

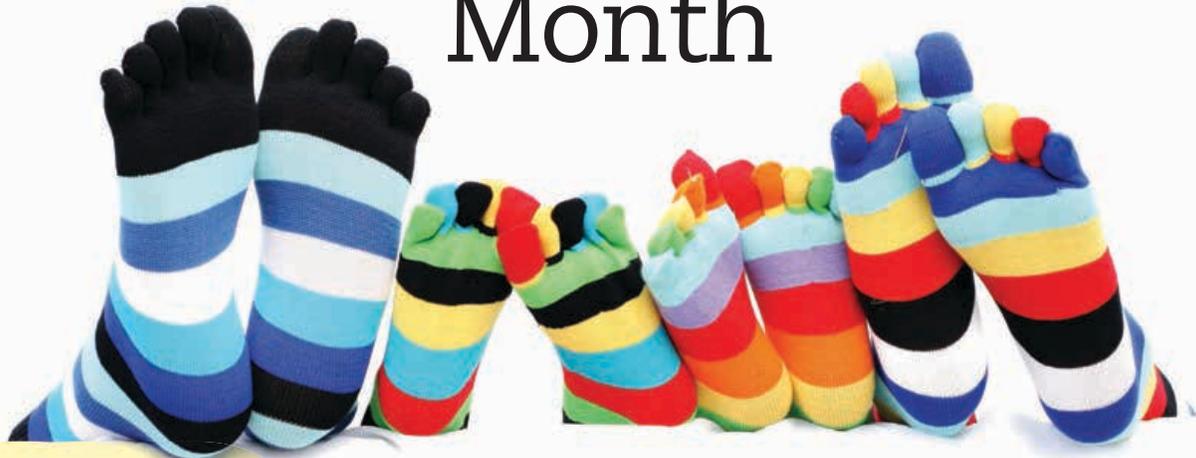
# Foot Notes

Brought to you by Dr. Powers

News and Updates

## November 2014

# Happy National Diabetes Month



## 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

November is National Diabetes Month. What better time to think about your feet? Diabetes can cause serious foot problems—so serious that they can lead to amputation. That's why diabetic foot care is vitally important. Neuropathy and poor circulation are both associated with the disease, and they are a dangerous combination. Nerve damage means you might injure your foot without even realizing it. Reduced blood flow also means that your injury will take longer to heal. This is an open invitation to infection, and we all know that infections and diabetes don't mix. Serious complications can result. So how do you avoid such a scary pitfall? Simple – daily self-exams.

Check over your feet thoroughly every single day. Use a mirror for hard-to-see areas. Look for any signs of abrasions, redness, swelling, and warmth. If you notice anything out of the ordinary, contact us immediately so we can nip the problem in the bud.

Besides inspecting your feet, you should also check out your shoes. Make sure that they fit well and are not too tight. They should be made of a breathable material too, and offer plenty of support and cushion. Shake them out before lacing them up to get rid of any foreign objects that may be lurking inside. Get used to always wearing them as well, since it is not safe for you to go barefoot.

Perhaps the best thing you can do for your diabetic feet, though, is to manage your disease. Staying active is key to encouraging blood flow and maintaining good glucose levels as well as keeping your weight at a safe level. Eating healthy, not smoking, and exercising regularly (coupled with regular appointments with us), can keep you feeling healthy and strong.

Dr. Powers is a Fellow of the Association of Extremity Nerve Surgeons, with expertise in Diabetic Neuropathy. He has specialized training to help improve the painful symptoms of Diabetic patients suffering from neuropathy. People with Diabetes should see their Podiatrist 2 time per year. Let Dr. Powers keep you healthy. Call to schedule an appointment today!



# Give Your Feet Some Gratitude!

Your feet work hard every day—getting you from here to there, supporting you while you stand for hours, and helping you to reach the top shelf or jump over that puddle. So, what's the thanks they get? A soothing massage might do the trick.

First, recruit a loved one to do the honors. Soak your feet in Epsom salts to draw out impurities. Now, get comfy. Set the mood with some relaxing music and dim the lights. Prop your foot up on a pillow and let the pampering begin. Have your personal massage therapist pour a small amount of warm oil in their hands and rub them together, then try these techniques:

**Soothing Stroke**—this is a good way to start because it stimulates the blood and gets circulation going. Place thumbs on the top of the foot, then firmly move in a slow path from toes to ankle and back several times.

**Finger Walk**—holding the foot upright with one hand, place the fingers of the other hand underneath the toes and apply pressure. Walk fingers back and forth and downward, pressing as you go, until you get to the heel.

**Toe Wiggle**—Use your thumb and fingers to gently rub between the toes, then wiggle each toe by moving it back and forth, finishing with a gentle tug. This little piggy will love it!

