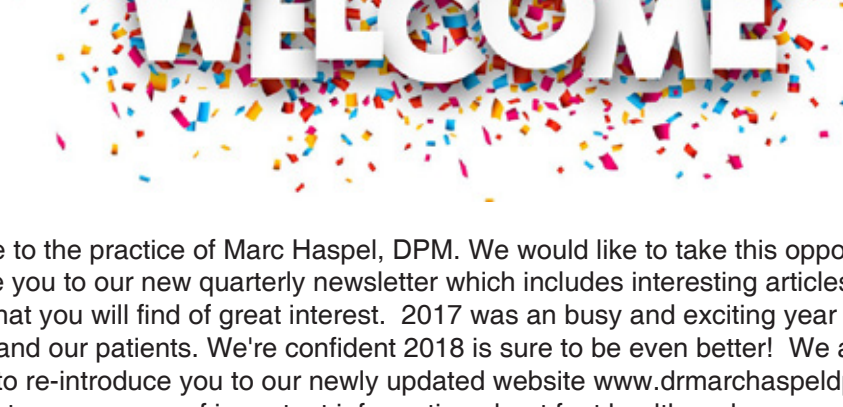


In This Issue...

- Out with the OLD In with the NEW
- November is National Diabetes Month
- Foot Care for Patients with Diabetes: Fact and Fiction
- Put a Podiatrist on Your Diabetes Management Team
- Recipe of the Month: Mini Chocolate Tarts

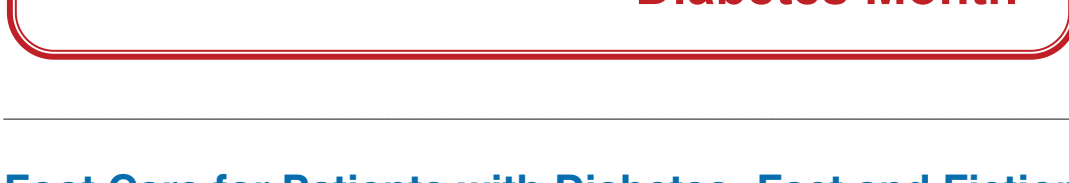
Out with the OLD
In with the NEW



Welcome to the practice of Marc Haspel, DPM. We would like to take this opportunity to introduce you to our new quarterly newsletter which includes interesting articles we believe that you will find of great interest. 2017 was an busy and exciting year for our practice and our patients. We're confident 2018 is sure to be even better! We are pleased to re-introduce you to our newly updated website www.drmarchaspeldpm.com which features an array of important information about foot health and our practice. We hope you enjoy both the website and our new newsletter. We always welcome your comments and feedback, and look forward to seeing you in the office at your next visit.

Yours in good health,

Marc Haspel, DPM



Foot Care for Patients with Diabetes: Fact and Fiction



You know that good foot care is a vital part of managing diabetes. Even a problem as minor as a scratch or a bruise, if neglected, can lead to a serious infection or even a foot ulcer in a patient with diabetes.

Are you paying enough attention to your foot health? This month, which is National Diabetes Month, is a great time to review some important diabetes foot care essentials.

You decide ... fact or fiction?

- Only those with high blood sugar levels should check their feet. **Fiction!** All individuals with diabetes should inspect their feet every day, even if your blood sugar levels appear to be under control. Check for redness and swelling as well as any cuts and sores and let us know if you have any type of damage to your feet and toes.
- If you have diabetes, it's not good to soak your feet. **Fact!** Immersing your feet in water for a length of time will remove the natural oils and dry out your skin. Dry skin is more likely to crack and let in bacteria and fungus.
- Don't put lotion on your feet. **Fiction!** Keep your skin supple and smooth, and free of cracking, by applying a thin layer of rich foot cream or lotion on your feet after washing. Be careful to avoid the areas between the toes.
- It's no problem to get a professional pedicure. **Fiction!** Avoid nail salons if you have cuts or sores on your feet or legs, or if you have neuropathy. Even with no damaged skin, check the salon for cleanliness and make sure tools are sterilized and in an unopened package. It's a good idea to bring your own tools that you can sterilize at home.
- Avoid walking barefoot. **Fact!** Many patients with diabetes have neuropathy which causes a loss of sensation in the feet. You may not feel it if you injure your foot, and the damage can worsen with neglect. Your feet should always be well-protected with socks and shoes that fit well and are comfortable. Look for footwear with a wide toe-box to allow toes plenty of wiggle room.

Put a Podiatrist on Your Diabetes Management Team

For those with diabetes, you know that managing your blood sugar levels, eating well and staying active takes a team!

Your diabetes management team should be those medical specialists who can give you the right treatment and guidance to control this disease and its complications. Your team should include:

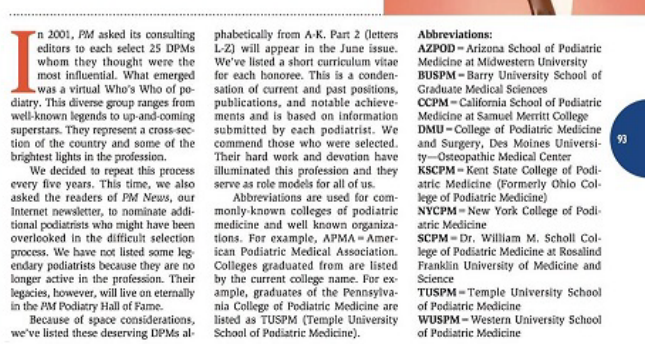
- Your primary care physician as coordinator and for referrals.
- An endocrinologist to help control your diabetes.
- Your pharmacist to help keep your medications on track and to educate you on the possible effects of taking over-the-counter drugs along with prescriptions.
- A vascular surgeon to help manage some dangerous complications like neuropathy and peripheral arterial disease.
- An ophthalmologist who will monitor your eye health because of possible reduced blood flow to the eyes.
- Your dentist who with regular exams and cleanings will watch for the development of any gum disease.

At the top of the list, put a Podiatric Physician on your diabetes management team! Podiatrists are uniquely qualified to treat all problems and conditions of the feet. Complications from diabetes can reduce the sensation in your feet and also restrict blood flow to the lower extremities and feet. This dangerous combination can allow even a small injury to go unnoticed and not heal properly. If a sore develops into an ulcer, the wound may escalate into a very serious injury that may even require amputation.

If you have diabetes, come in to see us at least twice a year for a complete foot exam. We'll look for any skin, structure, toe or toenail damage that you may have noticed and act quickly to resolve the problem. We can fix small issues like calluses, corns, fungal infection or sores before they really become a problem.

Dr. Haspel News

Dr. Marc Haspel was named once again in 2017, as one of America's Most Influential Podiatrists as selected by the editors of Podiatry Management Magazine. Dr. Haspel had been similarly honored in 2006 and 2012 because of his wide and varied contributions to the profession of podiatric medicine.



Also featured:
• Special Section: TACKLE 2017 and Podiatry
• In 2016, not to 2017
• The Importance of Footbed
• Patient Communication
• Practice Management and ERP

Abstracts from A.A. Part 2 (Items 1-2) will appear in the June issue. We've listed a short curriculum vitae for each honoree. This is a combination of current and past positions, publications, and notable achievements submitted by each podiatrist. We encourage those who were not selected to submit their resumes and achievements to the editors of Podiatry Management. Their resumes will be included in the next issue of the magazine. We have no limit on the number of resumes submitted. