



November is Diabetes Awareness Month

EARLY TREATMENT OF PRE-DIABETES



CAN HELP YOU STAY IN NORMAL RANGE.

There are over 9 million Canadians currently diagnosed with Diabetes or pre-Diabetes, and a further 20 people a day continue to be diagnosed with the disease.

Diabetes Association recommend visiting your healthcare professional regularly and the importance of maintaining healthy feet.

Diabetes affects the circulation and immune systems which destroys the body's ability to heal itself. Overtime, Diabetes can weaken sensory nerves, specifically in the hands and feet. As a result, Diabetes patients are less likely to feel a foot injury, such as blisters, cuts or ulcers. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications. Health Canada and the Canadian

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Facts about Diabetes and the Effects on Our Feet

- 9 million Canadians live with Diabetes or pre-Diabetes today
- 15% of those will develop a foot ulcer in their lifetime
- 85% of all amputations are the result of a non healing foot ulcer
- More than half of these amputations may have been prevented by appropriate nail and foot care.
- 30% of those Canadians will die within one year of the foot amputation.
- 69% of limb amputees with diabetes will not survive past five years.

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Connect With Us on the Web!

Diabetes and Complications such as Amputations

60% - 70%

About 60-70 percent of people with diabetes have mild to severe forms of diabetic nerve damage, which can lead to lower-extremity amputations.

10x

The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

1,500

An estimated 1,500 Ontarians with diabetes had a limb amputated in 2008.

TIC TOC
CHANGE YOUR CLOCK, Nov. 4: *Fall back.*

Diabetic Foot Exam

Foot care programs can reduce amputation rates by 45 percent to 85 percent. Ask about scheduling your annual Diabetic Foot Exam with our clinic today!

Foot problems are not an inevitable consequence of diabetes, and proper diabetic foot care can prevent foot loss. Following a few simple steps can greatly reduce your risk:

1. Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems
2. Look for signs of redness or blisters on your feet. Wash your feet daily. Dry well, especially between your toes.
3. Apply a moisturizer to your feet but not between your toes.
4. Never walk barefoot – indoors or outdoors.
5. If you are unable to reach your toes or do not have feeling in your feet, see a chiropodist as soon as possible.
6. If you have numb, painful or tingling feet, your feet feel like blocks of wood, or you have any sores or blisters on your feet, it is important to see a chiropodist immediately.
7. Choose comfortable shoes with adequate room for the toes.

Ask Brian — Question of the Month

I am diabetic and have been experiencing numbness and tingling in my feet. Can Neuremedy help this?

It sounds like you may be experiencing symptoms of peripheral neuropathy or a loss of feeling to the feet. The nerves in your feet are not working like they should be.

The treatment of neuropathy will vary depending on its cause. Many diabetics are thiamine deficient so supplementing your nerves by taking the bio active form of thiamine found in Neuremedy can help. Neuremedy has been referred to as a “super vitamin” for the nerves or “The Neuropathy Vitamin”. It works to nourish your nerves so may help to relieve your symptoms.



When Should You Call A Chiroprapist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your feet.
- If the skin on your feet is severely dry, peeling, or cracking.
- If you are developing corns, callouses, or blisters.
- If you want to avoid painful bunions or hammertoes like your grandmother.
- If you need help finding proper-fitting shoes.

**The civilized man has built a coach,
but has lost the use of his feet.**

~Ralph Waldo Emerson

8 Foods for a Healthier Life



1. Almonds, for their vitamins and minerals.
2. Apples, they lower cholesterol and glucose levels.
3. Bananas, they're great sources of potassium and nutrients.
4. Broccoli has vitamins, calcium and minerals.
5. Beans have important nutrients and are a cancer-fighting food.
6. Spinach is a source of vitamins A, C and folate.
7. Sweet potatoes have vitamins A, B6, C and more.
8. Wheat germ is a highly concentrated source of many nutrients.



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I have just returned from London Ontario where I attended the Canadian Federation of Podiatric Medicine annual clinical conference. I had a great time seeing old friends and colleagues and attending the many lectures and workshops.

The highlight of the conference was the keynote speaker Mr. Reggie Love who was the personal aide to President Barack Obama for 5 years. Reggie told the story of his life and how he worked his way up from being an intern in 2006 working in the mailroom of then Senator Obama's office to become the Senator's personal aide as he made his run for the White House in 2008. Reggie continued on as President Obama's personal aide until late 2011 when he left the White House to complete his MBA.

Reggie gave us an inspirational talk about how preparation and success go hand in hand. He talked humbly about his life and how he has been blessed with good luck. He believes that life in general is one of opportunity and that we must be prepared and ready ahead of time to pursue these opportunities when these opportunities present themselves to us. After the talk Reggie posed for pictures with the delegates and answered questions.



**Reggie Love Speaks at
Podiatric Conference**