



FEBRUARY 2015 NEWSLETTER



FIVE IMPORTANT MYTHS ABOUT DIABETES

Almost everyone knows a friend, family member or loved one with diabetes. And while information is readily available about this serious disease, which impacts approximately 29 million people in the U.S., there are many myths that can make prevention, diagnosis or management more difficult than necessary.

Here are five of the most common myths about diabetes, along with the facts, as provided by the American Diabetes Association.

MYTH: DIABETES IS NOT THAT SERIOUS OF A DISEASE.

FACT: If you manage your diabetes properly, you can prevent or delay diabetes complications. However, diabetes causes more deaths each year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

MYTH: IF YOU ARE OVERWEIGHT OR OBESE, YOU WILL EVENTUALLY DEVELOP TYPE 2 DIABETES.

FACT: After you've identified realistic short- and long-term goals, break them down into small, manageable steps that can be measured. If you'd like to become a runner, maybe start with one mile and add a mile to your routine each month. If you'd like to lose 20 pounds over five months, maybe aim for one pound per week to begin.

MYTH: EATING TOO MUCH SUGAR CAUSES DIABETES.

FACT: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.



MYTH: PEOPLE WITH DIABETES SHOULD EAT SPECIAL DIABETIC FOODS.

FACT: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and “dietetic” foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

MYTH: PEOPLE WITH DIABETES CAN'T EAT SWEETS OR CHOCOLATE.

FACT: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.



YEAR-ROUND SPORTS CAN LEAD TO OVERUSE INJURIES IN CHILDREN

As our children continue to get more involved in their favorite sport, be it soccer, volleyball, lacrosse or gymnastics, it can become hard to tell when one season ends and another begins. This is a common recipe for overuse injuries in children, and it's important for parents to recognize and treat this situation in a serious manner.

Doctors have begun to seek a significant increase in overuse injuries in recent years, as young athletes perform the same athletic activities repeatedly for months on end, with no opportunity for rest or recovery. These injuries most often impact muscles, ligaments, tendons, bones and growth plates. The latter injury is especially concerning as developing cartilage where bone growth occurs is weaker than nearby ligaments and tendons. Repetitive stress can lead to injuries that disrupt the normal growth of the bone.

Parents and coaches should be on the same page when identifying overuse injuries. Some of the most common symptoms include pain that increases with activity, swelling, changes in form or technique to compensate for the pain, and decreased interest in regular practice or training routines.

A few of the most common overuse injuries include:

SEVER'S DISEASE – One of the most common causes of heel pain in children. It is an inflammatory condition of the growth plate in the heel bone. Running, jumping and being active lead to repetitive stress on the growth plate as the foot strikes the ground.

OSGOOD-SCHLATTER DISEASE – This condition causes pain at the front of the knee due to inflammation of the growth plate at the upper end of the tibia (shin bone). When a child is active, the quadriceps muscles of the thigh pull on the patellar tendon, which in turn pull on the tibial tubercle. This leads to inflammation, swelling and tenderness.

JUMPER'S KNEE – This injury is presented as pain that occurs in the lower portion of the kneecap. Repetitive contraction of the quadriceps muscles in the thigh stress the patellar tendon where it attaches to the kneecap, causing inflammation and tissue damage.

When your child repeatedly complains of pain, it is important to provide a suitable period of rest. Speaking with the coach or trainer may be necessary to ensure that the severity of the situation is well understood. Austin Foot and Ankle Specialists is well equipped to address all forms of children's sports injuries. If you have concerns that your child may have these or other common overuse injuries, please don't hesitate to make an appointment with our team.

THE CONNECTION BETWEEN WEIGHT & FOOT PAIN

Individuals who are heavy on their feet, literally, may be more at risk for foot and ankle injuries. Many studies have clearly linked foot and ankle problems to an individual's weight and body mass index. One study found that a gain of even 5-10 pounds can result in foot problems.

Foot and ankle problems often occur in weight bearing areas, as well as tendons and ligaments, because weight gains can impact the manner in which the foot functions. Extra weight greatly increases pressure on the bottom of the foot, and can flatten the foot, causing you to shorten your gait and negatively change your natural stride.

Some of the most common foot problems associated with weight gain include posterior tibial tendonitis, plantar fasciitis, arthritis, ball-of-foot pain, fractures and sprains of the ankle and feet.

One of the most troubling, and frustrating, outcomes of these foot and ankle issues is that they can lead to further weight gain because exercise and daily movement become more painful and difficult.

Consider that when climbing up stairs or walking on any type of incline, individuals who are overweight carry approximately four to six times their body weight across the ankle joint. This severely increases the impact on the ankle and can result in chronic, if not debilitating, pain.

Treatment plans for those carrying extra weight may include shoe recommendations, custom orthotics, specific strength and stretching exercises and anti-inflammatory medication.

It is imperative that those experiencing foot and ankle pain as a result of extra weight include their trusted podiatrist in the medical treatment protocol. This specialist can make sure your shoes offer proper support, offer guidance regarding custom orthotics and treat any pain or injuries that may be preventing a change in health and everyday activity.



QUESTION OF THE MONTH



I suffer from occasional foot cramps in the middle of the night, but have no idea what causes them. Is this common?



Foot cramps are very common, and are the most likely form of muscle spasm in the human body. In most cases they are caused by fatigue or stress of the foot. Overworked feet are especially vulnerable to cramps if you are not getting enough water and nutrients. It is important that you eat properly and get enough vitamins and minerals in your diet. Dehydration is another common culprit. If your foot cramps are excessive or continuous, please visit a foot and ankle specialist to have your feet examined.

MEET THE TEAM



DR. CRAIG THOMAJAN
DPM, FACFAS

DR. SHINE JOHN
DPM, FACFAS



Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

Esra Abu-Esba: Medical Assistant

Lindsey Ryder: Medical Assistant

Kelly Dyer: Clinical Coordinator

Frances Yule: Billing Specialist

WHEN SHOULD YOU CALL A PODIATRIST?



You should call a podiatrist anytime you experience pain, discomfort, or notice changes in your feet. Key indicators include:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that affect your feet.

REFERRALS

YOU MEAN THE WORLD TO US!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. We'd like to thank the following people for doing so this past month:

Jorge G. · Beverly G. · Dennis F. · Rachel J. · James N. · Regina B.
Linda L. · Michele S. · David M. · Paul S.

If you pass along our name to someone close to you, please let us know so we can say thanks!

BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't receive your birthday greeting but would like to in the future, please visit our Contact Page and let us know the date!

FREE BOOKS FOR A LIMITED TIME!



Choose from four books offering helpful tips and treatments for diabetic foot care, running, heel pain and general foot pain.

These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists.

[CLICK HERE FOR YOUR FREE BOOKS NOW!](#)