A foot massage can do wonders for tired and achy feet. Go ahead and kick off your shoes, peel off those socks, and give your feet some gratitude! Ask our staff about more ways to keep you and your feet feeling fit and healthy.

## Mark Your Calendars

**November 2** – Daylight Savings Time ends—don't forget to turn back your clocks!

**November 3** – Sandwich Day—stock up on bread and lunch meat for the week.

**November 11** – Veterans Day—show your pride and appreciation.

**November 15** – National Philanthropy Day—lend a helping hand

**November 17** – Take a Hike Day—hit the trails for the health of it.

**November 27** – Thanksgiving—eat, drink, and be grateful.

**November 28** – Black Friday—let the shopping begin!



# Easy Autumn Apple Pie

## Ingredients

- 3-4 medium apples and/or pears – peeled, cored and sliced
- 1/3 cup + 1 tbsp granulated sugar, divided
- 1/3 cup + 1 tbsp brown sugar, divided
- 1/2 tsp + 1/4 tsp cinnamon, divided
- 1/4 tsp nutmeg
- squeeze of fresh lemon juice
- 1 cup all purpose flour
- 1/2 cup melted butter
- 1/2 tsp pure vanilla extract
- 1 egg

## Method

Preheat oven to 350 degrees F.

Toss apples and pear with 1 tbsp granulated sugar, 1 tbsp brown sugar, 1/2 tsp cinnamon, 1/4 tsp nutmeg and lemon juice. Pour into deep dish pie plate. Thoroughly mix together flour, 1/3 cup granulated sugar, 1/3 cup brown sugar, cinnamon, butter, vanilla and egg. Spread evenly over the top of pie.

Bake until apples and pears have cooked and the topping is golden brown, about 40 to 45 minutes. Serve warm with a scoop of ice cream.

Courtesy: [www.KissMySpatula.com](http://www.KissMySpatula.com)



# After-Dinner Stretches

There's nothing like kicking back and putting your feet up after a big turkey dinner, especially if your arch is aching, your toes are troubled, and your heel is hurting. If your feet feel like you've been wearing pointy pilgrim boots all day, or the tendons in them are as tight as the waist of your pants right about now, here are some stretches to try during half-time of the football game:

Sit with your legs out in front of you and knees bent. Grab your toes and slowly bend them back, hold for 10 to 15 seconds, then enjoy some more cranberry sauce. Now, face a wall and stick one foot behind the other. Bend at the knees while trying to keep your feet flat on the floor, hold for 10 or 15 seconds again, have another plate of stuffing, then repeat. Next, find a step and stand on it so that your heels are hanging off the edge. Slowly lower your heels and hold.

Okay, now get back to your spot on the couch because the second half of the football game is starting. While you're there, raise an extended leg and rotate your ankle in a circle, switch directions, then switch ankles. You can also try pretending that your big toe is a pen and use it to write the alphabet in the air. When you're done with your ABCs, grab your cloth napkin and with legs outstretched, loop it around your foot, then pull the ends toward you. Now your feet should be feeling as good as that pumpkin pie looks!

For more tips on keeping feet healthy and strong, just ask our experts. We provide a virtual cornucopia of services!

"After two years of foot pain, I can finally walk PAIN FREE! Dr. Powers and staff are the BEST! The care I received was out of this world! Through the whole process I was informed and made to feel comfortable with the procedure! I would recommend Dr. Powers above all other doctors! THANK YOU!" – Travis T.

## Dr. Powers Foot & Ankle

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Don't  
Shop 'Til  
You Drop:  
Foot Care  
on the Go

With the holiday season coming on strong, everyone wants to get a head start on their shopping list. However, if you plan on hitting the mall all day, think about how your poor feet are going to feel tonight! Luckily, there are some things you can do to prevent foot problems on the go. First and foremost, wear the right shoes. Footwear that's too tight can result in painful blisters, corns, and calluses, not to mention bunions, if it's worn too long. Instead, choose a pair that is comfortable and has plenty of room and support. You might want to slip in some inserts for extra cushioning, too.

Next tip? Take breaks. Standing in lines and trekking from one store to the next on the hard surfaces of the mall can put a lot of pressure and stress on your feet. You're bound to end up with an overuse injury like plantar fasciitis (the inflammation of the tissues that support your arch). Avoid the possible problem by taking a load off from time to time.

This will help with perspiration as well. Lugging all those bags around and running to the cashier that just opened can get your sweat glands going—and there are a lot of them in your feet! Perspiration trapped inside your shoes provides a perfect environment for fungus to thrive, and who wants a fungal infection for the holidays? Besides slowing down, wear moisture-wicking socks and make sure your comfy shoes are also breathable. It wouldn't hurt, either, to sprinkle powder on your feet and in your shoes before you start your shopping trip.

Remember, if any foot problems should arise, don't hesitate to give us a call. We're here to help!