

## Our Offices

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## Find Us



Blog

## In This Issue...

- Dr. Zeno Pfau to Start Seeing Patients in July
- Patients with Diabetes Must Watch for Toenail Problems
- Preventing Foot Ulcers
- Be Cautious in Nail Salons if You Have Diabetes
- Deal of the month
- Recipe of the Month: Grilled Italian Eggplant Slices

## Dr. Zeno Pfau to Start Seeing Patients in July

Pueblo Ankle and Foot Care is pleased to announce that we are already scheduling appointments for Dr. Zeno Pfau. He is excited and eager to start seeing patients in July.



## Patients with Diabetes Must Watch for Toenail Problems

Patients with diabetes have increased risk of complications for many health concerns and one of the most important is foot damage.

### Neuropathy and Poor Circulation: A Bad Combination for Those with Diabetes

Those with diabetes often have neuropathy or nerve damage. This condition causes loss of sensation in the extremities like the legs and especially the feet. With reduced sensation in the feet, a small injury like a bruise, cut or puncture can quickly worsen into a serious problem before you feel or notice it.



Another problem for those with diabetes is poor circulation. Diabetes causes excess sugar complexes and plaque in the blood as well as inflammation, so the blood vessels narrow and the blood flow decreases. These factors combine to cause poor circulation in the extremities, especially the feet and legs, which can hinder healing.

### Toenail Fungus Can Be a Serious Problem for Patients with Diabetes

Neuropathy and poor circulation create a fragile environment in your feet, and any small problem must be attended to immediately. One example is toenail fungus, especially if it has entered the nail bed and is harder to remove. This fungus loves warm, moist environments like the inside of your shoes. Because it is contagious, you can easily pick it up in public areas like spas, gyms, locker rooms, showers and pools.

A fungal infection turns the toenails brittle and sharp, and they can pierce the skin and tissue around the nail, letting dangerous bacteria into your system.

Don't worry - we can treat fungal nail to get rid of the fungus and heal your skin. Used together, oral and topical medications can eradicate this fungal infection. If your case is advanced, we can surgically remove the infected nail to eliminate the problem.

....continued on page 2

### Take Precautions To Prevent Fungal Nail

- Check your feet every day and tell us of any problems such as cuts, bruises or changes in the skin.
- Wash your feet daily in soapy water and thoroughly. To avoid cracked skin, smooth on a rich foot cream or lotion - but not between the toes.
- Keep your feet dry with dry socks and shoes.
- Never go barefoot, especially in public areas. Wear flip flops in spas, gyms and poolside.
- Don't round the corners when you trim your toenails as that can cause an ingrown toenail.

Please come visit us if you have calluses or corns that need attention, or if you are unable to cut your own toenails. We'd be happy to do it for you.

## History FootNote

Indian physicians in 400-500 A.D. first identified Type 1 - Juvenile diabetes and Type 2 diabetes as separate conditions.

## Preventing Foot Ulcers

When an injury to the foot goes unnoticed, it can worsen into a dangerous ulcer. Ulcers must be treated quickly and carefully to avoid further skin and tissue deterioration.



Please contact us as soon as possible if you have diabetes and you observe any type of damage to your foot. If we diagnose an ulcer, you'll need to keep your weight off the area to allow it to heal. Wearing a cast can help. We'll prescribe oral antibiotics if the area is infected.

After healing, custom-fitted orthotics can keep excessive pressure away from the sensitive spot.

Without professional treatment, a foot ulcer can cause further damage to the surrounding tissue and even the bone underneath. Severe cases that have been neglected for too long may even result in amputation.

### Preventing Foot Ulcers

Most foot ulcers can be prevented by following your doctor's instructions to manage your diabetes and by paying extra attention to your foot health:

- Inspect your feet every day, including using a mirror to check the soles. Let us know of anything unusual that you find.
- Keep your feet clean and dry.
- Don't go barefoot to avoid damaging your feet.
- Choose well-fitting, good quality shoes with plenty of room in the toe box. Make sure that your feet don't slip around in the shoes, creating friction on the skin, and replace worn-out shoes promptly.
- Don't cut your own calluses or corns or apply over-the-counter acid products - ask us for help.

Most importantly, be sure to schedule regular foot examinations in our office. These are essential in preventing ulcers and their complications.

## Celebrity Foot Focus

Halle Berry, Jean Smart, Ann Rice and Sonia Sotomayor all have Type 1 - Juvenile diabetes.

## Be Cautious in Nail Salons if You Have Diabetes

Because of the health risks to their feet, patients with diabetes must be extra cautious when visiting a nail salon for a pedicure. If your diabetes is well-controlled, it's generally safe to get a professional pedicure as long as you follow these commonsense safety tips:

- Choose your salon carefully. Check that it is clean and has sterilized instruments and that all inspection and licensing certificates are up to date.
- Tell the technician that you have diabetes.
- Be vocal about your needs - ask for gentle treatment and that extra care be taken with trimmers and scissors.
- Insist on newly sterilized tools or bring along your own that you have already sterilized at home.
- If you choose to use the foot bath, make sure that it has been sterilized since the last customer.
- Remind the technician to cut your toenails straight across - and not too short.
- Put your pedicure appointment off if your skin is damaged in any way to avoid infection.



We'll be happy to trim your toenails safely and give your feet a thorough check-up.

## Trivia

*The world's first one opened in Coney Island, New York on June 16th, 1884. The world's first what?*

- A. Burlesque Show
- B. 5 and 10 Cent Store
- C. Hot Dog Stand
- D. Roller Coaster
- E. House of Wax

**Answer D**

## Joke of the month



Q: Why are frogs so happy?  
A: They eat whatever bugs them.



June 2017

## Deal of the month

### Compression stockings and diabetic socks

**Buy 1 pair get the second pair half off!**

Compression socks apply 'graduated' pressure. These help in a range of circulatory problems including varicose veins, edema, thrombosis or just leg cramps and discomfort. Athletes may wear compression socks as a way to give themselves additional support for their activities that require running and jumping. They can also be very useful for those who have twisted their ankles or otherwise had bone, joint or muscle injuries focused on their lower limbs. Anyone who wishes to wear compression stockings should be measured for proper fit and compression strength.

All styles of Diabetic socks are designed and manufactured with your foot health in mind. They're perfect for people living with diabetes, arthritis, edema, neuropathy and circulation issues. They're available in a range of men's and women's sizes, and ankle or crew or high styles. And the dye in our colored socks doesn't bleed out of the fabric, reducing your risk of foot infection.

## Recipe of the Month Grilled Italian Eggplant Slices



Here's a great party recipe using fresh eggplant.

....continued on page 4

## Ingredients

- 1/4 cup shredded Parmesan cheese
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh basil
- 5 teaspoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon minced fresh oregano
- 1 large eggplant, cut into 10 slices
- 10 slices tomato
- 1/2 cup shredded part-skim mozzarella cheese

## Directions

1. In a small bowl, combine the first six ingredients.
2. Grill eggplant, covered, over medium heat for 3 minutes. Turn slices; spoon Parmesan mixture onto each. Top with tomato; sprinkle with mozzarella cheese. Grill, covered, 2-3 minutes longer or until cheese is melted. Yield: 5 servings.

*Recipe courtesy of tasteofhome.com*



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## Meet our Doctors



**Eric Lewis, DPM**



**Benjamin K. Marble, DPM**



**Welcome Dr. Zeno Pfau**

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