.


Once discovered, an ulcer demands immediate podiatric attention. Treatment may include:

- Prevention of infection and its potential consequences.
- "Offloading" — taking pressure off the affected area with special footwear, orthotics, specialized castings, a brace, wheelchair, or crutches.
- "Debridement" — removal of dead skin and tissue.
- Keeping the ulcer clean and applying medications, dressings, and bandages.
- Tightly controlling blood sugar levels through lifestyle changes and/or medication and regular podiatric checkups.

Most noninfected ulcers will not require surgery. However, correction of a deformity (e.g., hammertoe, bunion) might help offload pressure on the affected area.

Daily foot inspections are critical for diabetic patients. Any scrape, cut, blister, crack, or discoloration can quickly escalate to ulcer status and warrants a podiatric exam. If daily self-checks are difficult, try using a mirror or ask someone for assistance if possible.

Preventing a diabetic foot ulcer is preferable to having one treated. The recurrence rate of a diabetic foot ulcer is a daunting 40% in the first year alone. If you have diabetes, make us part of your diabetic healthcare team.



Don't Go Hunting for Foot and Ankle Injuries

While weapon safety is a top concern for most hunters, hunters sometimes forget proper consideration for their feet and ankles.

Because many hunting outings include some hiking in chilly weather, a good pair of boots is essential. They should have excellent tread for the rugged terrain and good insulation. Boot insulation in the range of 400 to 800 grams is typically a suitable match for mid-autumn's varying weather conditions; consider 1,000 grams or higher when hunting in subfreezing conditions for extended periods.

Prior to hunting season, check inside your boots for rough spots to prevent friction, blisters' best friend. Carry some moleskin as backup. As for socks, you can't go wrong with Merino wool or a Merino wool-synthetic fiber combo — excellent for warmth and moisture wicking.

And watch where you're walking. Tree roots, holes, rocks, and overall uneven ground can cause ankle twists. Pace yourself on hills and avoid accelerated push-offs while hiking uphill to guard against Achilles tendon trouble.

Tree-stand falls are also a major source of ankle sprains, ankle fractures, and heelbone fractures, along with head and spinal injuries and sometimes death. The Tree Stand Manufacturers Association strongly advocates for the proper usage of safety harnesses, as one in three hunters who hunt from a tree stand will eventually suffer a fall.

A tree stand's structural integrity can weaken from one season to the next due to moisture, sunshine, insects, squirrels, etc. Test, repair, and reinforce it prior to hunting season. Take hang-on stands down after each use to avoid degradation.

If you suffer a foot or ankle injury while hunting, aim to visit our office for a thorough exam, accurate diagnosis, and effective treatment.

Mark Your Calendars

- Nov. 3** Daylight Saving Time ends: Less than 40% of the world observes daylight saving time.
- Nov. 5** Election Day: Jimmy Carter was the first U.S. president born in a hospital.
- Nov. 11** Veterans Day: 16.4 million Americans served in WWII. As of 2023, approximately 119,550 were still alive.
- Nov. 13** Indian Pudding Day: Originally, cornmeal, milk, and molasses (steamed or boiled a long time). Today, add nutmeg, cinnamon, eggs, and bake.
- Nov. 19** Play Monopoly Day: According to official Monopoly rules, landing on "Free Parking" does not entitle one to collected cash fines or other rewards.
- Nov. 28** French Toast Day: Good luck competing with Thanksgiving Day!
- Nov. 28** Thanksgiving: "Jingle Bells," originally titled "One-Horse Open Sleigh," was intended as a Thanksgiving song.

DST Can Be a Headache

Daylight Saving Time (DST) was implemented in 1918 with the Standard Time Act, legislation whose intention was to conserve energy during World War I. A noble idea, but the twice-a-year time changes have, at best, achieved only minimal success on that front. DST has been good, however, at creating detrimental effects on some people's health.

