



Achilles Foot and Ankle Surgery, PC

Dr. Bruce G. Blank



Newsletter

November 2016

In This Issue...

- ✓ Podiatrists in the Community
- ✓ 19th Annual Halloween Candy Exchange Party For Kids with Diabetes
- ✓ November is American Diabetes Month
- ✓ Good Foot Care Is Vital for Patients with Diabetes
- ✓ Do You Have Neuropathy?
- ✓ A Do-It-Yourself Foot Exam
- ✓ Recipe of the month Stuffed Acorn Squash

Podiatrists in the Community

OH Podiatrist to be Included in *Who's Who* Top Doctors Honor Edition

Bruce G. Blank, DPM of Achilles Foot and Ankle Surgery, has been selected for inclusion in the forthcoming Trademark *Who's Who* Honors Edition for demonstrating dedication, leadership, and professional excellence. Qualities cited by Trademark *Who's Who* were a track record of quality service, dedication to one's profession, training and experience, community and civic support, and a desire to succeed.



Dr. Bruce Blank

His 27 years of service, his level of expertise, and several other factors also contributed to his inclusion. During the vetting process, it was noted that he has maintained a positive peer rating, having received numerous honors and awards such as induction into Kent State University College of Podiatric Medicine Hall of Fame. Evidence of compassion and a willingness to help others, both in practice and with the Ohio Foot and Ankle Medical Association and the American Podiatric Medical Association, have been honorable.

Source: *The Times Leader* (10/13/16)

19th Annual Halloween Candy Exchange Party For Kids with Diabetes

Dr. Bruce Blank recently offered children with diabetes mellitus a unique way of celebrating Halloween. For the last 19 years, he and his wife Diane have hosted an Annual Halloween Candy Exchange Party for Kids with Diabetes. The special party gives children an opportunity to go trick or treating and exchange their candy for more healthy snacks and small gifts while meeting other children and families dealing with diabetes.



....continued on page 2

Our Offices

Martins Ferry Office

92 North 4th St., Suite 27
Martins Ferry, OH 43935
Phone: (740) 633-4188
Fax: (740) 633-4716

Monday: 01:00PM - 04:30PM
Friday: 08:30AM - 04:30PM

St. Clairsville Office

46898 National Road West
St. Clairsville, OH 43950
Phone: (740) 695-4188
Fax: (740) 695-1340

Monday: 08:30am - 12:30PM
Wednesday: 08:30am - 04:30pm

Wheeling Office

2108 Lumber Ave., Suite 2
Wheeling, WV 26003
Phone: (304) 233 3668 (FOOT)
Fax: (304) 243 8997

Tuesday: 08:30am - 04:30pm
Thursdays are Surgical Day for all three offices. Phones will be answered at all offices.

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....continued from page 1 **19th Annual Halloween Candy..**

This year's party featured return special guest, Pediatric Endocrinologist, Dr. Amy Jean. The children participated in games and the entertainment included a visit by some animals from the Oglebay Good Zoo including Maisy the skunk. The party was held at Achilles Foot and Ankle Surgery, PC.

November is American Diabetes Month

Every November the American Diabetes Association urges us to focus on this serious disease that affects 29 million Americans, including 8 million who are undiagnosed.



If you have diabetes, keeping your disease under control is essential to living better and longer as well as lowering your risk of serious complications like heart attacks, nerve damage, strokes and kidney failure. For those who do not have diabetes, it's never too late to take steps to prevent it with healthful eating, getting plenty of exercise and maintaining a healthy weight.

Good Foot Care Is Vital for Patients with Diabetes

Patients with uncontrolled diabetes - too much blood sugar - often develop neuropathy or nerve damage. Neuropathy causes loss of sensation particularly in the legs and feet. This condition means that you won't feel foot injuries.

Diabetes can also cause poor blood flow because of excess blood sugar. This condition, called peripheral vascular disease, causes restricted blood flow to the feet and your body is unable to deliver the nutrients and oxygen necessary for healing any injury.



It's a double problem - you may have a cut on your foot but you won't feel it because of neuropathy. And the injury won't heal properly because of restricted blood flow.

The result? A minor cut on your foot can get infected and, given enough time, will become an ulcer. An untreated ulcer can lead to gangrene and the risk of amputation is high.

Essential Foot Care for Patients with Diabetes

If you have diabetes, even if your blood sugar levels are well-controlled, it's vitally important that you take good care of your feet: ...continued on page 3



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History FootNote

Diabetes symptoms were first mentioned in the 1500's B.C. by both Egyptian and Indian physicians.

Celebrity Foot Focus

Actors Tom Hanks and Sherri Shepherd, television host Larry King, chef Paula Deen and quarterback Jay Cutter have all publicly revealed that they have diabetes.

Trivia

November 1st is "All Saints' Day". What is November 2nd?

- A. Saint Patrick's Day
- B. Saint Christopher's Day
- C. Saint Swithin's Day
- D. All Souls' Day

Answer: D

All Saints' Day in Mexico. All Saints' Day (Día de Todos los Santos), on November 1, and All Souls' Day (Los Fieles Difuntos), on November 2, are celebrated hand in hand - firstly to honor the saints and then to remember the dead.

