



Neuropathy Know-How

In today's day and age you hopefully don't encounter poor cell phone reception on a daily basis, but you likely know how frustrating it can be to have calls cut out or drop on you. When neuropathy, or nerve damage, develops in the feet, it has similar effects. Interference in nerve signals can cause pain, tingling, or outright numbness, frustrating you and leaving you uncomfortable.

If neuropathy is affecting your feet, we can help you develop an ideal treatment and management plan. This plan may involve some of the at-home tips noted below:

- **Move More.** Exercise can not only improve circulation, which helps maintain nerve health, but can also improve mood and reduce the effects of pain. Make sure to consult your doctor before starting a new plan.
- **Consider a Vitamin B Supplement.** Vitamins B12 and B6 are both beneficial to nervous system health, and having low levels can increase pain. Most people receive enough B vitamins through their diet, but you can ask your doctor whether an additional supplement may be right for you.
- **Stop Smoking.** If you smoke, we doubt we're the first to tell you this. But smoking does have an impact on neuropathy, constricting your blood vessels and providing less blood flow to the nerves in your feet.



Managing neuropathy often requires making changes to both your treatment plan and lifestyle, but we're in your corner to help you find the plan that best suits your needs!

About the Doctor

Marizeli Olacio, DPM, AACFAS



Dr. Marizeli Olacio is the founder and director of Omega Medical Group (OMG). She is a Miami-based podiatrist specializing in foot and ankle surgery, sports medicine, charcot

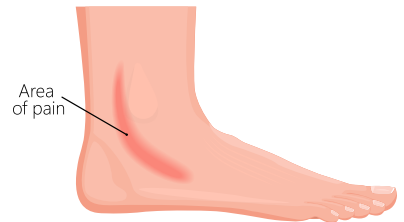
reconstruction, diabetic limb salvage, flatfoot correction, pediatrics, and wound care. She graduated from the Barry University School of Podiatric Medicine and completed her residency at Mercy Hospital in Miami, where she worked with professional athletes including the Miami Heat players. She established OMG to help people of all ages and walks of life reach their personal goals while remaining as active as possible. As a foot and ankle specialist it is her priority to educate each patient on their pathology, to ensure they are given the individual treatment deserved, from pediatrics to adults. She is committed to providing results that keep your feet in step for better health.



Unwrap Ways to Prevent Peroneal Tendonitis

If you have ever had pain and swelling on the outside of the ankle, then you might know what it's like to be "gifted" with peroneal tendonitis.

This condition is caused by a tendon that stretches behind the lateral malleolus, that bony bit on the outside of your ankle. Tight calf muscles and overuse can cause this tendon to rub against the bone and become inflamed, making it a common injury with runners.



If you want to keep peroneal tendonitis at bay, then the problems of tight muscles and overuse should be a primary concern. Stretch your calf muscles before and after a workout, and gradually build the intensity and endurance of your runs over time (this is sage advice for any type of workout, really). The more ability you give the tendon and surrounding muscles to adjust to the demands you put on them, the less likely you will suffer from injury.

If ankle pain strikes or persists, we can help you find the proper treatment and get you back on track with activity. Return the pain and get yourself something nicer!

Mark Your Calendars

- December 4** National Sock Day – Wear with pride!
- December 6** National Microwave Day – Must be one of those leftover holidays.
- December 8** National Brownie Day – Do you prefer chocolate or blondie?
- December 15** National Ugly Christmas Sweater Day – You know you have one.
- December 21** Crossword Puzzle Day – Pull out the newspaper!
- December 28** National Card Playing Day – What's your game?
- December 31** National Champagne Day – For a certain celebration.
- January 5** National Bird Day – Have you refilled your birdfeeder recently?
- January 8** National Winter Skin Relief Day – Don't forget your feet!
- January 15** National Hat Day – We tip ours to you!





Family Traditions and Inherited Issues

Traditions help tie the identities of family members together. It just doesn't feel right unless grandpa carves the turkey, or Uncle Bill tells his story of how he almost caught that legendary fish (that seems to get bigger and bigger every year). There are some things passed down through families that aren't as heartwarming, though. Foot disorders can be one of them.

If you have a parent with a foot deformity such as bunions or high arches, odds are good that you may inherit the condition as well. It's genetics at work, and geneticists are working to discover the specific genes that influence these deformities.

Just because you might be genetically predisposed to bunions or high arches doesn't mean you can't do anything about it, however. When signs of bunions or arch problems begin to appear, steps can be taken to manage the progression and keep things from getting worse. Bunions can begin even in childhood, so it's wise to keep an early watch and receive a full evaluation if you suspect a problem may be developing.

Just remember: you can't choose your family, but you can choose how to care for your family's feet!

Sugar-Free Cranberry Creations

Cranberries are a fall staple, but you don't have to only enjoy them when they slurp their way out of a can and onto your Thanksgiving plate. There are other ways to partake in the tart pleasures of cranberries and all the nutritional benefits they have to offer. Why not wake up your breakfast with a Sugar Free Cranberry Banana Smoothie?

Sugar Free Cranberry-Banana Smoothie

Ingredients

- 1 c. water
- 2 bananas
- 1 c. fresh cranberries
- 1 tsp. pure vanilla extract
- 1 c. Greek yogurt, vanilla or plain
- 1 tbsp. ground flax seed
- ½ c. ice
- ½ c. coconut milk
- 1 tsp. liquid stevia, vanilla crème, or other sweetener of choice

Simply combine the above ingredients in a blender and liquefy. Add more ice and blend until smooth, if needed. Almond milk can be substituted for coconut milk. If you desire a thinner smoothie, do not add as much Greek yogurt, or replace with milk.





1400 NE Miami Gardens Dr., Suite 104

North Miami Beach, FL 33179

Phone: (305)514-0404 • Fax: (305)504-8944

www.MiamiDPM.com



If any questions or concerns or want to make an appointment today, contact us:

Dr. Marizeli A. Olacio,
DPM, AACFAS

OMEGA MEDICAL GROUP

Phone: (305)514-0404

Fax: (305)504-8944

Website: www.MiamiDPM.com

No part of this newsletter may be used or reproduced in any manner whatsoever without written permission of the author. No expressed or implied guarantees have been made or are made by the author or publisher. Individual results may vary. Neither author nor publisher accepts any liability or responsibility to any person with respect to any loss or damage alleged to have been caused by the information in this newsletter. Always seek professional medical advice.

What Makes Diabetic Shoes Different?

At first glance, all shoes may look the same; they cover your feet and let you go outside, so is there really any big deal in opting for diabetic shoes instead?

For those whose feet are more vulnerable due to nerve damage and poor circulation, the answer is a resounding "Yes!" Diabetic shoes provide a number of factors to further safeguard feet against injury and sores that can develop into serious ulcers or infections.

Diabetic footwear is designed to relieve parts of the foot that can experience excess pressure, which can cause the skin in those sections to become irritated and break down. General shock and rubbing against the foot is also reduced for the same reasons.

Diabetic patients who suffer from pain in the feet can also benefit from the added stability and support of a diabetic shoe. Keeping joints properly aligned can help lessen pain and reduce inflammation, and the shoe can also help stabilize any foot deformities that may be present.

Not everyone living with diabetes may need a diabetic shoe, but it's important to understand what your feet need at whichever stage of the condition you may be in. Our team can guide you toward the best choices for your safety and mobility. If you do not have diabetic shoes, call our office to make an appointment.

