

Foot Notes

Brought to you by Dr. Powers

News and Updates

November 2016

Turf vs. Grass The Effects on Football Injuries

Football season is in full swing and those unfortunately on the injured list are messing up a whole lot of fantasy football teams! From ankle sprains to turf toe to stress fractures, there are a number of common football injuries that can keep players on the sidelines, but can the type of field they're playing on be to blame? It's time to huddle up and kick off a conversation about the age old rivalry: turf vs. grass.

Meet the Doctor

Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board
of Foot and
Ankle Surgery

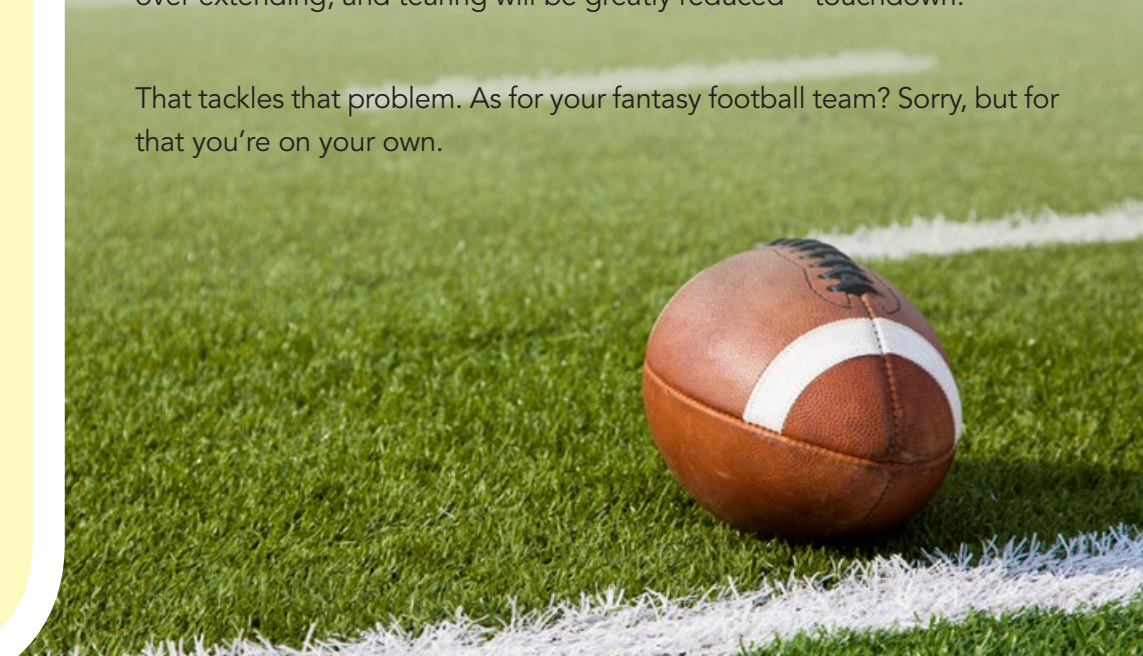


Association of
Extremity
Nerve Surgeons

For years, artificial turf has come under fire as a main culprit of many injuries, however, advancements over time have actually made turf more and more similar to natural grass. So is one truly better or worse than another? Well, guess what? Because it's friction that increases the risk of injury, the real problem lies not in the surface, but rather in the shoes!

Increased injury risk has to do with traction, therefore, the right shoes matter! If football players want to stay in the game, they need to have two different types of cleats in their lockers – a pair made specifically for turf, and another specifically for grass. That way the risk of slipping, twisting, over-extending, and tearing will be greatly reduced – touchdown!

That tackles that problem. As for your fantasy football team? Sorry, but for that you're on your own.





Low Carb Apple Crumble

Ingredients

- 6 Granny smith apples, peeled and sliced
- 150g Butter
- 1 cup Almond meal
- 1 tbsp Natvia
- Optional
- ½ cup chopped nuts or Crunchy Grain Free Granola

Instructions

Boil apples until soft in a small amount of water. Place in a baking dish.

Place softened butter, almond meal, Natvia, and nuts in bowl and mix together (real crumble requires mixing by hand), until well combined but still crumbly. Spread over cooked apples and bake at 180 for 30 mins or until crumble is golden brown. Serve warmed with fresh cream or yoghurt. Note that nutritional info is calculated for 1 serve of crumble and does not include cream or yoghurt.

Source: <http://www.jmcphee.com>



Mark Your Calendars

- November 6** Marooned Without a Compass Day – Sounds like a good time for a nap!
- November 11** Veteran's Day – Giving thanks isn't just for Thanksgiving.
- November 13** Caregiver Appreciation Day – Yet another day to be thankful!
- November 17** Great American Smoke Out Day – A perfect time to quit... you can do it!
- November 24** Thanksgiving – What are you grateful for?
- November 25** You're Welcome Day – How appropriate.



The Obesity Code

Hi everybody, this is Dr. Powers.

