

December 2011 Newsletter

"Reply for FREE Shoes!"

Congratulations to Judy L.!

Congratulations to Judy L. of Carlock! She is the winner of our November Give Away: **3 FREE pairs of of Aetrex anti-bacterial anti-fungal socks.**

November Give Away Question: What is the name of the magazine that HFAA was featured in for the month of November?

November Answer: Pastelle, a locally owned women's magazine, featured HFAA for the month of November. Please feel free to stop by the office and pick up a copy!

YOU could be our next big winner. Dr. Lockwood wants to reward our readers with FREE product, EVERY month! HFAA is giving 1 free pair of shoes for the month of December! **All you have to do is reply to this e-mail with the correct answer to the question listed at the bottom of this newsletter to be entered to win.** One lucky winner will win the prize. The drawing will be held at the end of each month, so every reader has a chance to reply. There will be a different question each month, with a different prize. The answer can usually be found in the context of the newsletter itself. So, good luck and get reading for your chance to win a free pair of shoes!

Therapeutic Shoe Program

Did you know that you may be eligible for the Therapeutic Shoe Program? If you are diabetic, you may be eligible to receive one pair of shoes and three pairs of extra depth inserts per year. People who suffer from diabetes are more at risk for developing foot problems such as ulcers, lesions, etc. Hence, insurance providers allow for shoes and inserts every year for these patients to help prevent foot injuries. Medicare, Blue Cross Blue Shield, and Health Alliance are just a few of the insurance companies who participate in this program for qualified patients. Keep in mind that for eligible patients, insurances may allow for the shoes and inserts **every calendar year**. So, if you received a pair of shoes last year and have not yet received your new pair this year, make sure you schedule your appointment for your 2011 shoes and inserts.

And, no worries if you're not diabetic and want a pair of these great shoes- anyone can purchase a pair of extra depth shoes for \$180! This includes one pair of accommodative inserts that are custom molded to your feet to provide the ultimate level of comfort.

At HFAA, we are diabetic shoe experts who can answer all your questions and concerns and measure your feet to provide you with the correct fit, width, depth, and length of shoes you need. With extra depth shoes and inserts, you have the style you want and the comfort/accommodation you need. Call 309-661-9975 or visit our website to schedule your appointment.

HFAA's Twas the Night Before Christmas

Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
The copper sole stockings were hung by the chimney with care,
Because all good boys and girls need excellent foot care.

The children were nestled all snug in their beds,
While visions of nail polish and Crocs danced in their heads.
And mamma in her 'kerchief, and I in my cap,
Had just finished up with HFAA in a snap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Because AmeriGel Lotion had healed my foot rash!

When, what to my wondering eyes should appear,
But a plump old man, and eight tinny reindeer.
Behind the magical deer lied a glistening red sleigh
With lotions, shoes, and inserts to be delivered all day!

That little old driver, so lively and quick,
With Aetrex copper socks, was lookin' so slick.
Much to my wonder, the old man moved fast a jet,
Because those copper socks wicked away all his sweat.

Now Dasher! Now, Dancer! Now, Prancer and Vixen!
On, Comet! On, Cupid! On Donner and Blitzen!
Get new shoes for this family so they don't fall.
Now dash away! Dash away! Dash away all!"

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
I drew in my head and walked inside in a breeze
St Nick came down the chimney with a bag full of BioFreeze!

He was dressed all in fur, from his head to his toe,
HFAA boots kept his feet warm from the snow.
A bundle of foot care products was flung on his back,
Padding, lotion, socks and inserts came out of his pack.

He spoke not a word, but went straight to his job,
Filling stockings with BioFreeze to stop all your throbs
Mycomist, Formula 3, and polish to help yellow nails,
Foot files and lotion to treat corns and callouses, without fail!

This jolly man had slippers for mama and I,

Open and closed back, so we can walk without a sigh
Socks, shoes, and lotion were under the tree
For every sole in the house, including you and me!

After laying the last shoebox on the floor
His bag was empty, he had no more.
Then laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, before he drove out of sight,
"Happy Christmas to all, Dr. Lockwood will make you feel right!"

Surviving Diabetes through the Holiday Season

Diabetics always need to be thoughtful of what they consume, which can be a challenge on any given day. But keeping on track during the holiday season can be tougher than normal with scrumptious holiday food in plenty. Diabetics need to remember that carbohydrate-rich meals will break down into sugar, which can be fatal if not properly controlled.

