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Stay Connected!

Our patient portal offers patients convenient online, secure access to your personal health information 24-hours a day. The patient portal can be accessed from any computer or mobile device and is a great way to communicate with our office for **Non-Urgent Issues**.

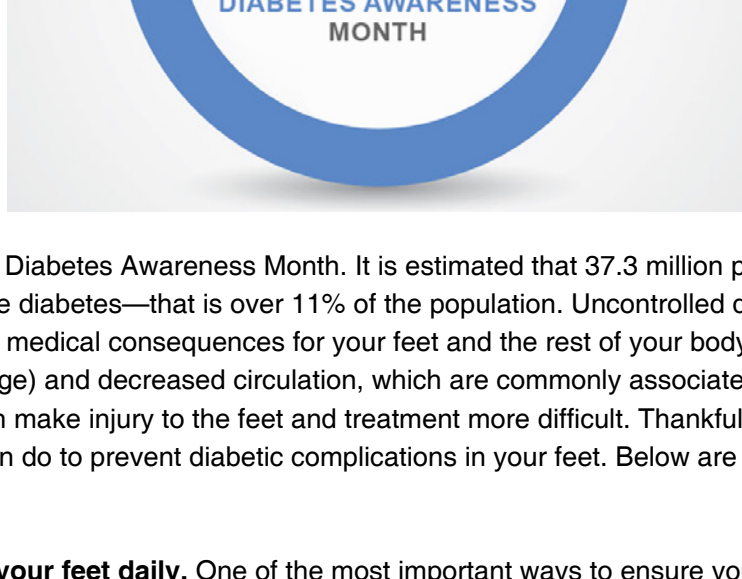
With the Batavia Family Care patient portal you can:

- View and/or print your current medical history, medication and allergy lists, including discharge instructions and educational material.
- View lab and test results.
- Send/receive non-urgent messages and information to our office staff and providers.
- Send requests for prescriptions refills.
- View upcoming and previous appointments; requesting and cancel appointments will be available soon.
- Easily notify us of changes to your personal information with the ability to receive online statements and pay on your account in the near future.
- Grant other adults access to your chart via proxy access.

To sign up for our portal, you will need an activation code that allows you to log on to your chart to create a user ID and password. You can request [access online](#), or by contacting our office during office hours at **(585) 344-1677**.

[Request Access Online](#)

7 Ways to Protect Feet from Diabetic Complications



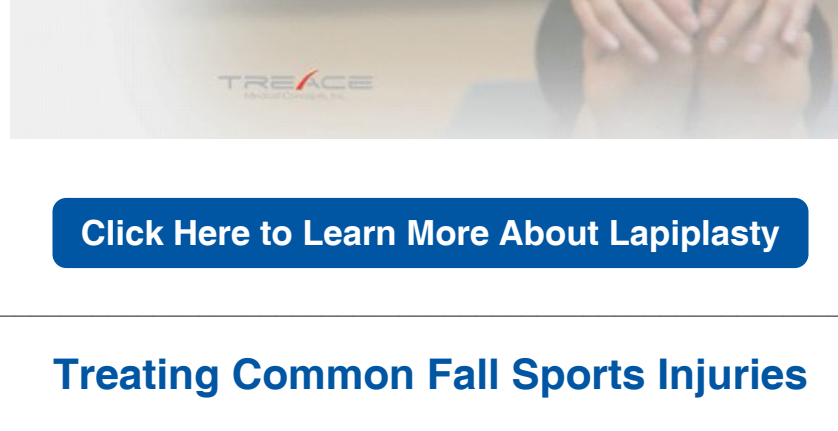
November is Diabetes Awareness Month. It is estimated that 37.3 million people in America have diabetes—that is over 11% of the population. Uncontrolled diabetes can have serious medical consequences for your feet and the rest of your body. Neuropathy (nerve damage) and decreased circulation, which are commonly associated with diabetes, can make injury to the feet and treatment more difficult. Thankfully, there is much you can do to prevent diabetic complications in your feet. Below are seven helpful tips:

1. **Check your feet daily.** One of the most important ways to ensure you avoid diabetic complications in your feet is to examine them every day. Look your feet over top and bottom and between the toes. If you spot any redness, rashes, sores, blisters, bruising, or discoloration alert your podiatrist right away.
2. **Practice good podiatric hygiene.** Wash your feet every day with warm (not hot), soapy water. Dry completely, especially the spaces between your toes.
3. **Keep feet dry.** If you tend to sweat excessively, apply foot powder in the morning and consider wearing moisture-wicking socks.
4. **Wear shoes that fit properly.** Shoes that are too small can rub against the skin and cause a blister to form. Always run your hand around the inside of your shoes before putting them on to check for loose stitching, pebbles, or other objects that could hurt your feet. Do not walk barefoot.
5. **Take care of your toenails.** Keep nails trimmed and filed to avoid tears. Be sure to not cut nails so short that the surrounding skin can overlap the nail and cause it to become ingrown.
6. **Moisturize nightly.** Diabetes can cause you to have dry skin due to damage to nerves that are responsible for secreting oils to your skin. Avoid putting lotion between your toes, however, as this may lead to excessive dampness in that area and create a breeding ground for athlete's foot.
7. **Do not smoke.** Smoking decreases your circulation. This means that oxygen and nutrient-rich blood will have difficulty reaching your feet as needed. Talk to your doctor about a smoking cessation program.

