

### Our Offices

7 Bond Street  
Great Neck, NY 11021  
Call: (516) 482-5999  
[www.greatneckfamilyfootcare.com](http://www.greatneckfamilyfootcare.com)

### History FootNote

Researchers in 1959 developed a method for measuring insulin in the blood and classify those with diabetes into type 1 (insulin-dependent) and type 2 (non-insulin-dependent).

## Join Us!

**Great Neck Family Foot Care**  
is collecting socks to distribute to the homeless.  
We will be distributing to local, shelters, temples and  
churches throughout winter season.

#### Details:

Send or deliver new unopened packaged socks  
in all sizes, child through adult. We need dress socks, sport socks,  
in wool, cotton and synthetic materials



7 Bond Street  
Great Neck, NY 11021

# sock drive



## Great Neck Family Foot Care Winter Sock Drive

Winter is fast approaching, and the need to stay warm and dry for America's homeless cannot be overstated. Most of us are fortunate to have warm comfortable homes and the ability to provide for our children and ourselves the simple things that we take for granted.

A warm pair of socks in the morning can make all the difference for a child going to school. The mere fact that they do not have to worry about being warm allows them the ability to concentrate on their reading, math, and social interaction, rather than how cold their feet are. For a child, it can mean they will not be bullied because of the tattered condition of their socks while changing in gym class. Adults trying to get ahead and "pounding the pavement" trying to gain employment can be much more effective in doing so if they can walk or work in comfort. For those whose occupations require them to be on their feet, can do so longer with warmer padded socks.

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## Celebrity Foot Focus

Foot or leg amputation can occur from diabetes because of reduced blood flow and loss of sensation. Jazz great Ella Fitzgerald, singer/songwriter Waylon Jennings and Ron Santo, 3rd baseman for the Chicago Cubs and White Sox; all suffered amputations due to complications from diabetes.

## Joke of the month



Doctor Jones was giving a lecture to a group of medical students at the city hospital.

Pointing to the x-ray, he explained: "As you can see, this patient limps because his right fibula and tibia are radically arched."

The doctor looked up at the assembled students, and asked Amy, "Now what would you do in a case like this?"

Amy piped up: "I suppose I would limp too."

## ...continued from page 1 Great Neck Family Foot....

We at Great Neck Family Foot Care see the day-to-day differences that appropriate foot wear and foot care can make on a patients foot health. For the homeless who have daily stresses many of us are fortunate enough not to worry about, your donation of socks can make a tremendous impact on their daily lives.

We are calling on our generous, community minded patients and friends to donate to our sock drive. We will be collecting NEW unopened packaged socks for the entire Fall and Winter season and we will be delivering them to a host of churches, temples and shelters to create the greatest impact for your caring generosity.

Please share our efforts through your organizations, teams, social media and work contacts. Last year's drive was an overwhelming success (over 3000 pairs of socks donated) and we are excited to continue the tradition.

You can feel free to mail or deliver them to our office:

**Great Neck Family Foot Care**  
**7 Bond Street**  
**Great Neck, NY 11021**  
**Attn: Sock Drive For The Homeless**

## Top 10 Foot Care Tips for those Living with Diabetes

Individuals with diabetes often suffer from foot problems because of reduced blood flow to the legs and nerve damage that cause diminished sensation in the feet. In extreme cases the foot or limb may have to be amputated, although amputations due to diabetes are much less frequent today than in the past.



Here are some valuable tips on how patients with diabetes can keep feet healthy:

- **Manage your diabetes.** Follow your doctor's treatment plan to reduce the risk of complications.
- **Get a checkup.** Visit your foot doctor at least once a year for a complete foot exam.
- **Treat your feet well.** Wash feet daily in warm soapy water and dry carefully, especially between the toes. Apply a soothing moisturizer.
- **Inspect feet every day.** Check tops, bottoms and toes. Look for any bruises, cuts, blisters and nail problems and take care of them.
- **Keep feet dry.** Change socks or shoes if they become damp or wet.
- **Don't go barefoot.** Always wear shoes to protect your feet from injury and avoid flimsy footwear like flip flops.
- **Wear proper-fitting shoes.** Choose shoes with good support that don't rub any part of your feet. We would be happy to recommend the best shoes for your condition.
- **Wear socks.** Keep feet warm with comfortable socks that aren't too loose. Seamless socks are a good idea.

