

Monthly Newsletter

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Contact Your Podiatrists

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Healthy Eating Plan for Diabetics

Diabetes is a condition that affects many areas - it causes imbalance of hormones, the blood glucose level is disturbed, and these changes can affect the entire body.

The diabetic foot is just one of the possible side effects of diabetes; it happens because of multiple changes within the function and structure of the foot in people with diabetes.

Although Diabetes is incurable and represents permanent metabolic change, the good news is that diabetes can be kept under control and people with diabetes may have a high quality of life, when they adhere to basic guidelines. In addition to timely and conventional therapy, people with diabetes must take care of nutrition.

Whilst there isn't a perfect

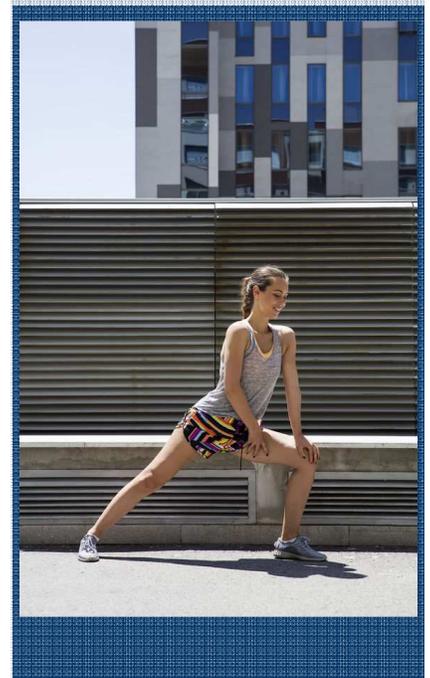
'standard' diet that works for all people with diabetes – there are some key foods diabetics are advised to limit or avoid; there's no specific food they can't eat; but there are certainly some foods that are best limited or avoided. It is important to eat in moderation and look for appropriate ingredients and food groups.

The body should be supplied with the optimal intake of micronutrients and macronutrients, and also water.

Some may be better eating more often - having five or six smaller meals. Breakfast should contain carbohydrates, avoiding sugars which are essential components of healthy nutrition; an increased intake of fibers can help in regulating the blood sugar level.

Oh No!!

In July, we had 9 patients that failed to attend their appointment!



Healthy Eating Plan for Diabetics

(Cont'd from previous page)

For the best advice as to what is right as an individual, always talk to your diabetic educator or practice nurse.

In contact with stomach juices, this macronutrient creates a protective web that reduces the absorption of fats and sugars from the bowel.

Some of the fiber-rich ingredients are rye bread and flour, fruit with peel, like apples and apricots, leguminous and root vegetables, which can be served as a

cooked meal for lunch.

As for dinner, it should be a light meal and meat should not be consumed more than twice a week.

Instead, people who suffer from diabetes need to enrich their menu with fish and seafood. Also, do not eat fruit like watermelon or grapes – these contain too many fruit sugars.



Preventing Muscle Inflammation in Feet

The foot consists of a small number of muscles, about 30 of them!!, and these are divided into two main groups. The first group is the intrinsic muscle group, responsible for the stability and mobility of the foot, while the other group is the extrinsic muscles. These are associated with the muscles and tissues of the lower leg, which attach into the foot to give power, strength and motion.

Preventing Muscle Inflammation in Feet (Cont'd from previous page)

Inflammation of the foot muscles may occur because of overuse, strain or injury. These inflammatory processes often start in the middle part of the foot, and besides the plantar tissue, it can involve the soft tissues of the arch of the foot, the tendons and attachment of muscles.

Muscle problems may go along with other problems, such as plantar fasciitis.

The symptom can vary from short-lived to very intensive pain, shooting or a stabbing sensation. Sometimes a feeling of tingling or burning occurs.



Orthopedic pads can be helpful in some cases of plantar fasciitis and muscle overuse. The aim is to change the direction of force in the foot when standing, walking and running, and thus reduce the load on the inflamed location.

It is also important to focus on exercises to improve flexibility of the feet muscles and tendons that surround them.

Stretching and strengthening is often advised.

First of all, it is recommended to cover the painful area with ice, and then to take

painkillers based on acetylsalicylic acid, or paracetamol.

For topical use, cooling gels that will "cool down" and relax muscles, happen to be quite efficient.

Many treatment modalities exist, including modified footwear, orthotics, laser therapy or ultrasound therapy, shockwave therapy or cortisone injections.

If you encounter any problems with foot pain in your feet, feel free to consult your podiatrist for available treatment options.

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

*The Care,
Professionalism and
Time that your feet
deserve*



Would you be willing to write a Google review about your experience today? If so, please visit:

<https://goo.gl/rN1MEF>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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Practice Accreditation 2018

We are pleased to announce that we have again retained our accredited practice status to the College of Podiatry which lasts for the next two years.

The aim of the Practice Accreditation Scheme is to help ensure best practice, achieve a high standard of care to patients and to ensure the correct protocols and procedures are followed to practice safely and effectively within the profession.

Once accreditation has been granted the practice agrees to the potential of being inspected and this year was our lucky year!

It was therefore arranged that the Private Practice Officer from the College of Podiatry was to visit our practice earlier this month for a full inspection of our clinical environment and all our protocols that we have in place which range from:

- Adhering to NICE guidelines
- All our decontamination processes and infection control are in place
- Adhering to all clinical standards set by the College of Podiatry
- Auditing notes and that we have peer review scheme in place
- Complying with GDPR and patient confidentiality
- Having a clear fee structure
- In depth treatment planning
- Onward referral to other specialisms including vascular, podiatric surgery, orthopaedic surgery, GP, physiotherapy, Diabetology
- Safeguarding processes in place (adult and child)
- And many more

The feedback we gained from the officer was excellent and we can only thank all the team involved that keep our standards flying high.

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