

November - December 2010

## Juvenile Diabetes and Your Feet



Type I, or juvenile diabetes, is usually diagnosed during childhood or early adulthood.

Type I diabetics do not produce insulin; this is the hormone that converts sugar to energy. Type II diabetics or adult-onset diabetes do not produce enough insulin or use the insulin efficiently. A type I diabetic requires insulin to be administered as part of their treatment while a type II can see improvement through changes in diet and exercise, as well as with oral medications.

Diabetics, whether juvenile or adult-onset, are at greater risk of developing complications regarding their health. This can affect the heart, eyes and kidneys, just to name a few. These problems can also manifest in the feet. Diabetics can develop nerve damage or neuropathy. This is a loss of sensation where you may not feel pain, heat or cold. If you can't feel your feet, it is possible to develop an injury, but not recognize it has occurred until the symptoms worsen.

The skin can also become very dry and crack or peel. Regular application of moisturizer cream can help, but avoid applying this in between the toes. Excess moisture in between toes can lead to fungal infections. Calluses are thickened areas of skin that develop because of a high pressure point. If not properly cared for, the callus can break down and become an ulcer. Ulcerations are open wounds that can potentially become infected and put the foot or limb at risk of amputation.

Diabetics are also at risk of developing poor circulation. The blood vessels can harden and narrow which prevents blood from adequately flowing. Smoking increases the risk of this complication. Some people will experience pain when walking because of impaired circulation.

Poor circulation and lack of sensation can be a dangerous combination for the feet, but it is possible to prevent these complications. It is necessary to maintain good blood sugar control and exercise regularly to help decrease the chance of developing complications from diabetes. Regular foot exams can also help prevent these complications or provide the necessary treatment if they have already developed.



Dr. Amy Herskowitz named "Top Doc" by South Jersey Magazine, recognizing her as one of the top podiatrists in Southern New Jersey.

### OUR OFFICES:

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## Thanksgiving Trivia



The first **American Thanksgiving** was celebrated in 1621 to commemorate the harvest reaped by the Plymouth Colony after a harsh winter. Governor William Bradford proclaimed a day of thanksgiving. The colonists celebrated it as a traditional English harvest feast, to which they invited the local Wampanoag Indians. The celebration lasted three days and consisted of food and games.

Days of thanksgiving were celebrated throughout the colonies after fall harvests. All thirteen colonies did not, however, celebrate Thanksgiving at the same time until October 1777. George Washington was the first president to declare the holiday, in 1789.

Test your Thanksgiving knowledge!

**True or False:** Thanksgiving is only celebrated in the United States.

False: Canada also celebrates a Thanksgiving Day.

**Which of the following foods was probably NOT served at the first Thanksgiving feast: (a) Pumpkin Pie (b) Yams (c) Corn (d) Vegetables.**

**Which drink was brought along on the Mayflower? (a) Beer (b) Wine (c) Soda (d) Pina Coladas**

**Who was the chief of the Wampanoag tribe (invited guests at the first Thanksgiving)? (a) Squanto (b) Samoset (c) Cheyenne (d) Massasoit.**

**Green bean casseroles are a favorite at Thanksgiving dinners. How many green bean casseroles will be served this Thanksgiving? (a) one-half million (b) 10 million (c) 20 million (d) 40 million.**

## Thanksgiving jokes to share with your kids:

**Why did the Pilgrims eat turkey on Thanksgiving?**  
They couldn't get the moose in the oven!

**Where did the first corn come from?**  
The stalk brought it.

**Why did the Indian chief wear so many feathers?**  
To keep his wigwam.

**How did the Mayflower show that it liked America?**  
It hugged the shore.

**Which side of the turkey has the most feathers?**  
The outside.

**Can a turkey jump higher than the Empire State Building?**  
Yes – a building can't jump at all.

**A very Happy Thanksgiving to you and your family from all of us at Woodbury Foot Care Centre.**

## Our Doctors



Dr. Amy B. Herskowitz

Dr. Lisa Dreyfuss

Dr. Cheryl Wisniewski



Run the Bridge, November 7, 2010

Patients Haley T. and Pat S. ran in the bridge race, over the Ben Franklin Bridge, to benefit deserving children with special needs of the Larc School.

## We LOVE Referrals!

We know you are giving us a vote of confidence every time you recommend and refer us to your friends or a family member. Thank you so much! We appreciate your trust in our doctors and staff.

Because of the many referrals we get from our patients, our practice is growing and expanding. We couldn't have done it without you! To all of you who have referred someone to us, we say "Thanks!" from all of us.

**Thank you - Thank you - Thank you!**

## Welcome to our New Patients!

To all our new patients at Woodbury Foot Care Centre and Herskowitz Podiatry, we'd like to give you an official "Welcome!" We know you have a choice when it comes to your health care, and we're honored that you chose us. We will make every effort every time we see you to not only meet your expectations, but to exceed them. We want to assure you that you've made the right choice when you put your trust in us. Welcome to the family!

## Check Our Blog



## Answers to trivia:

- The correct answer is Pumpkin Pie. They didn't have ovens to bake a pie.
- The correct answer is Beer.
- The correct answer is Massasoit.
- The correct answer is 40 million!