I have never done a book review for the newsletter but found "The Obesity Code" so insightful in explaining the root cause of weight control problems and type 2 diabetes that I wanted to share this with you.

Now listen to this. Basically, everything we have been told about how to lose weight is wrong. That is why calorie restriction diets fail nearly 98.7% of the time. How long can we go about life being hungry? In the short term we can, but as a lifelong eating style we can't. That's why over time the weight returns - and then some. Find out why the "and then some" happens.

How about eating in a way that keeps you satisfied but also reduces your stored fat and improves diabetes for those of you who are type 2.

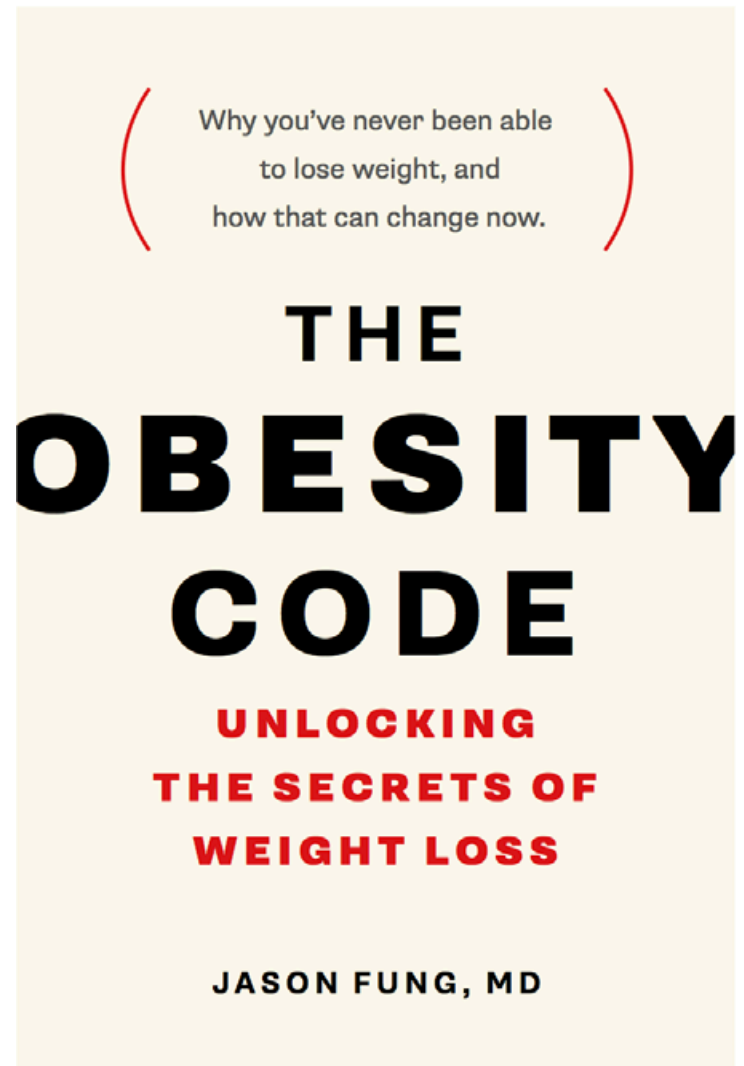
This book explains why weight gain and obesity are driven by hormones, not calories. The most important hormone controlling our stores of fat is our own insulin which is secreted by the pancreas every time we eat a meal. When your body secretes too much insulin it does three things that aren't so good. First, it stores the food that you eat as fat. Secondly, insulin prevents your body from using your own stores of fat as energy. Thirdly, it makes you hungry.

Learning how to control your own bodies level of insulin will give you the power to take control of your weight and overall health. Forget about the calories in - calories out theory.

The author of "The Obesity Code" is Jason Fung, MD who specializes in nephrology, the treatment of kidney diseases. He takes care of diabetics who are of the worst health. Dr Fung is able to explain how hormones regulate our hunger and fat stores in an easy to understand manner that is also surprisingly funny. In other words, you don't have to be a science professor to understand it.

Best wishes for good health,

Dr. Powers



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Turf vs. Grass



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Diabetic Danger: Charcot Foot

It's Diabetes Awareness Month and one thing you should definitely be aware of is the danger of Charcot foot. Because of the lack of sensation from nerve damage often associated with diabetes, you can sustain an injury to your foot yet be completely unaware of it. Continuing to walk on the injury increases the damage until weight-bearing joints begin to break down, and eventually the foot becomes severely deformed. Clearly, catching this problem at the onset is vital to avoiding serious complications, including amputation. Initial tell-tale symptoms include redness, swelling, and warmth.



The risk of Charcot foot is yet another reason why it's critical to perform your daily self-foot exams so you can check for these early warning signs, along with others that could lead to dangerous infections or debilitating problems.

For more information on managing diabetes and preventing potential complications, feel free to talk with our caring staff. You can also find additional information on our website.

With a diligent diabetic foot care plan, you can live a full, active, and healthy life despite the disease.