

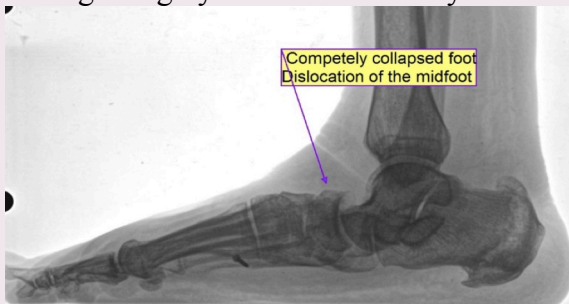
CASE OF THE MONTH

Surgical Correction of a Diabetic Patient with

Collapse of the Midfoot, Causing Painful Flatfoot

This month I would like to share a very interesting case. When I first saw this patient, her left foot was swollen, painful, and she had very limited ability to walk even a few steps. Her foot had collapsed, with dislocation in the midfoot. The patient was a smoker, and had diabetes as well as neuropathy in her feet. This put her at great risk for Charcot joint disorder, which is where the foot completely collapses with fractures as a result of numbness in the feet. Unfortunately, this condition can quite frequently lead to amputation.

This patient was treated by applying a compression cast for a few weeks to get the swelling down. Once the swelling was down and we verified her circulation was okay, her blood sugar was well-controlled and she quit smoking, the patient was able to undergo surgery to correct this very serious problem.



September is Peripheral Arterial Disease (PAD) Awareness

Risk factors for PAD include:

Smoking
High Blood Pressure
Personal or Family history of heart attack
or stroke
Diabetes
High Cholesterol

Ask us about in-office PAD tests.

Smoking and your Feet:



Why do you ask if I smoke?

As a physician, I am concerned with all aspects of my patients' health. An important part of treating patients is getting an accurate health history, including smoking status. In fact, new laws mandate that we assess smoking status and offer information about how to stop smoking to our patients who smoke.

Why does it matter if I smoke?

Most people are aware that smoking is harmful to heart and lungs. What you may not know is that the nicotine in cigarettes shrinks and restricts arteries so that the extremities (hands and feet) don't get enough blood or oxygen to them. This dramatically lessens the body's ability to heal, and bone healing after a fracture or surgery can take up to twice as long for a smoker than a non-smoker.

I've smoked for years. Is it too late to quit?

Absolutely not! The body has a miraculous ability to heal itself from some of the effects of smoking. Beginning as soon as 20 minutes after stopping, your heart rate and blood pressure drop. Within 2 hours the carbon dioxide level in your blood drops to normal. As early as 2 weeks after quitting your circulation improves and lung function increases. 1 year after quitting, your risk of coronary disease is half that of a continuing smoker. Stroke risk can fall to that of a non-smoker after 2-5 years. 10 years after quitting the risk of dying from lung cancer is about half that of someone who is still



Have you read our book, *“Why Do My Feet Hurt and What Can I Do About It?”* ?
Request your **FREE COPY** at www.silvesterfootclinic.com Today!



Funny Foot Fact:

Toenails grow faster during hot weather, pregnancy, and teenage years.

It's Fun to be a Follower!

Follow us on Facebook, Twitter, Linked-In, Pinterest and YouTube. Access them from our website www.silvesterfootclinic.com, or log on to each one and search for Next Step Foot & Ankle Clinic. What a fun resource for foot health tips, foot funnies, nail art, healthy recipes, motivation and much, much more. **If you are happy with our services, please give us a positive review on these sites.** If you're not happy, please let us know directly and we will do all we can to make it better.

Happy Following!

Check out our Latest Blog Posts at www.silvesterfootclinic.com:

- When Diabetic Feet Get Sick
- Risk Factors for Bone Spurs
- Keeping in Shape with Injuries
- Treatment Options for Clubfoot
- Quick Stretches to Relieve Toe Pain

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Mandy has joined the MA team. Welcome to the back office!



Marlene celebrated her 5th year with us in July! She works hard in the front and in the back as an MA.



Happy Anniversary!

Happy 30th Anniversary, Dr. and Marilee

Staff Recipe Corner: Italian Wonder Pot

One of Marilee's favorite quick and easy recipe for dinner is just right for hectic evenings. Everything gets tossed into the pot and in under 20 minutes, dinner is done. Give it a try!

You will need: 4 cups vegetable broth, 2 Tbsp olive oil, 12 oz. fettuccine(break in half), 8 oz. frozen chopped spinach, 28 oz can diced tomatoes(do not drain), 1 medium sliced onion, 4 cloves chopped garlic, ½ Tbsp dried basil, ½ Tbsp dried oregano, ¼ tsp red pepper flakes, freshly cracked pepper to taste, 2 oz. feta cheese. You can add already cooked meat if you want— chicken, shrimp & sausage are good.

To a large pot, add broth and then all other ingredients except for the cheese. Make sure everything is submerged in the broth. Cover with a lid, turn up to high. Once it comes to a rolling boil, reduce heat to medium and remove the lid. Cook for about 10 minutes, stirring occasionally, until pasta is cooked and most liquid is absorbed. Remove from heat. Top with crumbled feta. Eat!