

# Diabetes University

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C O U R I E R

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## Foot Care By Podiatrists

### Now Shown To Dramatically Decrease Lower Limb Amputation

Contributed by Dr. Dekarlos Dial, DPM

Essential foot care by a podiatrist has now been statistically proven to reduce hospitalization and amputation in adults with diabetes, according to a first of its kind study. The study was presented by Dr. Vickie Driver during the APMA 98th Annual Meeting in Seattle. It highlights the dramatic impact that as few as one visit to a podiatrist can have on patients with diabetes.

The study examined records for more than 32,000 patients with diabetes, ages 18-64, and compared health and risk factors for those who had podiatry visits to those who did not. Researchers found that care by a podiatric physician (defined as at least one preventative, pre-ulcer visit) was associated with a nearly 29 percent lower risk of amputation and 24 percent lower risk of hospitalization. Diabetic foot complications are the leading cause of non-traumatic lower limb amputation in the U.S.

“The results of this study undeniably support visits to a podiatrist being critical to a diabetes patient’s health and well-being,” said APMA member Dr. Driver. “No longer can care by a podiatrist be considered optional for those with diabetes, and the earlier a podiatrist is included in the diabetes management team, the better quality of life for the patient and greater health care cost savings for all involved. This study clearly allows us to understand both the clinical and economic value of a podiatrist, in the team approach to saving diabetic patients’ feet.”

## Frequently Asked QUESTIONS

*From Our Patients*

### 1 I have tingling in my feet. Will this go away?

- *Tingling or burning in the feet/hands is often a symptom of neuropathy (or nerve damage). Symptoms usually improve with better blood sugar control. There are also medications available to decrease or alleviate those symptoms if needed.*

### 2 How often do I need to replace my glucometer?

- *Today’s glucometers are much more accurate than in years past. But the technology does continually improve, so we usually recommend replacing your meter every 2-3 years. And replace it sooner, of course, if damage occurs. Call the 800# on the back of your meter. Oftentimes, the company will replace the meter free of charge because they want your long term business for the test strips!*



### HEALTHY RICE MEDLEY

- 1 cup brown rice
- 1 cup wild rice
- 4 cups water

*Boil water then add rice.  
Cook according to time on label.*

#### Add the following and enjoy:

- ½ cup ground flax
- ¼ cup chopped walnuts
- ½ cup chopped celery
- ½ cup mandarin oranges
- 2 tablespoons dried cranberry

#### Nutritional Information:

*Serving Size: ½ cup  
Calories: approx 85 cal  
Carbs: 20 gm*

# PRECAUTIONS

## FOR Cold & Flu SEASON



Along with the cooler weather and colorful leaves of fall, comes the beginning of cold and flu season. Traditionally, October and November are the months to get vaccinated against the flu, although flu season can last until as late as May.

The flu is a respiratory illness caused by the influenza virus. The flu virus spreads mainly from person to person by way of coughing, sneezing, or transmission of the virus from an object to the person's mouth or nose. Symptoms of the flu include fever, headache, extreme tiredness, dry cough, sore throat, and muscle aches. For people with diabetes, flu can impair the immune system and cause serious complications such as pneumonia, dehydration, and worsening blood sugars. People with diabetes are six times more likely to be hospitalized due to flu complications and three times more likely to die with influenza or the pneumonia. For these reasons, everyone with diabetes should get a flu immunization as soon as the annual vaccine becomes available.

Currently, there are two vaccines to prevent influenza. The first is the flu shot which is an inactivated virus (contains the dead virus) given by needle. The flu shot is approved for people 6 months old and older, including healthy people and people with chronic conditions such as diabetes. Flu vaccines do not contain a live virus and therefore cannot infect you. The second is a nasal spray which is a weakened flu virus that does not cause the flu. The nasal spray is approved for people 5 to 49 years old who are not pregnant. It is NOT recommended for people at risk of developing severe complications from the flu, such as people with diabetes.

*The flu vaccine is covered by Medicare, Part B so check with your doctor if you have Medicare and need a flu shot. The flu shot should be taken every year.*

## UPCOMING EVENTS

### FREE Diabetes Support Group

Moses Cone Hospital

September 8 and October 13 from 6:30 to 8:30 pm

Call 336-832-3236

### FREE Carbohydrate Counting Workshop

Moses Cone Hospital

August 24, 1:00 pm

September 14, 8:30 am

Call 1-800-646-4633 (ext. 62811)

### Cornerstone Diabetes University

Clinical Pharmacy Services offers a 4 week education seminar on *living with diabetes*.

The class meets on Tuesdays for 2 hours.

Call 336-802-2588 to enroll.

- September 7, 2010 (evening classes)
- October 12, 2010 (morning classes)

## Patient

### R E S O U R C E S

#### Personal risk assessment tool by the American Diabetes Association:

Diabetes PHD (*Personal Health Decisions*) is a powerful risk assessment tool. It can be used to explore the effects of a wide variety of health care interventions, including losing weight, stopping smoking, and taking certain medications.

[www.diabetes.org/living-with-diabetes/complications/diabetes-phd/](http://www.diabetes.org/living-with-diabetes/complications/diabetes-phd/)

#### DLife website:

Information on many topics of diabetes lifestyle, offering information and community support for type 1 diabetes, type 2 diabetes, and caregivers.

[www.dlife.com](http://www.dlife.com)