Research shows that over the week following the reinstatement of DST in March, heart attacks, strokes, auto accident injuries and fatalities, and mental-health and cognitive issues spike. The autumn change back to standard time has its own downsides. For some people, "falling back" seems to trigger cluster headaches, which can attack for six to eight weeks afterward, sometimes every day, multiple times per day. Cluster headaches originate in the same portion of the brain that manages our circadian rhythms, which regulate the timing of sleep at night and wakefulness during the day.

Those who suffer from migraines might also see a rise in headache frequency in the weeks following a return to standard time due to the disruption of their sleep cycle.

Sleep disturbances also exacerbate cognitive decline in those with Alzheimer's and dementia. The time change can be problematic, making it more difficult for them to perform daily activities and maintain independence.

The American Academy of Sleep Medicine advocates for a national, fixed, year-round time — no more clock switcheroos. They believe that standard time (currently November to March) "aligns best with human circadian biology and provides distinct benefits for public health and safety."

Each state, by state law, can exempt themselves from federal DST. If they do, they must follow permanent standard time. Only Hawaii and most of Arizona choose that option — and they're not losing sleep over it.



Healthy Apple Crisp

Servings: 6; prep time: 15 min.; cook time: 40 min.; total time: 55 min.

This healthy apple crisp is so delicious, you'll never know it's also good for you! Loaded with fiber, vitamins, healthy fats, and antioxidants.

Ingredients

Apple filling

- 4 large apples, sweet and crisp Honeycrisp, Gala, or Fuji (or 6 small)
- 1 tbsp. extra virgin olive oil
- 1 tsp. cinnamon

Topping

- 1 cup rolled oats
- 1/3 cup pecan pieces
- 2 tbsp. maple syrup
- 1 tbsp. olive oil
- 1/2 tsp. cinnamon

Directions

1. Preheat the oven at 350°F.
2. Cut the apples in quarters, remove the cores, and peel the skin with a paring knife or vegetable peeler. Slice thin (1/8 inch) and place in a bowl.
3. Add 1 tbsp. olive oil and 1 tsp. cinnamon to the bowl, and toss well until combined.
4. Spread the mixture into the bottom of a 9-inch pie dish or round baking dish.
5. Place rolled oats into the same bowl (no need to wash).
6. Add pecan pieces, 1/2 tsp. cinnamon, 2 tbsp. maple syrup, and 1 tbsp. olive oil. Mix well and spread over the apples, covering them well so they don't dry out.
7. Bake for 40 minutes.
8. Eat warm or at room temperature.

Recipe courtesy of cuisinewithme.com.



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It's No Holiday for Feet and Ankles



In the midst of Thanksgiving celebrations, feet and ankles sometimes take a beating.

If you're among those who will be traveling long distances to Thanksgiving gatherings (4 hours or more by plane, train, or automobile), impaired circulation can be a source of aches, pain, swelling, and possibly deep vein thrombosis. Compression socks/stockings may be helpful, in particular for those with diabetes, when prescribed and fitted by a podiatrist. Make some stops; walk a plane's aisle when permissible; do some ankle rotations and toe curls/raises while seated; and stay hydrated. Wear comfortable shoes that can easily be loosened and have good arch support and plenty of cushioning.

If you're preparing the Thanksgiving feast, a lot of standing can take its toll. Enlist some assistance, and take a break of at least 5 minutes each hour. Some tasks can be done from a seated position instead of standing. Shock-absorbing kitchen mats can come in handy too.

Tantalizing Thanksgiving dishes and desserts beckon, but excessive intake of sugar and carbs can lead to inflammation and subsequent swelling and pain. If you occasionally suffer the agony of gout attacks, be aware of the triggers, and moderate or eliminate the consumption of those foods.

In 2017, the Consumer Product Safety Commission reported roughly 1,400 ER visits due to Thanksgiving pickup football injuries — with likely thousands more doctor's office visitors and self-treaters. A good chunk of those injuries were ankle sprains/fractures and ruptured Achilles tendons. Neglecting to stretch, improper footwear, and lack of self-awareness (i.e., 40-somethings thinking they're 20) were all contributing factors.

May your Thanksgiving be happy and healthy! But if your feet or ankles need us, we're only a phone call away.