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## Trivia

The record for the most feet sniffed belongs to a Madeline Albrecht, Cincinnati, Ohio, USA. So far, throughout her career working for a research company testing footcare products for Scholl, Madeline has sniffed approximately 5,600 feet.

## Find Us On...



## ...continued from page 2 **Top 10 Foot Care Tips for...**

- **Keep moving.** Aerobic exercise can benefit your whole body, lower blood glucose and improve circulation.
- **Elevate feet.** Keep feet and legs up while relaxing help blood flow to the feet.

If you or a loved one has diabetes, call us to schedule a complete foot exam. It's an important part of managing your health with diabetes.

## Healthy Food Choices for Diabetes

2015 marks the 75th anniversary of the American Diabetes Association. This year they've chosen a very important theme for November's American Diabetes Month: **Eat Well, America!**



The Association wants to show Americans that eating well is one of life's greatest pleasures and that individuals with diabetes can enjoy healthy and delicious foods to help with diabetes management. Here are a few highlights:

- Learn about Making Healthy Food Choices instead of the latest fad diet.
- Create your Plate at each meal. Opt for 25% protein, 25% grains and starchy foods and 50% non-starchy vegetables. Add a small amount of healthy fat, fruit and a drink and you have a delicious meal to help manage your blood glucose levels.
- Focus on Diabetes Superfoods that have a low glycemic index and provide key nutrients.
- Check out Understanding Carbohydrates to learn how the balance between the insulin in your body and the carbohydrates you eat makes a difference in your blood glucose levels.
- Remember to keep Fitness in your overall health plan. Exercise can help manage blood glucose levels and improve your A1C score.

Visit the American Diabetes Month website or call 1-800-DIABETES for delicious recipes as well as tips on meal planning, grocery lists, shopping and chefs' preparation secrets. As a special treat, each week during November you'll find nutritious recipes selected by noted chefs and cookbook authors.

## Don't Tolerate the Pain of Corns and Calluses

When two toes rub together, a corn may form. This area of thickened skin has inflamed tissue underneath and can be very painful. Another form of thick, hardened skin is a callus. Calluses form to protect the skin from excessive friction and are usually found on the ball of the foot, under the big toe or on the heel.



Both corns and calluses can be caused by an abnormal gait, too much pressure from sports or wearing shoes that are too tight or too loose.

**Home Remedies Can help Relieve Corns and Calluses** ...continued on page 4

## ...continued from page 3 **Don't Tolerate the Pain....**

If you are not in too much pain, try these home treatments:

- Soak feet in warm, soapy water and then rub thickened areas with a pumice stone. Dry thoroughly and apply an emollient cream.
- Apply moisturizing cream or lotion every night. Remove skin in the morning with a pumice stone.
- Place moleskin or foam pads on the corn or callus to reduce pressure. Avoid over-the-counter salicylic acid products as these can lead to infection by damaging adjacent healthy tissue.

### **Come See Us if Corns and Calluses Become Painful**

Make an appointment to visit us if your pain continues. If home remedies did not work, we can shave the top of a callus to reduce the pressure and prescribe oral antibiotics for an infected corn.

We'll also check your foot structure or gait to see if this is the problem. Custom-fitted orthotics can help to relieve excessive friction or pressure from abnormal walking motion.

## Meet our Doctor



**Alec Hochstein, DPM**

## Recipe of the Month

# Butternut Squash and Black Bean Stew with Tomatoes and Green Beans

## Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 1/2 pounds butternut squash, peeled and cut into bite-size pieces
- 1 (14.5 ounce) can Diced Tomatoes with Zesty Mild Green Chilies, undrained
- 1 (14.5 ounce) can vegetable broth
- 1/2 cup water
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1 (14.5 ounce) can Del Monte® French-Cut Seasoned Green Beans with Roasted Garlic, undrained
- 1 (15 ounce) can black beans, rinsed and drained
- Hot cooked couscous
- Chopped fresh cilantro (optional)



## Directions

Heat oil over medium heat in a large pot. Cook onion and garlic in hot oil for 4 minutes or until tender. Stir in squash, undrained canned diced tomatoes, broth, water, cumin, oregano and black pepper.

Simmer, covered, for 30 minutes or until squash is tender. Stir in undrained canned seasoned green beans and black beans. Cook for 5 more minutes or until heated through. Serve over hot cooked couscous. If desired, sprinkle with cilantro.

*Recipe Courtesy: AllRecipes.com*