



FOOT SENSE

A monthly newsletter from your podiatrist



HAPPY
thanksgiving

Dr. Rion Berg

November 2023

Helping You Stay On Top of Diabetes

November is more than just the month where we give thanks--it's also National Diabetes Awareness Month. This month serves to remind us of the importance of understanding, preventing, and managing this chronic disease that affects millions of lives including our own patients.



If you or a loved one has diabetes, you know how important it is to do everything you can to stay healthy. And our office offers many ways to help you do this. Today we'll go over these programs to help you prevent diabetic foot ulcers. We'll also introduce a new test we just started offering which can help identify whether you also have Peripheral Artery Disease, a condition common in people with diabetes.

Comprehensive Diabetic Foot Exam

The most important exam we offer to our patients with diabetes is the Comprehensive Diabetic Foot Exam (CDFE). This exam will reveal key areas we'll need to watch out for to keep you from developing a foot ulcer.

The CDFE tests and checks for the following:

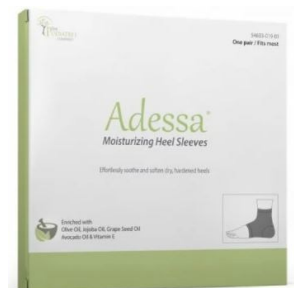
- Sensation
- Circulation
- Skin integrity
- Gait analysis
- Adequate footwear

Inside this Issue:

- Foot and Ankle Center photos—2
- Green Bean Casserole—2
- November is Diabetes Awareness Month (continued)—3
- Cultivating An Attitude of Gratitude—4

Adessa Moisturing Heel Sleeves

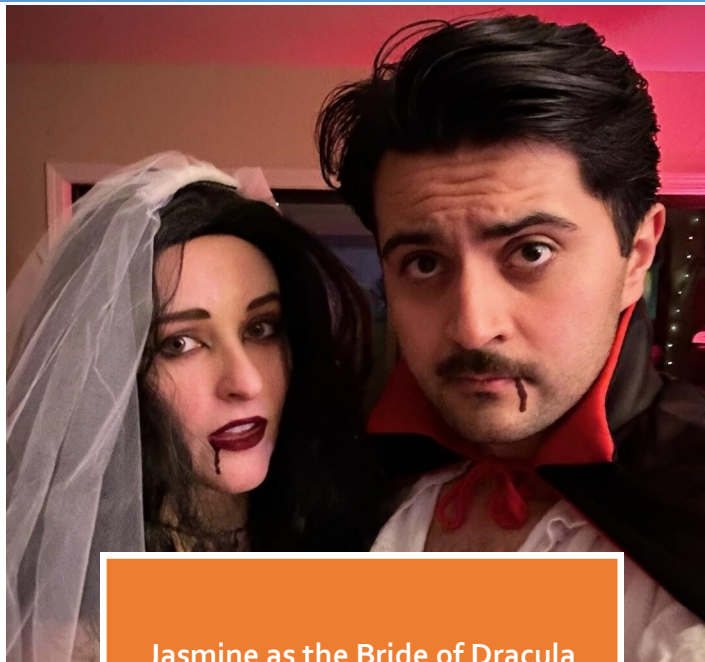
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Continued on Page 3



Rocking Out For Halloween!



Jasmine as the Bride of Dracula

Slow-Cooker Green Bean Casserole with Crispy Onions

A healthier version of this classic dish.

Green Beans & Mushrooms

- 2 ½ pounds fresh green beans, trimmed and cut into thirds
- 1 (10 ounce) package mushrooms, sliced
- 1 large onion, chopped
- 3 large cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 1 ¼ teaspoons salt
- ½ teaspoon ground pepper

Onion Topping

- 1 medium onion, halved and sliced
- 1 cup buttermilk
- ⅓ cup all-purpose flour
- ¼ teaspoon ground pepper
- ½ teaspoon salt
- Canola or olive oil cooking spray

Sauce

- 3 tablespoons cornstarch
- 2 tablespoons dry sherry
- 1 cup sour cream, at room temperature
- ½ teaspoon dried thyme



Combine green beans, mushrooms, chopped onion, garlic, oil, salt and pepper in a 5 1/2- to 6-quart slow cooker. Cook on High until tender, about 2 1/2 hours.

