Wilton Footcare Associates
Dr. Michael Connor, D.P.M.

News and Updates **November 2023**

Giving Thanks for Our Amazing Feet!

Our feet are the foundations of our bodies and take us where we need to go. They support, on average, hundreds of tons of weight each day and enable us to walk over 100,000 miles in our lifetime (four trips around the equator … if you pretend oceans don't exist).

The 26 bones, 33 joints, and network of over 100 muscles, tendons, and ligaments in each foot combine with 7,000+ nerves to form a wonderfully intricate and highly functional piece of biological machinery.

The feet are tremendous shock absorbers, sparing the rest of the body from jarring impact with each step. They also gather vital information about one's surroundings and send it to the brain. Pain and changes in pressure and temperature will be detected by nerves in the feet (when working correctly). Constant split-second adjustments are made when a person traverses uneven, slippery, or unsteady terrain, or even when "just" standing, to keep us stable and upright.

Our feet may serve as early-warning indicators. Symptoms of systemic health problems such as diabetes, circulatory issues, and various nerve disorders often first manifest in the feet.

Show thanks to your feet:

- Wear shoes that fit well, have good cushioning, support the arch, and offer a roomy toe box.
- Examine your feet daily, especially if you have diabetes.
- Clean them with soap and water; dry them thoroughly (including between the toes).
- Keep them hydrated with moisturizing lotion/cream (but not between the toes).
- Eat a healthy diet and exercise daily to manage weight and lower the risk of diabetes.
- Call our office if you experience lingering foot or ankle discomfort. Don't allow an untreated condition to put a damper on your holiday season.

About the Doctor

Michael Connor, DPM

Dr. Connor has been in private practice in Wilton, CT for the past 30 years. He is on staff at Norwalk Hospital and is Board Certified in Podiatric Surgery. He treats all foot and ankle problems from children to adults with special interest in sports medicine and diabetic footcare.

Get Social w/Us

The Nighttime Creepy-Crawlies

Restless Leg Syndrome (RLS) describes the uncomfortable sensation of tugging, pricking, or tingling in the lower legs akin to bugs crawling on your skin. The urge to move one's legs in response can be nearly impossible to ignore. For some people, RLS is a mild nuisance; for others, it throws their lives into disarray by interfering with sleep.

RLS is a bit of a mystery. There's no single cause, there's currently no medical testing that identifies it, and a cure has been elusive. Here's what we do know:

- It is a neurological condition.
- Walking, stretching, or shaking one's legs often brings temporary relief.
- Certain medications, pregnancy, diabetes, fibromyalgia, Parkinson's disease, dialysis, and rheumatoid arthritis, among other health-related scenarios, can elevate the odds of developing RLS.
- Roughly 10% of the population is affected by RLS.
- Cases tend to be more severe in older women.
- Women are twice as likely as men to develop it.
- RLS occurs predominantly at night.

Since there is no cure, the plan of attack is managing symptoms. Limiting caffeine or alcohol intake, quitting smoking, getting daily exercise, taking warm baths, establishing a consistent sleep schedule, sleeping with a weighted blanket, and making sure your diet has enough iron (some studies suggest iron deficiency contributes to RLS) might help in mild to moderate cases.

More severe cases might be aided by vitamin D or iron supplements (discuss with your family physician), and prescription medications may be recommended. If RLS sufferers exhibit symptoms of nerve entrapment, nerve decompression surgery might be a possibility. This treatment is gaining traction, and its success rate has been promising.

If you suffer from RLS, schedule a podiatric evaluation at our office to find relief.

Mark Your Calendars

Nov. 3 Cliché Day: At the end of the day, you've got to grab the bull by the horns, but to each his own.

Nov. 5 Daylight Saving Time ends: Pets notice the time change. They like predictable mealtimes (who doesn't?).

