



## Diet and Diabetic Foot Ulcers

The foods you consume can nurture the body's healing process or hinder it, sometimes dramatically. And diabetic foot ulcers require all the help they can get — 14%–24% of people who develop diabetic foot ulcers will eventually require an amputation. That's a sobering statistic!

Poor food selections contribute to higher blood sugar levels, which can damage blood vessels and nerves, hampering circulation and the healing process. Inflammation caused by a questionable diet can slow healing as well, elevating an ulcer's chance to cause trouble.

Proper hydration is also critical for diabetic wound healing. Drink plenty of water throughout the day. Alcohol and caffeinated beverage intake can dehydrate the body and sometimes spike blood sugar, too.

*For optimum healing, avoid the following categories of foods:*

- **Sugary items** (added sugars in particular): e.g., candy, sodas, desserts, sweet cereals, iced teas, fruit-flavored drinks.
- **High-sodium foods:** fast food, processed meats, canned soup.
- **Processed snacks:** potato chips, packaged cookies, microwave popcorn.
- **Fatty meats:** sausages, bacon, fatty beef cuts.
- **Refined carbs:** white bread, regular pasta, white rice.
- **Alcohol:** all types.
- **Ultra-processed foods:** TV dinners, instant meals.
- **Caffeine-rich drinks/foods:** energy drinks, coffee, strong teas, chocolate.
- **AGEs** (advanced glycation end products): foods exposed to high-temperature dry heat, such as those grilled, fried, charred, baked, toasted, seared, or roasted.

*Foods riding to the rescue to aid healing include:*

- **Leafy greens:** e.g., spinach, kale, Swiss chard.
- **Lean proteins:** skinless poultry, eggs, fish, plant-based proteins such as tofu.
- **Whole grains:** quinoa, barley, steel-cut oats.
- **Nuts and seeds:** almonds, walnuts, chia seeds.
- **Nonstarch veggies:** broccoli, peppers, cucumbers, cauliflower.
- **Berries:** blueberries, strawberries, and raspberries, which are also high in fiber and antioxidants.

If you have diabetes, make our office part of your diabetic healthcare team!

### About L. David Richer, DPM



Dr. David Richer is the founder of the Foot, Ankle & Leg Center, a premier podiatry practice in Scottsdale, AZ providing exceptional medical and surgical care in a comfortable, relaxed setting where we treat patients like family. Our mission is to eliminate your pain and get you back on your feet quickly so you can enjoy your favorite activities and live your best life. Our specialty areas include heel pain, sports injuries, chronic foot & ankle pain, ingrown toenails, flat feet, plantar warts, fungal toenails, and neuropathy. We have a modern office with the most advanced technologies. We offer 3D printed custom foot orthotics, Swift Immunotherapy for plantar warts, Radial Pulse Wave Therapy for heel pain, Lunula laser therapy for fungal toenails, MLS laser therapy for painful conditions, and regenerative medicine such as PRP therapy. You don't have to walk in pain. Request an appointment today.



# Why Does My Heel Hurt So Much in the Morning?



That sharp, stabbing pain in your heel with your first steps in the morning isn't something you have to live with. Heel pain affects millions of people each year, and plantar fasciitis is the most common culprit behind this discomfort.

## What Is Plantar Fasciitis?

The plantar fascia is a thick band of tissue that runs along the bottom of your foot, connecting your heel bone to your toes. Think of it as a shock-absorbing bowstring that supports the arch of your foot. When this tissue becomes inflamed or damaged through overuse, small tears, or excessive strain, the result is plantar fasciitis.

This condition typically causes sharp pain in the bottom of the heel, especially with those first morning steps or after long periods of standing. The pain may decrease as you move around, but it often returns after extended activity or when standing after resting.

## Who's at Risk?

Plantar fasciitis commonly affects people with a misalignment of the foot, runners, people who are overweight, those who wear shoes with inadequate support, and individuals whose occupations require long hours on their feet. Age is also a factor, with the condition most prevalent between ages 40 and 60.

## Treatment Options That Work

The good news is that plantar fasciitis responds well to treatment. Conservative approaches are effective for most patients and include custom foot orthotics to realign and support feet, supportive footwear, stretching exercises, and cortisone injection or anti-inflammatory medications to reduce pain and swelling.

For persistent cases, we may recommend advanced therapies like platelet rich plasma (PRP) therapy, radial pulse wave therapy, or MLS laser therapy. Surgery is rarely needed.

## Take the First Step Toward Relief

You don't have to hobble through your day in pain. Our clinic specializes in diagnosing and treating heel pain with personalized treatment plans designed to get you back on your feet quickly so you can live your best life pain free. Schedule a consultation today to explore which treatment options are right for you.

## Mark Your Calendars

- Nov. 2** Daylight Saving Time ends: Hawaii, Arizona (except for the Navajo Nation), and U.S. territories do not observe DST.
- Nov. 4** Election Day: The 2000 Gore-Bush presidential election introduced the nation to "hanging chads."
- Nov. 11** Veterans Day: As of Sept. 8, 1980, 24 months of active service (generally) and a non-dishonorable discharge are requirements for "veteran" status.
- Nov. 15** Clean Your Refrigerator Day: Opened ketchup does not need to be refrigerated due to its high acidity (but it shouldn't sit around forever either).
- Nov. 22** Adoption Day: One in 35 U.S. children are adopted (per Lifelong Adoptions website).
- Nov. 27** Thanksgiving: The Pilgrims themselves never mentioned landing at a rock. Plymouth Rock was first referenced over 100 years after their landing.
- Nov. 30** Advent: Advent begins on the fourth Sunday prior to Christmas.