Meanwhile, preheat oven to 400 degrees F.

Onion topping: Combine sliced onion and buttermilk in a medium bowl. Let stand for 15 minutes. Drain (discard buttermilk) and return the onion to the bowl. Sprinkle with flour, pepper and salt and toss to coat well. Transfer to a large rimmed baking sheet. Coat with cooking spray. Bake, stirring once or twice, until tender and crisp, 25 to 28 minutes. Let stand at room temperature for up to 2 hours.

Sauce: When the vegetables are done, combine cornstarch and sherry in medium bowl; stir until smooth. Add sour cream and stir to combine well. Add the sour cream mixture and thyme to the vegetables; stir until well coated with the mixture. Cover and continue cooking for 20 more minutes. Serve topped with the crispy onions.

Source: [Eating Well](#)

In addition, Dr. Berg will look at any pre-existing foot problems you have to assess how these may put you at risk for a foot ulcer.

Diabetic Shoes and Socks to Prevent Foot Ulcers

One of the most important things you can do to protect your feet if you have diabetes is to wear shoes that are designed to prevent foot ulcers. As a result of your Comprehensive Diabetic Foot Exam, our office can order diabetic shoes that are covered 80% by Medicare. You are eligible to receive a new pair of shoes every calendar year.



Ortho Feet

In addition to diabetic shoes, we also provide diabetes inserts to help prevent friction and breakdown of skin.

It's also very important to wear diabetic socks. They are also designed to prevent foot ulcers. We sell these socks in our store. [Learn more about how diabetic shoes and diabetic socks help prevent foot ulcers here!](#)

Moisturizers and Foot Soaks to Keep Your Skin Moist and Intact

A big part of preventing foot ulcers is keeping your skin moist and intact. Our office has a variety of foot creams and gel socks/sleeves to help you maintain the moisture level in your skin and prevent cracking.

In addition, we also offer a foot soak from Tolcylen to help keep your feet free of bacteria and fungus which can also disrupt your skin.

MLS Laser Therapy for Treatment of Diabetic Peripheral Neuropathy

More than 50% of patients with diabetes will experience dull or altered sensation in their feet. That reduced sensation can not only result in foot ulcers, but also pain and burning sensations, numbness and tingling, muscle weakness and loss of balance.



Up until now, podiatrists and other physicians have only been able to treat diabetic peripheral neuropathy with medication, topicals, and lifestyle changes. While these treatments have their place, they can't reverse the nerve damage caused by this condition. Fortunately, our office offers MLS laser therapy to help improve nerve function and reduce pain and inflammation for those with this condition.

Stay Ahead of Peripheral Artery Disease (PAD) with ABI Testing in Our Office

Another condition that's common in patients with diabetes is peripheral artery disease. It's caused by narrowed or blocked arteries in the pelvis and legs. As this disease progresses it can cause heart attack and stroke, kidney disease and kidney failure, and foot ulcers.

It's important to catch it in the early stages where it's much more treatable. You can have this disease without having symptoms.

Now our office has the "Ankle-Brachial Index or ABI test". This test is non-invasive and is totally covered by Medicare if you're over 65 or have diabetes.

We are recommending all our patients who have diabetes get this test. [Learn more about peripheral artery disease here!](#)

Cultivating an Attitude of Gratitude

As Thanksgiving approaches, it's time to reflect on all that we're grateful for. But often that's much easier said than done. As humans we're wired to focus on the negative, so we really need to make an effort to count the blessings in our lives.

Here are some ways to do this:

1. At your Thanksgiving table, ask each person to name one thing they're grateful for.
2. Start a gratitude journal to document moments of joy, kindness, and appreciation.
3. Express your gratitude with others — take time to write a thank you note or pick up the phone and say thank you! It will lift you up and strengthen your relationships.
4. Celebrate small wins—acknowledge and celebrate your achievements, no matter how small. This practice not only boosts self-esteem but also trains your mind to recognize the positive aspects of your life.
5. Gratitude challenges—find something positive in challenging situations. My marketing director recently had to put her parents in assisted living. She focusing on how much safer they'll be, even though it was a really difficult thing to do.



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—Dr. Rion Berg

