



## Superior Foot & Ankle Care Center

3747 Worsham Avenue, Suite #201  
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Newsletter

November 2018

### Our Office

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### Office Hours

Mon: 8:30 AM - 5:30 PM  
Tue : 8:30 AM - 5:30 PM  
Wed : 8:30 AM - 6:30 PM  
Thu : 8:30 AM - 5:30 PM  
Fri : 8:30 AM - 5:30 PM

\* Closed for lunch  
12:30 PM - 1:30 PM

Request an Appointment

### Find Us



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Dr. Victoria Foley and Dr. Connie Ornelas



It is a pleasure for us to educate the public on proper foot care, but for Dr. Ornelas there was no greater honor than talking to Amelia's preschool class. The school had a Community Helper Month in October. Dr. Ornelas read to about 10 preschoolers. The book she chose for the class was about being a doctor. She spent time showing the kids her stethoscope and how it works. She also passed out surgical face masks to the kids which they loved! Amelia liked seeing her mom all dressed up in her white coat. Dr. Ornelas had so much fun talking to all the students!

Dr Ornelas kept busy in October. On the 13th she and her family participated in the Alzheimer's 5K walk in downtown Long Beach. They walked in support of her husband's uncle who was recently diagnosed. The event raised over \$169,000, had 158 teams and 1380 participants. It was a rainy and cold day, but that did not deter them from walking. The kids were tucked away in their stroller staying warm and dry.

# Neuropathy and PAD: A Bad Combination for Those with Diabetes

Imagine that you have reduced sensation in your feet due to nerve damage. If you injure your foot when stepping on a sharp object, you may not be able to feel the wound because of the lack of feeling in your foot.

Now, further imagine that the arteries in your legs have become blocked due to fatty deposits building up on the artery walls. This condition restricts the blood flow to your feet, making wounds difficult or even impossible to heal.

If you have nerve damage – neuropathy – as well as reduced blood flow to the legs, or peripheral artery disease (PAD), you are at risk for serious damage to your feet. A minor cut or scrape may escalate into an ulcer which can lead to gangrene and even amputation.



## History FootNote

In 1675, the word “mellitus” or honey was added to the name “diabetes” because of the excess sugar present in the urine.

## Neuropathy and PAD – Serious Problems for People with Diabetes

The common – and dangerous – denominator with both of these conditions is **diabetes**.

Patients with diabetes often develop peripheral neuropathy due to having excess sugar in the blood for prolonged periods. Symptoms include pain, burning and tingling in the feet and extremities as well as general limb weakness.

Those with diabetes are also susceptible to peripheral artery disease. PAD is like coronary artery disease, where an artery that supplies blood to the heart muscle is blocked. PAD affects those arteries outside the heart and brain such as those in the legs and feet. Fatty wall deposits restrict the blood flow and can cause pain, especially while walking. PAD can make healing even a small wound on the foot very difficult.

People with diabetes are at higher risk of developing atherosclerosis, the most common cause of peripheral artery disease (PAD). And individuals with PAD have a much higher risk of heart attack or stroke.

Each of these conditions is a serious problem in itself, but together they can be a limb or life-threatening situation.

## Take Steps to Reduce Your Risk of Neuropathy and PAD

You can lessen the risk of these serious complications:

- Control your blood sugar with diet, exercise and medication
- Have regular screening tests for cholesterol and blood pressure
- Take doctor-recommended supplements
- Stop smoking
- Limit alcohol consumption
- Exercise every day with your doctor's permission

You can find plenty of helpful information on living with diabetes and its complications at the American Diabetes Association [website](#).

## Celebrity Foot Focus

Rock and roll legend Eric Clapton suffers from peripheral neuropathy, with symptoms ranging from pain to numbness and loss of coordination.

# Top 10 Ways to Protect Your Feet If You Have Diabetes

If you or a family member has diabetes, it is very important to protect your feet at all times from accidental injury. Even a small cut, bruise or scrape can worsen into a serious foot sore or ulcer that can be very hard to heal.

Here are our top 10 tips on protecting your feet if you have diabetes:

- **Inspect your feet every day.** Look for anything out of the ordinary like a cut, crack, blister, sore, tenderness, swelling or redness. Use a small mirror to check the soles too.
- **Wash and dry your feet daily.** Use warm water and a mild soap. Dry thoroughly, especially between the toes.
- **Moisturize and keep skin dry.** Apply a rich emollient cream to the tops and bottoms of the feet, but avoid the area between the toes. Keep that area dry with talcum powder or cornstarch.
- **Trim nails carefully.** Only cut them straight across with a trimmer rather than scissors.
- **Never try to remove calluses or corns by yourself.** Come to see us for help with these issues.
- **Always wear socks and shoes.** Don't go barefoot even in your home. Stepping on a sharp object or even just stubbing your toe can lead to complications.



