



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.



About the Doctor

Matt Wettstein, DPM

Advanced Foot and Ankle is led by Dr. Matt Wettstein. Originally from Logan, UT, Dr. Wettstein completed his undergraduate studies at Utah State University before attending Des Moines University in the College of Podiatric Medicine and Surgery. After graduating with top honors, he then completed his residency in Salt Lake City, UT. Dr. Wettstein is married and has four, wonderful, children.

Get Social w/Us



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!



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.

Mark Your Calendars

- December 3** SKYWARN Recognition Day – Thank volunteer spotters for keeping an eye on the weather!
- 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.





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!

Facts About Frostbite

If you'll be spending time exposed to cold during the winter, it's important to know the signs of frostbite and what to do about it.

- Frostbite is most often found on the nose, ears, chin, cheeks, toes, or fingers.
- Signs of frostbite include numbness and a firm or waxy feeling to the skin. There may also be a white or grayish-yellow discoloration.
- Before numbness sets in, freezing skin will feel redness or pain. That's your cue to get to a warmer area or protect the exposed skin!
- If you have frostbite, get to a warm area as soon as possible. Do not walk on frostbitten toes or feet unless you absolutely must.
- Attempt to warm the affected area in temperature that is warm—NOT hot. Do not attempt to warm the area by rubbing it, as this can cause further damage.
- After initial aid, always seek professional care for frostbite.



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There's Nothing Festive About Forefoot Fractures

We know the holidays can get hectic. With so many places to go, people to see, and shopping to do, you might not always be fully aware where your feet are heading! Sometimes, unfortunately, they can be heading into trouble, leading to a fracture in your forefoot or one of your toes.

Forefoot fractures can happen from falls, twists, or sudden impacts. The good news is that they tend to heal without needing an operation. The bad news is that you will still have to rest and wait for full healing once the bone is realigned—up to six or eight weeks in many cases.

Pain, swelling, and often bruising are signs of a fracture, especially if it continues for more than two or three days, or interferes with walking. If you believe you have broken a toe or a bone in your forefoot, make an appointment to see us as soon as possible. Until then, stay off the injury and apply ice for no more than 20 minutes at a time to reduce swelling. If you have to wear a shoe, have it be wide and with a stiff sole for protection.

There's no getting around that a forefoot fracture may dampen your festivities, but receiving the right treatment will speed your recovery and help prevent chronic consequences like arthritis down the road!