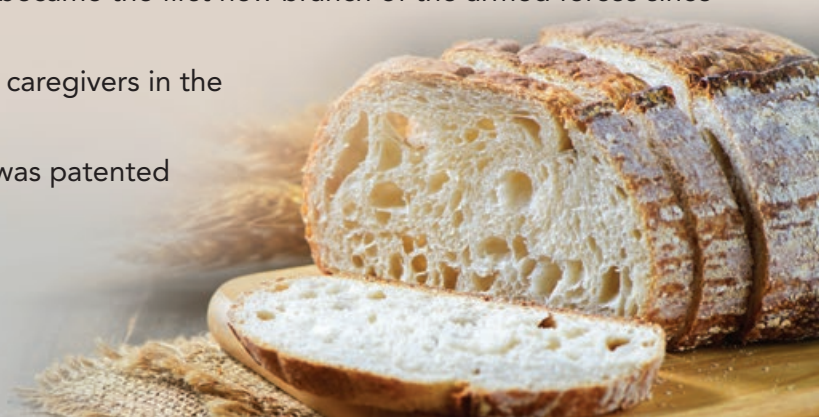
Nov. 7 Election Day: Lincoln won the 1860 presidential election with less than 40% of the popular vote (four candidates).

Nov. 11 Veterans Day: In 2019, the U.S. Space Force became the first new branch of the armed forces since 1947.

Nov. 13 Caregiver Appreciation Day: In 2020, unpaid caregivers in the U.S. numbered 53 million.

Nov. 17 Homemade Bread Day: The pop-up toaster was patented nine years before the bread-slicing machine.

Nov. 23 Thanksgiving: Too much leftover turkey led to the first TV dinners in 1953 (Swanson).



The Grover and Woodrow Cover-Ups

Though many are familiar with the health struggles faced by Presidents Franklin Roosevelt and John Kennedy, who went to great lengths to keep their conditions under wraps, the hidden-from-the-public health issues of Grover Cleveland and Woodrow Wilson often get overlooked.

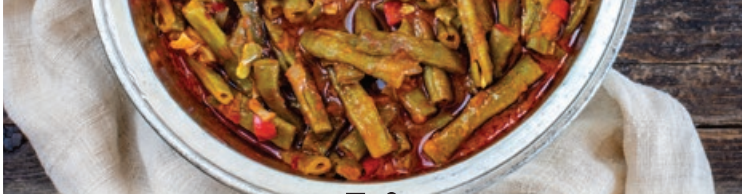
A few months into his second (non-consecutive) term in 1893, President Cleveland was diagnosed with cancer on the roof of his mouth. Fearing his diagnosis would send the country and economy into turmoil, he announced he would be taking a four-day deep-sea fishing trip. He *did* set sail, but it was for a super-secret offshore surgery, not a record-breaking marlin. A surgical team successfully removed the tumor, a few teeth, and a good chunk of his upper-left jawbone.

Cleveland's trademark mustache hid some of the evidence (no high-def television helped), but one of the doctors leaked the information to the press a few months later. Cleveland denied it and vilified the doctor — straight from today's political playbook. The doctor's account was eventually corroborated … 24 years later.

President Wilson's health betrayed him throughout his life — his reputed hypochondria didn't help either. He suffered from lifelong gastrointestinal issues, indigestion, chronic hypertension, and numerous strokes.

While in the White House, Wilson dealt with his usual array of ailments and also secretly underwent surgery for nasal polyps. In October 1919, he experienced a massive stroke that caused left-side paralysis and blindness in his right eye. He remained in seclusion for the remainder of his term, which ended in 1921.

During that time, his wife Edith basically assumed all presidential functions. For reasons of politics, constitutional vagueness, and personal animosity between himself and the Wilsons, Vice President Thomas Marshall steered clear of the situation. The 25th Amendment, which covers presidential disability and succession, wasn't ratified until 1967.



Italian Green Beans with Tomatoes and Garlic

Servings: 4; prep time: 5 min.; cook time: 25 min.; total time: 30 min.

Try this delicious Thanksgiving (or anytime) recipe: Italian green beans that are full of traditional flavors, take just half an hour to make, and are healthy and filling!

Ingredients

- 1 lb. fresh green beans
- 10 oz. cherry tomatoes (San Marzano or Datterini plum tomatoes work great, too!)
- 2 tbsp. extra virgin olive oil
- 2 cloves garlic, lightly smashed
- 1/4 cup white wine
- 1 dry chili pepper (or more if you like)
- Salt, to taste

Directions

1. Wash the beans and the cherry tomatoes. Trim away the ends of the beans, and cut the tomatoes in half.
2. Add all of the ingredients to a small pot. Cover with a tight lid, and cook on medium heat for 25 to 30 minutes, stirring occasionally.
3. When the beans are cooked through, if the sauce is too thin, turn the heat on high and stir for a few more minutes until it thickens.
4. Serve immediately.