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- **Wear the right shoes.** Look for those that are comfortable but supportive for the heel, arch and ball of the foot. Avoid tight shoes and high heels.
- **Wear clean socks.** Choose socks that wick moisture away from the skin such as acrylic fibers. Avoid those with tight elastic bands that can hamper circulation.
- **Schedule regular foot examinations.** Come to see us at least once a year for a comprehensive foot check-up. We have the right expertise to spot any problems before they get serious.
- **Quit smoking.** Do yourself and your feet a favor and kick the habit. Smoking hinders circulation and reduces the amount of blood to your feet which will inhibit healing.

## Foot Funnies



What type of shoes do lazy people wear? Loafers

## Trivia

You're most likely to break bones located here:

- A. Your big toe
- B. Your pinky toe
- C. The center of your foot

**Answer: C. The center of your foot**

Bearing the brunt of your body's weight takes a toll. It's common to get stress fractures -- tiny breaks -- in the long, thin bones in the middle of your feet, called the metatarsals.

## Give Thanks for Your Feet!

'Tis the season to give thanks! Our All-American Thanksgiving holiday is the perfect time to give thanks for family, food ... and even football!

While you are at it, why not thank **your feet** for all they do for you every day? These overworked, underappreciated parts of the body are really marvels considering the work that they must do. Even Leonardo da Vinci agreed, stating that "The human foot is a masterpiece of engineering and a work of art."

Thank your feet for:

- **Getting us where we want to go.** The average person will cover 100,000 miles in a lifetime, enough to circle the earth 4 times!
- **Helping us keep our balance.** Our toes, the smallest part of the feet, help keep our balance even when standing still.
- **Being tough.** Every jarring step of a runner puts force on that foot up to 3 times the body weight. Imagine the total force after a quick workout!
- **Having fun with sports.** There are just a few sports that don't involve your feet. So the next time you kick a ball, run, play tennis, kick in the water or pedal a bicycle, give a thankful thought to your feet.
- **Being resilient.** No matter how many times we stub a toe, get a bruise or suffer with blisters, they are quick to heal to get us going again.
- **Being decorative.** Just ask your teens about their latest toenail polish color or superhero sneakers.



## Recipe of the Month

### Roasted Sweet Potato Salad with Warm Chutney Dressing

A blend of traditional and fanciful holiday flavors, this side dish is really delicious and will surprise and delight your Thanksgiving guests!

#### Ingredients

##### Salad:

- 4 medium-sized sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 cup raw green pumpkin seeds (also known as pepitas)
- 1 cup dried cranberries
- 1 cup chopped scallions (green and white)
- 1 cup julienned roasted red pepper

##### Dressing:

- 6 tablespoons balsamic vinegar
- 1/3 cup mango chutney
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 garlic cloves, minced
- 1/4 cup olive oil



## Directions

Make the Salad: Preheat oven to 425 degrees F.

In a roasting pan, combine the potatoes, 3 tablespoons of the olive oil, rosemary, salt, pepper, cumin and ginger. Stir to combine and bake until the potatoes are fork-tender and golden brown, about 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat. Add the pumpkin seeds and cook, stirring, until toasted. Transfer the seeds to a plate and season with salt and pepper. In a small bowl, combine the cranberries, scallions, and red pepper and set aside.

Make the Dressing: Prepare the dressing by combining all the ingredients (except for the olive oil) in a small saucepan and heat. Remove from heat and whisk in the olive oil.

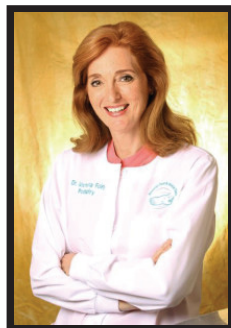
Assemble salad by gently tossing the roasted potatoes with the red pepper mixture. Add enough of the dressing to coat and garnish with toasted pumpkin seeds. Serve with extra dressing on the side.

*Recipe courtesy of Devon Delaney*

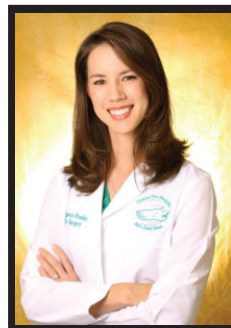
## Happy Thanksgiving!!



## Meet our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

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