

# Indiana Podiatry Group, Inc.

## November 2008 Newsletter

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

### WHAT IS DIABETES?

Diabetes is a chronic disease that affects as many as 16 million Americans. For reasons that are not yet clear, diabetes is increasing in our population to the point where public health authorities are calling diabetes an "epidemic" that requires urgent attention. People with diabetes are unable to use the glucose in their food for energy. The glucose accumulates in the bloodstream, where it can damage the heart, kidneys, eyes and nerves. Left untreated, diabetes can develop devastating complications. It is one of the leading causes of death and disability in the United States. However, the good news is that with proper care, people with diabetes can lead normal, satisfying lives. Much of this care is "self-managed," meaning that if you have this condition, you must take day-to-day responsibility for your own care.

### TREATMENT

If you or someone you know has Diabetes, they would be wise to make healthful lifestyle choices in diet, exercise and other health habits. These will help to improve glycemic (blood sugar) control and prevent or minimize complications of Diabetes. Eating a consistent, well-balanced diet, that is high in fiber, low in concentrated sweets. Regular exercise, in any form can help reduce the risk of developing Diabetes.

## NOVEMBER IS DIABETES MONTH

### WHAT CAUSES DIABETES?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. It's important to also be aware of the different myths that over the years have arisen about the causes of diabetes. Eating sweets or the wrong kind of food does not cause diabetes. However, it may cause obesity and this is associated with people developing Type 2 diabetes. Stress does not cause diabetes, although it may be a trigger for the body turning on itself as in the case of Type 1 diabetes. It does, however, make the symptoms worse for those who already have diabetes. Diabetes is not contagious. Someone with diabetes cannot pass it on to anyone else.

#### FACTS FROM THE AMERICAN DIABETES ASSOCIATION

1. At least 15% of all people with diabetes eventually develop foot problems.
2. Diabetes accounts for more than 187,000 deaths and nearly 60,000 foot and leg amputations annually.
3. Approximately six out of 1,000 people with diabetes will require either foot or leg amputations.

This does not have to be you!!

*\* Keep regular appointments with your Family Foot & Ankle Specialists Podiatrists to help prevent these problems from happening to you. \**

### LEADING CAUSES OF DIABETES:

- High Blood Pressure
- High Fat Diet
- High Alcohol Intake
- Sedentary Lifestyle

## Thanksgiving

Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Indians that took place in the autumn of 1621. Although they did have a three-day feast in celebration of a good harvest, and the local Indians did participate, this "first Thanksgiving" was not a holiday, simply a gathering. There is little evidence that this feast of thanks led directly to our modern Thanksgiving Day holiday.

Thanksgiving can, however, be traced back to 1863 when Pres. Lincoln became the first president to proclaim Thanksgiving Day. The holiday has been a fixture of late November ever since.

Thanksgiving was proclaimed by every president after Lincoln. The date was changed a couple of times, most recently by Franklin Roosevelt, who set it up one week to the next-to-last Thursday in order to create a longer Christmas shopping season. Public uproar against this decision caused the president to move Thanksgiving back to its original date two years later. And in 1941, Thanksgiving was finally sanctioned by Congress as a legal holiday, as the *fourth* Thursday in November.

## Product of the Month Diabetic Shoes

### HOW CAN DIABETIC SHOES PREVENT FOOT PROBLEMS?

Poorly fitting shoes and lack of proper foot protection are major causes for ulcerations. If you have a wide or narrow foot, a foot with hammer toes and bunions, or feet that swell, then you are prone to the cuts, bruises and infections that lead to amputations. The shoes that we provide are custom fitted and come with three pairs of custom fitted inserts. These inserts have a special type of foam that molds to your feet and protect against high- pressure areas. Your toes and feet won't be cramped thus protecting against infected ulcers. Your shoes will also help heal an existing sore by preventing pressure in that area.

### 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 group over the years. We'd like to say a very big  
**THANK YOU!**

Let's wish Happy Birthday to the following patients!  
Happy birthday to you... happy birthday to you... We'd like to give special recognition to all of the patients who have a November birthday. We have a large patient population with birthdays in November, so unfortunately we cannot list each of you. We hope each one of you enjoys your special day!

### Meet Our Staff:

Scott L Schulman, DPM

Scott R Kilberg, DPM

Melissa K., Practice Manager

Lee W., Billing Manager

Tina P., Medical Manager

Karen H., Receptionist

Jill Z., Receptionist

Brit L., Med. Assist.

LaShawna V., Med. Assist.

Tracy C., Med. Assist.