


NEW MEXICO Foot & Ankle INSTITUTE

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Thank You!

We had a great time visiting with everyone at the PNM Health Fair on October 31st and the Health & Benefits Fair for the City of Albuquerque & participating government entities on November 1st. We hope everyone that stopped by our table found it beneficial. Thank you for inviting us to participate and we hope to see everyone again next year.

November is National Diabetes Month

Foot Health Facts for Diabetics

Having diabetes increases the risk of developing a wide range of foot problems, often because of two complications of the disease: nerve damage (neuropathy) and poor circulation.

For those with diabetes, small foot problems can turn into serious complications, including:

- ulcers (sores) that don't heal
- corns
- calluses
- cracked heels
- hammertoes
- bunions
- ingrown toenails

Untreated diabetes can result in other conditions, such as:

Diabetic peripheral neuropathy – this condition doesn't emerge overnight. Instead, it usually develops slowly and worsens over time. Some patients have this condition long before they are diagnosed with diabetes. Having diabetes for several years may increase the likelihood of having diabetic neuropathy.

Charcot foot – a condition in which the bones of the foot are weakened enough to fracture. With continued walking the foot eventually changes shape. As the disorder progresses, the joints collapse and the foot takes on an abnormal shape, such as a rocker-bottom appearance.

To prevent complications of diabetes, patients are advised to follow diabetic foot care

guidelines. Sometimes special diabetic shoes are prescribed to avoid pressure and rubbing on the feet caused by regular footwear.



NEW ARRIVAL... Just In Time For Fall

Levelast® is a premium specialty footwear brand, founded by a team of experienced footwear professionals.

Shoes with a neutral heel have little to no change in height from heel to toe. This allows your foot to be "level" which is natural and healthy. We know that a level foot allows your body to disperse pressure evenly across several zones of the foot, and also reduces ground impact on specific areas.

A shoe "last" is an object with a shape similar to that of a human foot – it's used to design a shoe with a particular heel height, foot shape, and toe shape. Levelast® shoes embrace the notions of "level foot" and "generous last" to create a unique and supremely comfortable standing and walking experience, as well as more natural foot and body biomechanics.

They have also developed their own unique and proprietary material, Trileon®, which enables their shoes to be ultra-lightweight, resist odor, and absorb ground impact extremely well. These unique features, as well as the generous fit, provide a surprising and pleasurable experience for your feet.

Taking cues from the lightweight, comfort trend that began with fully molded footwear, and the "oversized" trend that has surfaced in

The American Diabetes Association is a great resource for Information, Recognized Educator programs and Upcoming Events. For more information visit <http://www.diabetes.org>

Albuquerque has a local chapter located at 2625 Pennsylvania Street NE, #300, 87110. You can also call them at 505.266.5716.

Rare Diabetes Foot Complication Becoming More Common

FEW PATIENTS OR CARE PROVIDERS KNOW ABOUT THE LIMB-THREATENING FOOT CONDITION, OR ITS WARNING SIGNS

At first, this patient didn't worry about the swelling on her left foot.

Just a year earlier, doctors diagnosed this 48-year-old mother of four with diabetes. The recent surgery on her right foot corrected a bunion to prevent reoccurring diabetic ulcers. As her bunion recovery moved forward, her left foot moved outwards. Her ankle bent inwards. The foot grew so swollen none of her shoes fit. The skin was warm and red.

"I have a high threshold for pain," she says. "It hurt to walk on it, but I



Our Westside Office Has Moved

We are still in the same building but have moved upstairs into suite #235. There is an elevator in the building so getting to us is still easy.



10% OFF SALE

End of Season Sale:

All of our in stock

Orthaheel Sandals

are now **10% OFF** to make room for Fall Styles.

Come by our Pan

many active sports such as skiing, golf, tennis and mountain biking, Levelast® shoes are proudly designed to be extremely lightweight, yet minimize ground impact. At the same time, Levelast® shoes maximize foot comfort, traction and stability and for a relaxed stride.

We have all 5 styles in stock for you to see and a range of sizes for fitting. Come by our [Pan American Freeway office](#) and try them on!

We invite you to come walk with us!



**LOVE your FEET
...WE DO**

We carry the following shoe brands:



didn't think it was serious."

During a follow-up visit with her foot and ankle surgeon, she spoke up. Her doctor took one look and said, "We have a problem."

She was diagnosed with a rare diabetic complication called Charcot foot. It is estimated to affect less than one percent of people with diabetes. Now doctors with the American College of Foot and Ankle Surgeons say Charcot foot's prevalence appears to be growing as more Americans get diabetes. Some worry that few patients – or their diabetes care providers – seem to know about this complication or its warning signs.

Charcot foot is a sudden softening of the foot's bones caused by severe neuropathy, or nerve damage, a common diabetic foot complication. It can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation, and even death. As the disorder progresses, the bottom of the foot can become

American office before they are all gone!

We now have Sandals at our Westside office for your convenience!



Continued....Rare Diabetes Foot Complication Becoming More Common

A person with diabetes who has a red, hot, swollen foot or ankle requires emergency medical care because these can also be symptoms of deep vein thrombosis or an infection.

Doctors say Charcot's ambiguous symptoms can lead to misdiagnosis. Since patients don't feel pain, doctors may presume the swelling is due to infection and prescribe antibiotics. Meanwhile the patient continues walking on a foot that is collapsing. More people with diabetes, their families and their care providers need to know about Charcot foot. When a patient is diagnosed with this complication, a telephone call to the primary care doctor is a good idea to coordinate a

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Dr. Comfort shoes are designed specifically for diabetics



We take care of your feet....so they'll take care of you!



Annual Comprehensive Diabetic Foot Exam

If you or someone you love is diabetic an Annual Comprehensive Diabetic Foot Exam is recommended by your podiatrist! Podiatrists are trained to evaluate and diagnose the health of diabetic feet. If you have not had or scheduled your annual exam this year with Dr. Ivey or Dr. Williamson call 880.1000 or visit us at nmfootandankle.com to schedule your appointment.

convex, bulging like the hull of a ship. Since most people with Charcot cannot feel pain in their lower extremities, they continue walking on the foot, causing further injury.

Charcot cannot be reversed, but its destructive effects can be stopped if the complication is detected early.

The symptoms of Charcot foot appear suddenly. They include warm and red skin, swelling and pain.

Continued in next column...

cohesive care plan and to educate everyone involved. But educating patients and their care providers is only half the battle. There's little that can be done when patients are apathetic or in "diabetic denial."

Foot and ankle surgeons expect to see more patients like that as diabetes rates soar.



Attention Flex Plan Participants

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