

YOUR *next* STEP

The Foot and Ankle Care Center

OFFICE LOCATION
Ardmore, PA
610-642-8837
Downingtown, PA
610-873-0322
Paoli, PA
610-644-6501

NEWSLETTER

FALL 2016



Offices/Hours [See Below](#)

Foot Ulcers: A Serious Condition that Requires Immediate Treatment



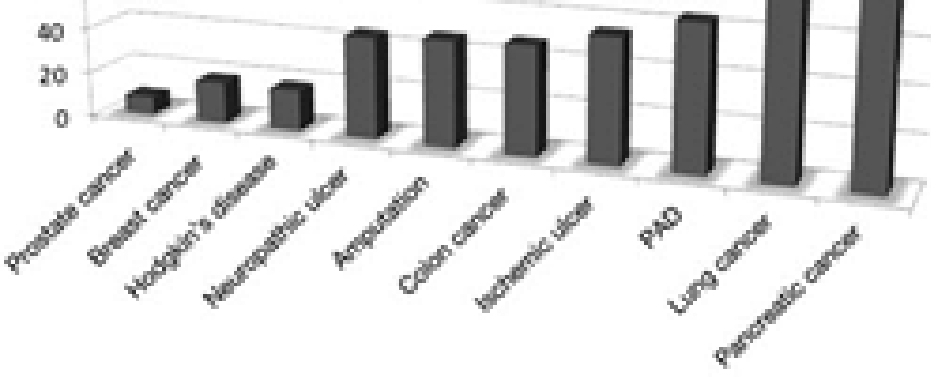
If you or a family member has diabetes, you know how important good foot care is to staying healthy. The smallest scrape, cut or puncture wound could easily escalate into a dangerous foot ulcer without you noticing it, and medical researchers agree that ulcers and amputations of the foot or leg are all-too-common and costly complications from diabetes.

The diabetic foot is jeopardized by multiple factors, including peripheral neuropathy (nerve damage) and restricted blood supply to the extremities. When the foot becomes damaged, these conditions prevent healing.

It's a dangerous slide:

- Diabetes causes neuropathy, or loss of sensation, so a minor injury to the foot can become an open sore or ulcer.
- Reduced blood flow inhibits healing and then the ulcer becomes infected.
- If the infection isn't promptly treated by a qualified podiatrist, or if it doesn't respond positively to treatment, there is danger of amputation.

A patient with diabetes who has a foot ulcer **or** who has had an amputation has a **higher mortality rate** than many deadly diseases including cancer of the breast, prostate and colon, as well as Hodgkin's disease. The following chart, published by U.S. National Library of Medicine's National Institute of Health, illustrates the relatively high 5-year mortality rates for these patients:



Contact Us Immediately If You Observe any Unusual Skin Condition on your Feet

It's essential to check your feet regularly for any signs of damage or deformity, but especially if you suffer from diabetes. Inspect your feet daily including the soles of the feet and between the toes. Look for anything out of the ordinary - calluses, bruises, scrapes, cuts, blisters and punctures.

We urge you to make it a habit to come to our office for a foot checkup. But if you observe a problem on your own, call us right away. We take these problems seriously as they are limb - and life - threatening.

We will give you a complete foot exam and obtain a personal medical history. If your foot problem has worsened into an ulcer, we will clean out the wound - also called debridement - and keep a careful watch on it.

Remember: If you have diabetes, your foot wounds will not heal by themselves - you need professional help from a qualified podiatrist.

Please reach out to us with any questions or problems - we're here to help!

Exercise is Very Beneficial for Patients with Diabetes



Did you know that exercise can help you control your blood sugar?

Regular exercise is an important part of managing your diabetes, along with healthy eating and planning, taking your medications and managing stress.

Being active helps your cells become more sensitive to insulin and therefore work more efficiently. Another benefit is that your cells are able to remove glucose from the blood in a way that's entirely separate from insulin.

In other words, exercising for people with diabetes is a win-win!

It's Not Too Late to Start!

Even if you have been inactive, you can begin a beneficial exercise program any time.

First, check with your doctor to make sure it's okay.

Here are some helpful tips:

- Start slowly! Always get your doctor's permission.
- Warm up before any activity for about 5 minutes.
- Always include a cool-down portion at a lower intensity for about 10 minutes.
- Stay hydrated with plenty of water.
- Be prepared with carbohydrates like a sports drink if necessary.
- Wear your medical ID tag in case of an emergency.
- Check your feet after your workout for any sign of damage or deformity.