If you have diabetes, your podiatrist is an important member of your care team. Schedule regular checkups with the foot doctor and do not hesitate to call if you experience pain or new symptoms in your feet.

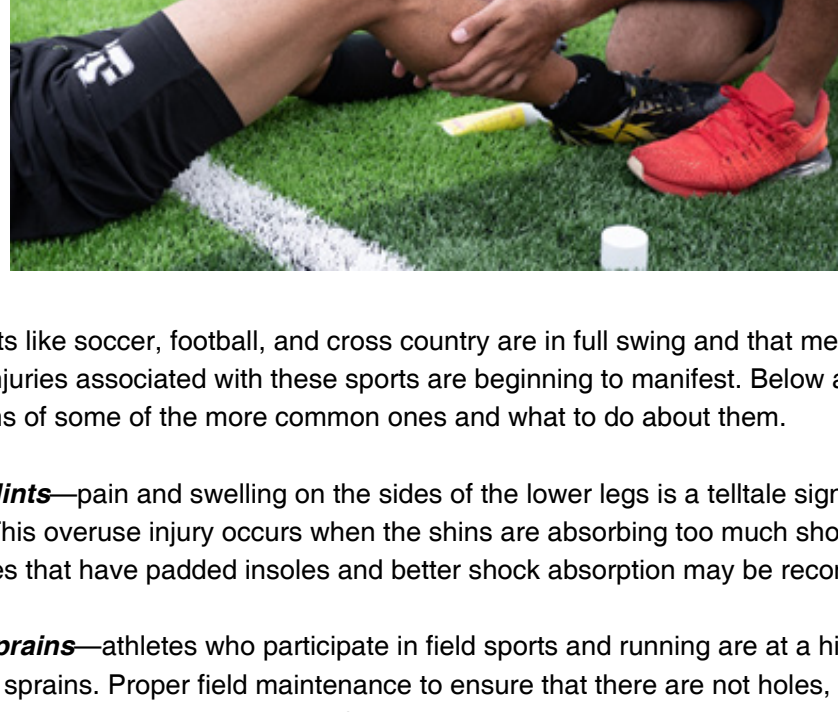
What is Lapiplasty® 3D Bunion Correction™?

Does bunion pain limit your daily activities? Bunions are a progressive disorder that will not go away without surgical correction. While there are conservative treatments that can help alleviate pain, surgical correction effectively treats bunions of all severities. Batavia Foot Care is happy to provide the Lapiplasty procedure as an option for patients living with bunion pain. Lapiplasty 3D Bunion Correction surgery is an outpatient procedure designed to treat the root cause of the issue and get you back on your feet quicker. Click the link below for more information on this advanced technology or call the office today for a consult with Dr. Courtney Foote.



[Click Here to Learn More About Lapiplasty](#)

Treating Common Fall Sports Injuries



Fall sports like soccer, football, and cross country are in full swing and that means certain injuries associated with these sports are beginning to manifest. Below are the symptoms of some of the more common ones and what to do about them.

Shin Splints—pain and swelling on the sides of the lower legs is a telltale sign of shin splints. This overuse injury occurs when the shins are absorbing too much shock. Rest and shoes that have padded insoles and better shock absorption may be recommended.

Ankle Sprains—athletes who participate in field sports and running are at a higher risk for ankle sprains. Proper field maintenance to ensure that there are not holes, divots or debris can help minimize the chance for an ankle twisting injury. Fully rehabilitating an ankle injury is also key to preventing future sprains and chronic weak ankles.

Sever's Disease/Calcaneal Apophysitis—this condition afflicts youth athletes usually between the ages of 8-15. The growth plate at the back of the heel is still developing during these years and repetitive pounding to the heel can result in inflammation in the vulnerable section of the growth plate. The podiatrist may prescribe orthotics and physical therapy to relieve the painful symptoms.

Achilles Tendonitis—the long, strong tendon that runs down the back of your lower leg from calf muscle to heel bone can become inflamed if an athlete overdoes it. Running hills and stairs can also aggravate this part of the leg.

