

MAY 2016

NEWS AND UPDATES:

LIVING WITH DIABETES

Meet the Doctor



Darren Elenburg, DPM, FACFAS

Dr. Elenburg is from NW OKC. After obtaining his BS in Physiology at OSU, he attended Podiatric Medical School in Des Moines, Iowa. After graduating in 1998 he went on to complete four years of residency training in New York and Pennsylvania. Once he completed his residency, he returned to his hometown to begin practicing. He started his own practice in 2007.

DIABETES

29.1
MILLION

29.1 million
people have
diabetes



According to the American Diabetes Association, diabetes was the seventh leading cause of death in the United States in 2010 based on the 69,071 death certificates in which diabetes was listed as the underlying cause of death.

When living with Diabetes it is essential to be conscious about your lifestyle in order to protect your health. This month is dedicated to diabetes and the importance of good footwear and hygiene.

SAVE THE DATE:

May 1, 2016	May 7, 2016	May 8, 2016	May 14, 2016
Parkinson's Rally Walk and 5K	Autism Oklahoma PieceWalk and 5K	Mothers Day	Walk for Obesity

THE IMPORTANCE OF GOOD FOOTWEAR

Often times diabetes is accompanied by neuropathy. When dealing with neuropathy or loss of sensation, people may not be aware of whether or not their shoes are fitting appropriately. When having diabetic peripheral neuropathy, it is essential to have your feet measured before purchasing shoes.

Upon buying a new pair of shoes, wear them first around the house for a few hours before wearing them outside for any long period of time. You want to make sure to break them in slowly. Make sure to check your feet for any redness, rubbing or irritation. It is essential to examine your feet every time you remove your shoes. If you wear custom orthotics or specialized shoe inserts be sure and take them with you when purchasing your shoes to ensure they will fit properly in your shoes.



TIPS FOR BUYING SUPPORTIVE SHOES

- Periodically have your feet measured, because like everything else in life, your feet change over time.
- Your shoe length should be about the width of your thumb beyond the end of your longest toe.
- Shop later in the day to accommodate daily foot swelling.
- See your podiatrist for custom insoles in your diabetic shoes for offloading pressure areas.



THE IMPORTANCE OF GOOD HYGIENE

- Inspect your feet every day. Check for redness, rubbing, or any areas of concern.
 - Avoid going barefoot.
- Wash your feet daily making sure to clean in between the toes. Make sure you dry your feet COMPLETELY emphasizing in between each toe.
- Use creams or lotions on your feet to keep your skin well moisturized and less likely to crack and cause an open sore.
 - Be careful trimming your toenails!
- If you get a cut or scratch, take care of it right away. Wash it with mild soap and warm water Use an antibiotic ointment and cover the area making sure to check it daily. If your wound worsens make sure to call us so we can get you in right away.

CHECK YOUR FEET EVERY DAY

Foot problems can develop under minimal time, so it is vital that you check your feet daily and note any changes you may see:

-
- Cuts, blisters or sores
 - Change in temperature
 - Change in color
 - Swelling
 - Pain
 - Dry cracking skin
 - Area of draining or other signs of infection
 - Corns, calluses or warts