You can find more information from the American Diabetes Association on exercise safety tips for individuals with diabetes [here](#).

A Word about Athlete's Foot



Are your feet itchy especially between the toes? Do you have a rash or scaly blistered skin on your toes or feet? If yes, you may have athlete's foot. This sometimes painful condition is caused by a fungus that is very contagious. The fungus thrives in warm, wet conditions like your shoes. It's easily transmitted at public areas like pools, changing rooms and spas.

Here's an important note - this type of fungus is easily spread to the soles of your feet, your hands and can even cause jock itch.

You may be tempted to try over-the-counter products like anti-fungal sprays or lotions to treat athlete's foot, but they provide only temporary relief from symptoms and don't eliminate the fungus.

Instead, give us a call for a professional evaluation and treatment. We'll prescribe topical medication to get to the source of the problem quickly along with oral drugs if necessary.

You can prevent athlete's foot by following these tips:

- Never share shoes or towels.
- Wear shoes made of materials like leather or canvas that breathe and provide ventilation.
- Wear acrylic socks rather than cotton as they wick away moisture.
- Alternate shoes so they are completely dry and wear clean socks every day.
- Apply powder to your feet to absorb perspiration.
- Wear flip flops in public pools, spas, gyms and locker rooms.



Recipe of the Month

Cider Roasted Squash

This is a great side dish for the fall. Try it with grilled chicken or fish.



Ingredients

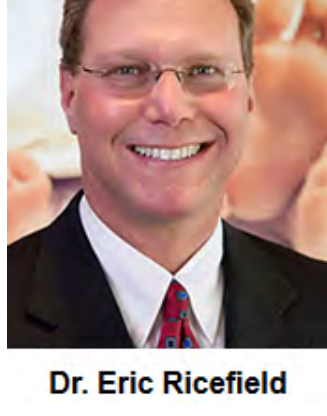
- 4 cups cubed peeled butternut squash
- 1 medium onion, cut into thin wedges
- 2 tablespoons apple cider
- 1 tablespoon olive oil
- 1-1/2 teaspoons brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg

Directions

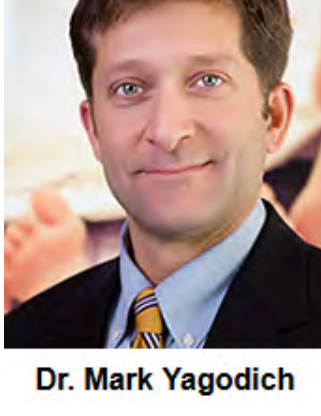
1. Preheat oven to 450°. Place the squash and onion in a greased 13x9-in. baking dish. Combine cider, oil, brown sugar, salt, pepper and nutmeg; pour over squash mixture.
2. Cover and bake 35 minutes or until tender, stirring every 10 minutes. Yield: 4-6 servings.

Recipe courtesy of [TasteofHome.com](#)

Meet our Doctors



Dr. Eric Ricefield



Dr. Mark Yagodich



Dr. Aliza V. Eisen

Our Offices and Hours

Main Office

39 Rittenhouse Pl Ardmore,
PA 19003

(610) 642-8837

Monday:	8:00 am – 4:00 pm
Tuesday:	8:00 am – 8:00 pm
Wednesday:	8:00 am – 3:00 pm
Thursday:	8:00 am – 8:00 pm
Friday:	9:00 am – 2:00 pm
Saturday:	Closed
Sunday:	Closed

Paoli Office

1410 Russell Rd #201 Paoli,
PA 19301

(610) 644-6501

Monday:	4:00 pm – 8:00 pm
Tuesday:	8:00 am – 12:00 pm
Wednesday:	8:00 am – 6:00 pm
Thursday:	8:00 am – 12:00 pm
	2:00 pm – 8:00 pm
Friday:	Closed
Saturday:	Closed
Sunday:	Closed

Downingtown Office

797 E Lancaster Ave #9
PA 19335

(610) 873-0322

Monday:	9:00 am – 12:30 pm
Tuesday:	1:30 pm – 4:00 pm
Wednesday:	2:00 pm – 5:00 pm
Friday:	9:00 am – 1:00 pm
Saturday:	Closed
Sunday:	Closed