



Premier Podiatry & Orthopedics

November Newsletter 2023

National Diabetes Month: Warm Your Feet the Right Way

November is National Diabetes Month, a time to raise awareness and educate individuals about the importance of managing diabetes. For those living with diabetes, proper foot care is paramount. One of the most overlooked aspects is keeping your feet warm, especially as the colder months approach.

Diabetes can affect blood circulation and nerve sensitivity in your feet, making them more vulnerable to cold weather. To protect your feet, consider these simple steps:

Wear Proper Footwear: Invest in insulated, well-fitting shoes and moisture-wicking socks to keep your feet dry and warm.

Regular Foot Inspections: Perform daily foot checks for any signs of cuts, sores, or blisters, which can be harder to detect with reduced sensation.

Control Blood Sugar Levels: Proper diabetes management goes a long way in preventing complications.

Avoid Extreme Temperatures: Extreme cold or hot temperatures can be harmful to your feet; be mindful of your surroundings.

By following these guidelines, you can ensure that your feet remain healthy, even during the chilly months.

Let Your Nails Breathe: The Importance of Airflow for Fungal Nail Care

Fungal nail infections can be pesky and persistent. Proper care and prevention are key to maintaining healthy, beautiful nails. Our doctors emphasize the importance of allowing your nails to breathe, especially when it comes to fungal nail care.

Fungal infections thrive in moist and dark environments, making your shoes and socks the perfect breeding grounds. Here's what you can do to promote better nail health:

Choose Breathable Footwear: Opt for shoes that allow air circulation to prevent moisture buildup.

Practice Good Hygiene: Keep your nails clean, trimmed, and dry.

Wear Moisture-Wicking Socks: Invest in socks that draw moisture away from your skin.

Consider Antifungal Treatments: Consult our experienced team for appropriate treatments if you suspect a fungal infection.

Remember, early detection and consistent care can make a significant difference in managing and preventing fungal nail issues.

Fall Leaves and Joint Health: Raking with Care

As autumn's vibrant foliage blankets the ground, many of us engage in the seasonal chore of raking leaves. While this activity can be a beautiful and satisfying way to embrace the season, it's essential to keep joint health in mind. Our orthopedic experts offer tips for raking with care.

Warm-Up: Before you start, do some gentle stretches to prepare your muscles and joints for the physical activity.

Use Proper Technique: Bend at the knees, not the waist, and switch your stance frequently to avoid overexerting one side.

Take Breaks: Don't overdo it. Take short breaks to rest and hydrate.

Proper Tools: Invest in ergonomic rakes and use tools with padded grips to reduce strain on your hands and wrists.

Post-Raking Care: Afterward, soothe any soreness with a warm bath or gentle stretches.

Enjoy the beauty of the season while ensuring you take good care of your joints.

Give Thanks for Your Health: A Pain-Free Thanksgiving Awaits

Thanksgiving is a time for gratitude, family, and feasting, but for those dealing with orthopedic and podiatric issues, it can be a challenge. We understand that pain or discomfort can dampen the holiday spirit. This Thanksgiving, let's celebrate good health by taking proactive steps toward a pain-free and enjoyable holiday season.

Orthopedic Care: Reclaim Your Mobility

Struggling to keep up with the family's touch football game or navigate the kitchen for a feast due to joint pain or mobility issues? It's time to consider orthopedic care. Our experts are here to help you regain freedom of movement and fully enjoy the Thanksgiving traditions you cherish. Whether it's knee, hip, shoulder, or any joint pain, we offer comprehensive evaluations, innovative treatments, and personalized rehabilitation plans.

Podiatric Care: Step Comfortably into the Holidays

Foot problems can be especially challenging during the holiday season, with extended periods of standing and walking. If you're dealing with pain, discomfort, or other podiatric issues, it's the perfect time to address them. Our compassionate team is dedicated to keeping you on your feet comfortably. From common foot ailments like bunions, plantar fasciitis, or ingrown toenails to more complex issues, our skilled podiatrists are here to provide the care you need.

This Thanksgiving, don't let pain hinder your enjoyment. Contact us and embrace a pain-free holiday season.

Wishing you a Happy and Healthy Thanksgiving from everybody here at Premier Podiatry and Orthopedics!