Stress Fracture—these tiny, hairline fractures can occur in the foot to a bone that receives repeated stress. Pain, swelling, redness and bruising are all potential symptoms. The pain may be intermittent.

Early detection and treatment of sports injuries will lead to the most successful results using the least invasive therapies. Contact your podiatrist for an appointment as soon as possible if you notice signs of an injury. Don't "play through the pain" or encourage young athletes to "tough it out" when it comes to foot injuries. Delaying evaluation and treatment can cause a secondary injury to occur or a worsening of the original injury which can mean being sidelined for the season.



Whole Wheat Pumpkin Waffles



Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

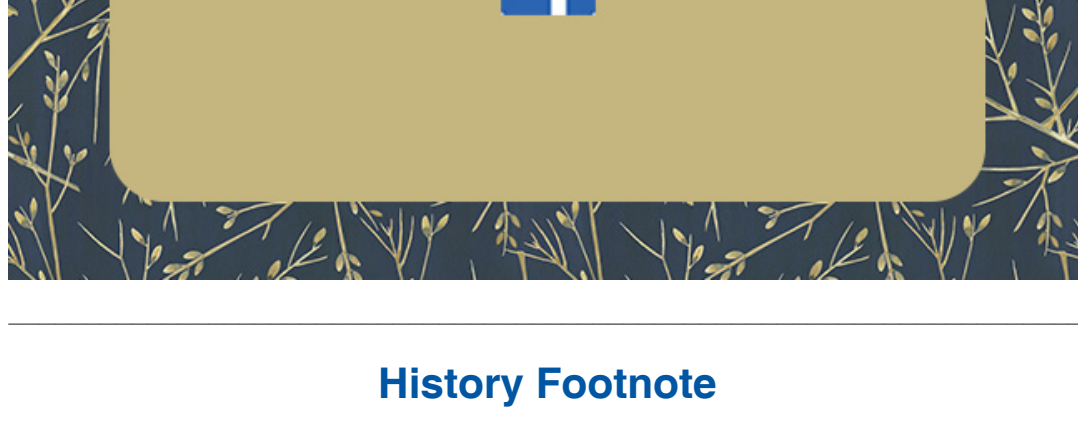
Ingredients:

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg

Directions:

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil, and brown sugar. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest



History Footnote

Thomas George Morton, for whom Morton's Neuroma is named, was one of the first physicians to remove an appendix after a correct diagnosis – with the patient surviving.

Hippocrates is believed to be one of the first physical therapy practitioners in 460 BC, advocating massage, manual therapy techniques, and hydrotherapy.

Nineteenth-century Swiss surgeon Jacques-Louis Reverdin recognized that bunions are a bone defect rather than a soft tissue enlargement and performed the first bunionelectomy in 1881.

It wasn't until 1818 that the right shoe was invented. Until then, there was no distinction between left or right foot shoes. The first pair of right and left-footed shoes were made in Philadelphia.

Foot Funnies

🤡 **What do you call a ghost with a broken leg?**
A hoblin goblin.

Trivia:

What's the best water temperature for soaking tired feet?

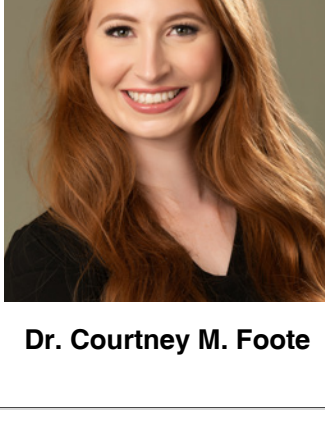
- A) Extra-hot
- B) Warm
- C) Cold
- D) Alternating cold and warm

Answer: D.

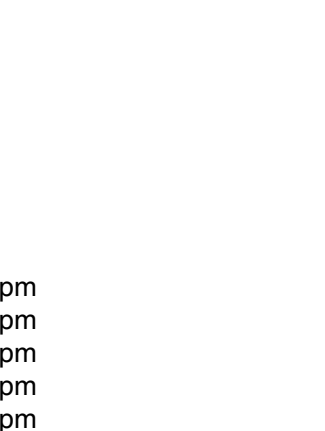
Swelling in the feet is best relieved by alternating several times between cold and warm water every 15 minutes with each temperature. The alternating temperatures constrict and dilate the blood vessels, which helps reduce swelling.



Meet Our Doctors



Dr. Dawn K. Dryden



Dr. Courtney M. Foote

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Office Hours:

Monday: 7:30 am - 4:00 pm
Tuesday: 7:30 am - 4:00 pm
Wednesday: 7:30 am - 4:00 pm
Thursday: 7:30 am - 4:00 pm
Friday: 8:00 am - 4:00 pm

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