....continued from page 2 **Good Foot Care Is Vital for....**

- Inspect your feet every day. Report anything unusual condition to your foot doctor.
- Schedule a complete foot examination with us **at least** once a year.
- Wash your feet every day in warm, soapy water. Dry carefully especially between the toes.
- Smooth on an emollient foot cream or lotion daily - but not between your toes - to keep your skin supple and prevent cracking.
- Trim your toenails carefully. Cut them straight across - don't round the corners to prevent ingrown toenails. If you can't easily cut your own toenails, we'd be happy to do it for you.
- Never go barefoot. Wear shoes and socks to keep your feet protected and warm.
- Select sturdy shoes that fit well. Don't wear shoes that have rough edges inside or that are excessively worn.
- Protect your feet from extreme temperatures as you may not be able to feel them. Avoid walking barefoot on hot sidewalks or beaches and don't use hot water bottles or heating pads on your feet.
- Keep your blood flowing. Prop up your legs while resting. Stretch your feet and ankles and wiggle your toes for 5 minutes several times during the day. Don't sit for long periods with your legs crossed.
- Stop smoking to lessen the risk of damaging blood vessels.

Please come see us to discuss how diabetes affects your feet. We'd be happy to recommend the best footwear for your unique feet and medical needs.

Do You Have Neuropathy?

One of the more serious effects of diabetes is nerve damage in the extremities called peripheral neuropathy. When nerve fibers are exposed to high blood sugar over a period of time, they become damaged and can't properly transmit sensation signals to the brain.

Diabetes is just one cause of neuropathy. Other causes include alcoholism, autoimmune diseases, certain medications, trauma, a tumor pressing on a nerve and vitamin deficiencies.



Neuropathy Symptoms

Everyone should be on the lookout for signs of neuropathy but especially patients with diabetes. Here's what to watch for in your feet:

- Numbness
- Tingling
- Prickling
- Pain that is sharp, burning, jabbing, or throbbing
- Extreme sensitivity to touch
- Falling
- Lack of coordination
- Muscle weakness

Often the symptoms are worse at night.

Neuropathy symptoms may come on gradually but in some patients they can appear more quickly. The signs may spread upward from your feet into your legs.

....continued on page 4

Free Book Offer!

What YOU need to know about your Diabetic Feet

By Bruce Blank, DPM
Achilles Foot and Ankle Surgery, PC
92 N. 4th Street, Suite 27
Martins Ferry, OH 43935
740.633.4188

www.achillesfootandanklesurgery.com

Joke of the Month



Small Business

A small business owner was dismayed when a brand new corporate chain much like his own opened up next door and erected a huge sign which read BEST BLACK FRIDAY DEALS.

He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign, reading LOWEST BLACK FRIDAY PRICES.

The small business owner panicked, until he got an idea. He put the biggest sign of all over his own shop-it read... MAIN ENTRANCE.

....continued from page 3 **Do You Have Neuropathy?**

Diagnosing Neuropathy

If you have one or more of these symptoms and suspect that you may have neuropathy, please visit your doctor as soon as possible. Your doctor will examine you including a neurological exam, take a full medical history and order tests such as blood tests, imaging and nerve function.

When diagnosed with neuropathy it's very important to check your feet every day and come in to see us for a complete foot exam at least every year.

A Do-It-Yourself Foot Exam

Because diabetes so often causes foot problems, a daily foot exam is vital to catch anything out of the ordinary as soon as possible.

- Check the top and bottom of your feet for any sign of blisters, cuts, scratches, puncture wounds, sores, rash, dryness or cracks. If any injury shows redness or oozing or signs of infection, come in to see us immediately.
- Use a mirror to check the bottom of your feet.
- Inspect carefully between your toes.
- Look at your toenails. They should be clipped back well with no signs of ingrown toenails - redness, pain and infection.
- Watch for signs of fungal nail, where the toenails are discolored, yellowed or brittle.
- Check your feet and between the toes for calluses, corns or any swelling.
- Examine your feet for any changes in skin color such as red, white, purple or blue. This could be a sign of a circulation problem.
- Press the nail of your big toe and then release. The underlying skin should return to its normal color after 2-5 seconds.



Make a foot check part of your daily routine, just like brushing your teeth, to stay one step ahead of trouble. If you see anything troublesome or painful, be sure to call us right away.

Recipe of the month

Stuffed Acorn Squash

Here's a delicious variation to your standard holiday stuffing recipe. It's recommended by the American Diabetes Association as a healthy recipe.

Ingredients

- 2 medium acorn squash (about 1 ¼ pounds each), halved widthwise and seeded
- Cooking Spray
- 1 tablespoon Olive Oil
- 8 ounces Cremini mushrooms, sliced
- 2 3-ounce links apple chicken sausage, cooked and diced
- 8 ounces kale, stemmed and chopped
- ½ teaspoons salt (optional)
- ½ teaspoons ground black pepper
- ½ cup fat-free, reduced sodium chicken broth
- 1 cup dried cornbread stuffing



....continued on page 5

....continued from page 4 **Recipe of the month**

Instructions

1. Preheat oven to 375 degrees.
2. Coat a baking pan with non-stick cooking spray and place squash cut-side down in the pan. Add about an inch of water and bake for 30 minutes.
3. While the squash is baking, add olive oil to a sauté pan over medium-high heat. Sauté mushrooms and chicken sausage until golden brown. Add kale, salt (optional) and pepper and sauté until kale is wilted, about 5-7 minutes.
4. Add the chicken broth and cornbread stuffing to the mushroom mixture and simmer until all of the liquid is absorbed.
5. Remove squash from the oven. Turn the squash over in the pan so the cut side is up. Fill each squash with $\frac{1}{4}$ of the mushroom mixture then return to the oven. Bake for 15 minutes.
6. Cut each squash in half and serve.

Recipe courtesy of www.diabetes.org

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Meet our Doctor



Bruce G. Blank, DPM



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