Recipe courtesy of Giorgia Fontana, www.mediterraneanliving.com.

EPAT

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The most advanced noninvasive treatment for musculoskeletal pain, extracorporeal pulse activation treatment (EPAT) is the most advanced and highly effective non-invasive treatment method cleared by the FDA. This proprietary technology is based on a unique set of pressure waves that stimulates the metabolism, enhances blood circulation and accelerates the healing process. Damaged tissue gradually regenerates and eventually heals. Learn more about EPAT here.

What are the possible side effects/complications? The noninvasive EPAT treatment has virtually no risk or side effects. In some cases patients may experience some minor discomfort which could continue a few days. It is normal to have some residual pain after intense exercise or a full day workout

What are the expected results? The beneficial effects of extracorporeal pulse activation treatment (EPAT) are often experienced after only three treatments. Some patients experience complete pain relief after the treatment, although it could take up to four weeks for pain relief to begin. The procedure eliminates pain and restores full mobility, thus improving your quality of life. Over 80% of patients treated report to be pain free/and or have significant pain reduction

Is it safe? Yes, this FDA cleared technology was developed in Europe and is currently used around the globe. A wealth of medical experience, state-of-the-art engineering and optimal quality have been built into each EPAT device, and extensive clinical studies and tests have confirmed its safety and efficacy

If performed by a qualified caregiver ExtracorporalPulse Activation Treament (EPAT) has virtually no risks or side effects

Why Consider Non-Invasive EPAT? EPAT has a proven success rate that is equal to or greater than that of traditional treatment methods (including surgery) and without the risks, complications and lengthy recovery time. EPAT is performed in the office, does not require anesthesia, requires a minimal amount of time, patients can bear weight (walk) immediately and return to normal activity within a few days of the procedure.

Benefits of Non-Invasive EPAT: Patients are immediately full weight-bearing; No incision – no risk of infection at the treatment site – no scar tissue formation; Patients are able to return to work/normal activities within 24–48 hours, resuming strenuous activities after four weeks; Patients evaluated for success at 12 weeks; Over 80% successful outcomes (Published data – Long-term pain relief – results retained); Cost Effective; Reduced cost from lost work; Fast, safe and effective; Does not require anesthesia

CALL 203-761-1230 for your appointment.

The Three P's of Diabetes

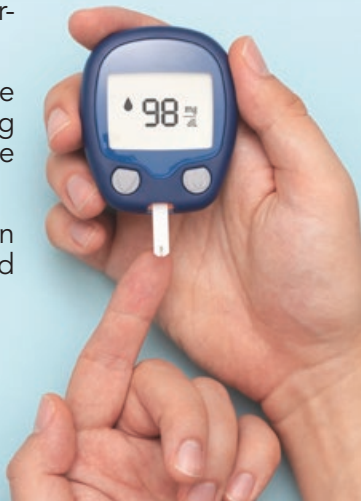
November Is Diabetes Awareness Month

Excessive urination (**polyuria**), thirst (**polydipsia**), and hunger (**polyphagia**) are the most frequent and direct early indicators of diabetes (but individually can also be symptoms of other conditions). They often occur simultaneously.

When someone has diabetes, their body either does not produce enough insulin (if any) or does not process it correctly. Insulin is a hormone that helps move blood glucose into the cells to be stored as energy.

When blood glucose levels are high, the kidneys filter out the excess glucose and dispatch it to the bladder to be expelled through urination. Continuously high levels of glucose force the kidneys to work overtime and increase the frequency of urination — polyuria.

When a person urinates too frequently, their body is depleted of fluids. The endocrine system responds by signaling to the brain that fluid replenishment is needed; the person becomes thirsty. But the underlying problem (high blood glucose) has not been dealt with, so excessive thirst (polydipsia) is a recurring theme.



Polyphagia (excessive hunger) comes into play because cells are unable to adequately store the energy they need via blood glucose. The brain is alerted that more energy is required, triggering the hunger response. Again, since the high-glucose issue has not been addressed, hunger will be persistent, fatigue may set in, and blood glucose levels will continue to rise. It's a vicious cycle.

Over 7 million Americans have undiagnosed diabetes (per the CDC). Left untended, diabetes can impact vision, the kidneys, and cardiovascular health; cause peripheral neuropathy; slow wound healing; and precipitate ulceration and infections, particularly on the feet.

If you have diabetes, make our practice a part of your diabetic healthcare team.