



Prairie Path Foot and Ankle Clinic

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Treating Foot Ulcers While Fighting Diabetes

Diabetics are particularly prone to foot wounds and these wounds can quickly lead to open sores or ulcers. In fact, diabetes is THE leading cause for amputations of the lower extremities in the United States. If that's not scary enough, as many as 24% of diabetic patients who develop any type of foot ulcer will have an amputation.

Anyone who has diabetes in any form can develop a foot ulcer – no one is excluded – however, men who are of Native American, Hispanic or African descent are more susceptible. Patients who are insulin-dependent and those who suffer from kidney disease, eye or heart disease as a result of their diabetes are at a higher risk for developing foot ulcers. Patients who smoke and/or are overweight are also at an increased risk.



The ulcers can form based on a number of factors: poor circulation in the area, how long patients have had the disease, lack of feeling in the foot, foot deformities or irritation to the area. The longer you have been diabetic, the more likely the nerves in the foot have been damaged due to your elevated glucose levels. This nerve damage will often happen with no pain to make the patient aware and problems can develop before you even realize.

If you suspect you may have a foot ulcer, there are certain things that must be done immediately to keep the situation from worsening:

- Seek medical attention from your primary and or your podiatrist right away
- Take pressure off the area
- Manage your disease

Not all foot ulcers will become infected but your podiatrist will need to determine if there is an infection present or not. If there is an infection, treatment can vary from antibiotics to hospitalization. There are steps you can take to keep an infection from occurring:

- Keep your disease under control – manage your glucose levels closely
- Follow wound care directions carefully
- Don't walk around barefoot

Remember that an ounce of prevention is worth a pound of cure – this is especially true when it comes to caring for a foot ulcer you may develop as a result of your diabetes.

Quotables

“It's kind of fun to do the impossible.” -Walt Disney

Doctor's Corner

I asked the doctors “What is your go to song to get you pumped up when working out?”



The song that is my absolute MUST HAVE on a playlist is Holiday by Madonna but my current favorite is Best Day of My Life by Imagine Dragons.

– Dr. Misty McNeill

My old go to song is We Found Love by Rhianna but since my kids took over my iPod I have been loving The Story of My Life by 1D.

-Dr. Saera Arain

My pump up songs are mostly from the early 90's dance songs like Pump up the Jam by LaBouche and Strike It Up by Black Box.

-Dr. Lauren Doyle

What's Going on at PPFAC?

Since our last newsletter we have a few fun updates!

- Dr. McNeill turned 40 AND is officially Dopey (we call her that every opportunity available)! Dr. McNeill rang in her 40's at Disney World by running 48.6 miles in 4 days. A 5k, 10K, half marathon and full marathon back-to-back. What an amazing "feet"!
- Dr. Doyle's practice is growing and so is her belly...she is expecting a baby late summer! We are all excited to welcome the newest (and smallest) team member to PPFAC.

See Us Around Town

April

- 25th YMCA Kid's Day
6:30-8:30pm
- 26th Courts Plus Health Fair

May

- 3rd Superhero Hustle 5k
- 17th Annual Pet & Bike Parade
- 18th Annie Ryan Fun Run
- 26th Elmhurst Memorial Day Parade

June

- 7th Stone Hunt at the Lizzadro Museum

Tips That Are Easy To Forget

People are always on the lookout for tips and little strategies that can help them to get and stay healthy and there are plenty of such tips out there, some of which you may have already heard but forgotten about.

One such tip is setting a strict time for doing exercise, including any workout routines you may have.

You need to work out the days and times you can fit these in, and then make sure that you stick to it. Exercise – and many other things – is far more likely to get done if you know precisely where and when you are going to do it.

Another good tip is to eat healthy snacks throughout the day such as fruits and nuts. Those who do not snack regularly are more likely to get hungry and then choose inappropriate and unhealthy foods to satisfy that hunger.

Eating breakfast every morning is vital to making certain that you do not end up becoming too hungry at lunchtime and as a result again making unhealthy choices or over-indulging.



Tech Tips for Travelers

Travelling is rarely guaranteed to go smoothly, but there are at least a few travel headaches that can be kept at bay thanks to technology.