Here are 7 strategies to survive the holidays while keeping your diabetes in check.

1. **Shift your focus from food to family and friends.** Distract yourself from the holiday temptations by spending additional time with your loved ones; this may be the only time of year you get to connect with them!
2. **Think moderation.** One staple of the holiday season is foods you most only get this time of year. Eat slowly and savor the flavors. Take reasonable portions and say no to seconds.
3. **Pre-game.** Eat before your holiday meal. This way you won't arrive starving and you are less likely to overeat. This will also help to keep your blood sugar in check.
4. **Bring a dish.** You may be the only one at your holiday gathering with diabetes, so others may not be aware of your nutritional restrictions. Don't expect others to make diabetic appreciate food. Contribute to the meal by bringing your favorite diabetes friendly dish- it will save Mom time in the kitchen and it may be a new hit!
5. **Be the DD (designated driver).** Keep in mind that alcohol can mess with your blood sugar and add lots of calories to your total intake. Limit yourself to just one or two drinks, or be the DD. Remember, DD's have more fun!
6. **Stay active.** The holidays can be havoc, but make sure you take time each day to exercise. This will help control both your diabetes and your weight during the holiday season.
7. **Get back on track!** If you fall into the holiday pitfall of overeating, don't beat yourself up. Stop eating for that night and make a resolution to wake up the next

morning back in your regular routine. One slip up does NOT have to derail your health, you're in charge!

The holidays are a challenge to your diabetic health. The foot care specialists at Heartland Foot and Ankle are here to help you. We also have multiple diabetic support groups in town that we can get you in contact with. You're not in this alone; call 309-661-9975 for support and encouragement during the holiday season and throughout the New Year.

Always Here for You- Even Through the Holiday Season!

With the holidays quickly approaching, many families may fret about physician's limited holiday hours. At Heartland Foot and Ankle Associates, we are ALWAYS available to our community and patients, even when we're not physically in the office. Dr. Lockwood and office manager, Sam Fowler, checks and replies to emails multiple times every hour. Dr. Lockwood's email address is drlockwood@heartlandfootandankle.com and Sam's email address is sam@heartlandfootandankle.com.

Our office phone number, (309) 661-9975, goes directly to our answering service if someone in the office does not answer. You will talk to a REAL person who takes a message that is forwarded to the HFAA team, including Dr. Lockwood, *immediately*. If your message is an emergency, a team member will call you back A.S.A.P! So, you have enough things to worry about this holiday season- should you ask for a black Iphone 4 or a white Iphone 4 for Christmas? Don't let limited holiday hours ruin your spirit. Just call (309) 661-9975!

Upcoming Events:

Women's Health Night

-Tuesday, March 20, 2012

-3:00 pm - 7:30 pm

-ISU's Bone Student Center in Normal

Join HFAA at this FREE event for an evening of health education, booths, health screenings, fitness demonstrations, and informative presentations. Fitness demonstrations will include Wii, Hula Dancing, Yoga, Zumba and Strength Training. Health presentations include Trends in Stroke Treatment, Advocate for Your Heart, Learn the Facts: Childhood Obesity, Spirit of Success Award Presentation, and back by popular demand, Wine, Women & Chocolate. New this year is a blood drive and CPR certification.

HFAA is proud to be active in community involvement. If you have an event you would like HFAA to be a part of, please e-mail our office manager Sam Fowler at sam@heartlandfootandankle.com.

Become a Fan of HFAA:

Did you know you can follow HFAA on Facebook, Twitter, and on our blog? Click below to check us out online!

Become a fan of HFAA on facebook.

Check out our 'tweets' on twitter.

Read our informational blog.

Or, visit our website anytime to learn more about podiatric care, to schedule an appointment, or to find out about upcoming events.

Reply for a FREE Pair of Shoes!

Thanks for reading our monthly e-newsletter. Dr. Lockwood wants to reward our readers by giving away a FREE prize each month. This month, we are giving away 1 free pair of extra depth shoes. All you have to do is reply to this e-mail with the correct answer to the question below to be entered to win!

Question: What is one way to stay on track with diabetes during the holidays?

Good luck!