

# Indiana Podiatry Group, Inc.

## September 2009 Newsletter

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“Our Patient’s care and comfort are our first Priority”

### *Diabetic Tips:*

- Always keep your feet dry
- Don’t smoke or sit cross-legged
- Don’t soak your feet
- Trim your toenails straight across, or have a certified podiatrist help you
- Wash your feet everyday
- Buy shoes that are comfortable without any sharp edges
- Wear loose socks to bed

### *Foot Factoid*

As shock absorbers, feet cushion up to one million pounds of pressure.

Indianapolis Patients  
Please pardon our dust!

Construction will be complete soon. We are sure you will like what you see. We are using the “new” section now and are getting rave reviews.

Thanks again for your patience!

### **Diabetic Feet**

According to the American Diabetes Association, about 15.7 million people (5.9 percent of the United States population) have diabetes. Nervous system damage (also called neuropathy) affects about 60 to 70 percent of people with diabetes and is a major complication that may cause diabetics to lose feeling in their feet or hands.

Foot problems are a big risk in diabetics. Diabetics must constantly monitor their feet or face severe consequences, including amputation.

With a diabetic foot, a wound as small as a blister from wearing a shoe that's too tight can cause a lot of damage. Diabetes decreases blood flow, so injuries are slow to heal. When your wound is not healing, it's at risk for infection. As a diabetic, your infections spread quickly. If you have diabetes, you should inspect your feet every day. Look for puncture wounds, bruises, pressure areas, redness, warmth, blisters, ulcers, scratches, cuts and nail problems. Get someone to help you, or use a mirror.

### **Medicare Recipients who have nail and callus care every 9 weeks.**

Medicare has now requested the exact date you were last seen for your covered condition. You must see your diabetic doctor or primary care physician once every 6 months to be eligible for covered nail care. Please bring the date of your appointment with you when you come to our office. If we don't have this information your claim will be denied.

## *Keep up with social wellness with aging*

- **See the World/Expand Your Mind.** After a lifetime of raising children and working, older Americans love to travel -- to see new things and experience new cultures. TIP: Begin to plan a trip. Half the excitement is in the planning!
- **Watch Game Shows.** Watch Jeopardy! to keep your mind razor sharp.
- **Laugh Loud, Laugh Often.** A good sense of humor is essential. Start the day off on a light note by reading the comic sections of your local newspaper. If you're over 60, you might refer to this section as "the funnies".
- **Give of Yourself.** Be generous with the most important thing you own -- your time. Volunteer: how about the Peace Corps, a local nursing home, or teach a youngster to swim.
- **Run a marathon!** It's never too late to start! Of course you will need to get an OK from your doctor.

## *September is Healthy Aging Month*

*Just because you are getting older does not mean your healthy lifestyle has to end.*

Regular exercise is even more important for seniors than other age groups since the risk of disease and lost mobility is greater and the positive effects are realized more quickly.

- Look for daily opportunities to exercise in work and play. Force yourself to walk by parking your car several parking aisles away from the store or your office entrance and walk briskly!
- Choose an exercise you like and stick with it.
- Use the buddy system. Arrange to have a friend meet you - It's harder to say no to exercise when you exercise with a friend.
- ***Walk, swim, climb, bicycle, dance, fish!***

Join a walking group or visit your local Y, recreation center, park, church, or senior center

### Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office.

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice grow over the years. We'd like to say a very big

**THANK YOU!**

#### Meet Our Staff:

Scott L Schulman, DPM  
Scott R Kilberg, DPM

Melissa K., Practice Manager  
Lee W., Billing Manager  
Tina P., Medical Manager  
Brit L., Med. Assist  
Lindsey B., Med. Assist.  
Jessica B., Med. Assist.  
Karen H., Receptionist  
Jill Z., Receptionist

We would like to extend a special happy birthday wish for all our patients and friends with an September birthday. We hope each one of you enjoys your special day!