# Relief from Plantar Fasciitis: The Zimmer Enpulse Pro Solution

If you've been dealing with that sharp, stabbing heel pain that makes every step uncomfortable, you know how frustrating plantar fasciitis can be. When orthotics, supportive shoes, stretching, and pain medications aren't relieving your pain, there's good news—the Zimmer Enpulse Pro offers a modern, non-invasive way to help your body heal itself.

## What Makes It Different?

Think of the Enpulse Pro as a high-tech healing tool that uses sound waves to jumpstart your body's natural repair process. Unlike older shockwave devices that can be quite uncomfortable, this system uses what's called "softshot" technology. It's designed to be gentler while still delivering effective treatment energy to the affected area.

Here's what happens: the device sends acoustic pulses into your heel tissue, creating a controlled stimulus that tells your body "hey, we need healing here!" This triggers increased blood flow, reduces inflammation, and helps regenerate damaged tissue in your plantar fascia.

## What to Expect

Most patients need about 5 weekly sessions, with each treatment taking just 5 minutes. Clinical studies show success rates of 80-85%. Many people find this resolves their heel pain and improves their mobility without surgery or lengthy recovery periods.

The treatment is performed in-office by trained professionals who adjust the intensity based on your comfort level. While you might feel some pressure or mild discomfort during treatment, it's generally well-tolerated and gets easier as your condition improves.

## Ready to Take the Next Step?

Don't let heel pain keep you from living your best life. If you're tired of dealing with plantar fasciitis and want to explore a proven, non-surgical solution, contact us today to schedule a consultation. We'll evaluate your condition and determine if the Zimmer Enpulse Pro is right for you. Your journey to pain-free walking starts here!



# Oven-Baked Sweet Potatoes With Garlic Oil

Serves 4

*Turkey might be front and center, but these oven-baked sweet potatoes drizzled with garlic oil and baked in the oven to crispy, tender perfection are a delicious and healthy complement.*

## Ingredients

- 2 medium sweet potatoes
- 4 tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 shallot, diced
- 1 tbsp. chives, chopped

## Directions

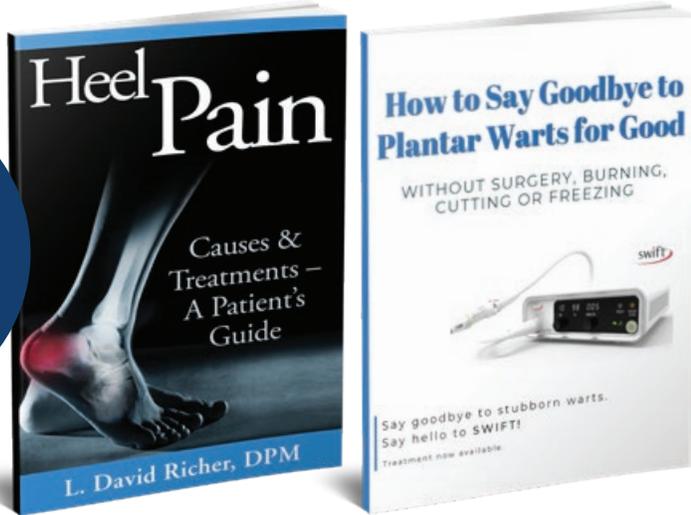
1. Preheat oven to 375°F.
2. After rinsing your sweet potatoes, slice evenly into about ¼" -thick rounds.
3. Place in a large mixing bowl.
4. Add olive oil, minced garlic, and diced shallot to the bowl with the potatoes, and mix until all potatoes are evenly coated.
5. Layer sweet potato slices into an oven-proof baking dish. Pour any remaining olive oil mixture over the potatoes.
6. Bake in the oven for about 45–60 minutes, until fork tender and golden brown on the surface.
7. Sprinkle with fresh chives before serving.

**Note:** The key to baking sweet potatoes is to keep the slices as even and uniform as possible. Utilizing a mandoline is highly recommended.

*Recipe courtesy of thedomesticdietitian.com.*



Free  
Books



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## Say Thanks to Your Feet!

Our feet are unsung heroes. They bear our entire weight when standing, walking, or running; propel us; enable us to climb, jump, and maintain our balance on uneven surfaces; absorb shock; and are beacons alerting us to systemic issues lurking in the shadows, such as diabetes, nerve damage, and circulatory disorders, among others.

Instead of taking our feet for granted, there are numerous ways we can thank them. For starters, wear comfortable, supportive shoes. Avoid going barefoot in warmer weather and around the house. That's absolutely imperative for those with diabetes, as undetected injuries due to decreased sensation can lead to ulcers and possible infection. Slowed healing caused by diabetes makes these even more challenging to treat.

Wear moisture-wicking socks. Feet left sitting in damp socks are more vulnerable to fungal infections and blisters. Exercise daily to shed excess pounds or to maintain a healthy weight. Extra weight increases the risk and intensity of common podiatric conditions and makes a person more susceptible to diabetes. A proper diet goes hand in hand with daily exercise.

Most of us already realize smoking is terrible for overall health, but the circulation issues it creates frequently affect the feet first. If you smoke, even just here and there, please quit. It may be difficult for some people, but there are plenty of good resources to help.

Finally, don't ignore foot pain or attempt to "power through." And don't try any at-home internet remedies. You'll just make things worse. Persistent pain or discomfort — or any unusual symptoms — calls for an appointment with our office. It's the best way to say thanks to your feet!