If you know how to make use of it in the proper manner, technology can increase your likelihood of having a positive experience on your next vacation.



One good tip is to use technology to keep updated on your flight status. Flights are commonly disrupted due to one reason and another, and delays and cancellations et al can be tough to keep up with.

Many airlines today, however, enable you to track your flight status via a website or app. If you own a smartphone you can stay updated on what is happening with your flight no matter where you are.

If an app is offered by your airline for this purpose, be sure to download it and ensure your smartphone has been fully charged before you set off to the airport.

Translation apps are another good idea if you are jetting off to foreign climes.

Many translation apps on tablets and smartphones are free of charge, and also have voice recognition software, meaning that communicating with people who speak a different language has never been easier.

Choosing the Right Pet for Your Family

Adopting a pet is one of the kindest acts you can perform, but it is important to be honest about exactly what it is you are looking for in a pet.

You also need to ask a few questions, such as how healthy the animal is, if it has a history with children if there are young children in your family, and if there is already a pet in your family, how it is likely to respond to the newcomer.

You also need to know if the pet is already housebroken, whether it has been neutered or spayed yet and whether there are any behavioral issues that will need to be taken into account. It is also a good idea to work out the budget you can afford to spend on a pet.

Almost every dog can be taught to become a wonderful family pet, and while some may need more effort and time to do so, if you have chosen carefully and prepared your home in the correct manner, you are much more likely to end up with a successful pairing.



Financial Tips You Should Be Following

Some fundamentals should never be overlooked when it comes to money and there are a number of such tips to help you avoid pitfalls and grow your wealth.

One good tip is to always put saving before the acquiring of shiny objects.

Buying a five year old car and using it for ten years or until the wheels fall off rather than spending an exorbitant amount of money on something brand new and then changing it every couple of years is an excellent example.

It is also a good idea to avoid risky investments that promise quick returns but often end up seeing you lose everything, while being methodical about saving instead, such as designating a particular amount of your pay check to savings and retirement accounts every month are the real keys to growing your wealth.

Spending less than you make is a vital discipline to avoid being forever struggling and in debt.

Automating your payments also helps you to avoid late fees caused by forgetting monthly debt payments.

Product of the Month

April



2 for \$25 (normally \$15 each)

Dr's Remedy is an all natural nail polish that also has anti-fungal properties. It is great for those that have fungal nails or if you are just looking for a safer alternative to traditional nail polish.

May



**Buy 1 Full Length Pair
and Get a ¾ Length Pair for \$20**

Powersteps are the doctor's answer to over-the-counter orthotics. Great for the extra support you need in any pair of shoes. They come in full length and ¾ length for all your footwear needs.

June



Biofreeze 2 for \$25

Biofreeze is a great natural topical pain reliever for those aches and pains.

Orthaheels are Back!



Orthaheels are the perfect marriage of style and comfort all in one. We have our 2014 selection set to arrive any day now so stop in and see our selection. Purchase a pair of Orthaheels by Memorial Day and we will throw in a FREE pair of our Spenco Total Support Recovery Sandals!



(\$50 value!)



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Change Your Drink

The average American drinks as much as fifty gallons of soda and similar sweetened beverages per annum. A regular twenty ounce drink of cola contains around 17 teaspoons of sugar and such drinks are the single biggest source of extra sugar in the diet of Americans.

The average adolescent in California effectively consumes thirty nine pounds worth of sugar from such drinks every year, with the risk of obesity jumping by sixty percent with every extra drink consumed by a child in a day.

To avoid this health trap, you need to take action. Water should be the first choice to drink when thirsty, and should also be ordered in preference to high calorie drinks when eating out. You can infuse water with flavor by adding lemons, berries, mint leaves, limes, cucumbers and other natural flavors.

If you drink tea or coffee, have it unsweetened and if you cannot go without a sweetened drink, make it a small instead of a large.

Quarterly Raffle Rewards

Congrats to our iPad Mini winner, Mary M.!

Our next drawing for a Kindle Fire HDX is on 3/31

Our Q2 Drawing will be for your choice of a

Fitbit or a Garmin Forerunner 10

Send a friend or family member in need and your name will be entered into our quarterly prize raffle