

# Foot Notes

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News and Updates

## November 2015

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## Family Ties: A Look at Hereditary Foot Conditions

### 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

On Thanksgiving, take the time to look around the table and be thankful for your family. If you have a bunion, you can thank your mom for that too! That's right, some foot conditions are actually in your DNA. Just like the color of your hair and eyes, your parents can pass along traits that increase your risk for toe deformities like bunions and hammertoes, nerve problems like neuropathy, high blood pressure and poor circulation, cancer, diabetes, skin issues like eczema and allergies, high arches, and even ingrown toenails!

Of course, having a genetic predisposition for certain foot conditions doesn't necessarily mean you will struggle with these problems—you can't blame your parents completely! There are things you can do to prevent the onset of issues, particularly by focusing on footwear. Often, bunions, hammertoes, and ingrown toenails can be encouraged by ill-fitting shoes, with toes squished together and weight unevenly distributed. Make sure your shoes fit and have a wide toe box and a low heel, and you just might dodge a deformity!

In addition, if you know you're prone to certain conditions like high blood pressure and diabetes, take steps to eat a healthy diet and exercise regularly. Does your dad have really, really dry skin? Make sure yours stays supple by applying moisturizer daily. If you keep your genes in mind, you can stop problems before they start, and that's something for which you can definitely be grateful!

# Daily Diligence: The Importance of Diabetic Self-Foot Exams



It's National Diabetes Awareness Month—are you aware of how this condition affects your feet? Let's put it this way: diabetes and your feet don't get along! The nerve damage often associated with the disease can make it difficult to feel an injury, and the poor circulation—also a common companion to diabetes—makes for a slow healing process with an increased chance of infection.



**"As far as dancing goes, the doctor says you need to stay off my feet for 6-8 weeks."**

Clearly these complications are not on friendly terms with your feet! In fact, together they're a dangerous combination, like a one-two punch. However, you can fight back by checking your feet daily for trouble, so early treatment can nip it in the bud. Even the smallest of scrapes can wind up an enormous problem. So cozy up with your feet and give them a once over, once a day. Here's how:

Sit down and place your clean, dry, bare foot across your opposite knee. Now look and feel for any changes in color and temperature. Do you notice any dry patches, bumps, lumps, or abrasions? What about blisters, corns and calluses, or discolored toenails? Don't forget to check between your toes too, and for hard-to-see spots, try using a hand held mirror or enlisting a loved one's help. If you find anything out of the ordinary, contact our office right away so we can stop the problem before it snowballs into something much worse.

If diabetes is the enemy, be your own best ally by performing self-foot exams daily, and remember—you've got our friendly staff to depend on too!

## Mark Your Calendars

- November 7** Book Lovers' Day—snuggle up with a good story.
- November 11** Veteran's Day—another day to be grateful!
- November 13** World Kindness Day—pay it forward.
- November 15** Clean your refrigerator day—make room for holiday leftovers!
- November 26** Thanksgiving—gobble, gobble!
- November 29** Square Dance Day—swing your partner 'round and 'round.





# Paleo Pumpkin Bread

Prep time: 10 mins • Cook time: 45 mins • Total time: 55 mins • Serves: 1 loaf

## Ingredients

½ Cup Coconut Flour  
1 Tablespoon Pumpkin Pie Spice  
1 teaspoon Cinnamon  
½ teaspoon Baking Soda  
¼ teaspoon Baking Powder  
¼ teaspoon Salt  
4 Eggs  
1 Cup Canned Pure Pumpkin Puree (Not Pumpkin Pie Filling)  
½ Cup Maple Syrup  
¼ Cup Coconut Oil  
1 teaspoon Vanilla Extract  
1-2 Drops Nutmeg Essential Oil (or ½-1 teaspoon ground nutmeg\*)



## Instructions

1. Set up oven rack so that it's on the bottom third of the oven (The rack right below the middle one.). Preheat oven to 350 degrees F. Prepare a standard-sized loaf pan by greasing with coconut oil or generously spraying with nonstick cooking spray. Set aside.
2. In a medium mixing bowl, whisk Coconut Flour, Pumpkin Pie Spice, Cinnamon, Baking Soda, Baking Powder, and Salt\*, breaking apart any lumps in the coconut flour.
3. In a large mixing bowl, whisk Eggs. Add Pumpkin, Maple Syrup, Coconut Oil, Vanilla Extract, and Nutmeg Essential Oil\*, and whisk very well to combine all ingredients. There may be a few small clumps of coconut oil that do not totally dissolve—this is ok!
4. Slowly pour the dry ingredients into the bowl of wet ingredients. Using a rubber spatula or wooden spoon, slowly stir until all ingredients are combined. Batter may be slightly lumpy. Do not overmix.
5. Pour batter into prepared loaf pan. Bake for 38-45 minutes, or until toothpick inserted into the center comes out clean, or with just a couple moist crumbs attached.
6. Set pan on a wire rack to cool for about 30 minutes. Using a plastic knife, carefully scrape along the sides of the pan, around the loaf, to detach bread from sides of pan. Carefully remove loaf from pan, and allow to cool completely on wire rack before slicing, about 45-60 minutes.
7. Makes 1 loaf.

**Notes** \*If using Nutmeg Essential Oil in the recipe, mix it in the bowl of the WET ingredients. If using Ground Nutmeg in the recipe, mix it in in the bowl of the DRY ingredients.

Store pumpkin bread in the refrigerator for up to one week. Bread freezes well.

Source: [sunnysideups.org/paleo-pumpkin-bread/](http://sunnysideups.org/paleo-pumpkin-bread/)

Author: Anna Bradley



Dr. Powers and his dog George recently spent a week vacation hiking the mountains in Nevada.

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# Don't Let Your Leftovers Go to Waste!

Use this guide to store and keep food fresh



Dinner's done and you're as stuffed as your turkey, but now what do you do with all the leftovers? Follow these guidelines to ensure plenty of midnight snacks:

Store leftovers within two hours of cooking to maintain quality and avoid inviting bacteria to the party. Make sure it is cooled before storing and that it's placed in a well-sealed container.

Fridge & Freezer Facts:	Refrigerated	Frozen
Cooked turkey	lasts 3 to 4 days	2 to 3 months
Gravy	eat within 1 to 2 days	2 to 3 months
Mashed potatoes	3 days	10 months
Cranberry sauce	stays good 10-14 days	1-2 months
Baked apple or pumpkin pie	fresh for 3 to 4 days	1-2 months

Wait a minute—who are we kidding? There's never any pie left!

Now, let the late night grazing begin. Start making those turkey sandwiches. Go ahead and eat some cranberry sauce for breakfast—we won't tell! Remember, though, if ever in doubt, throw it out.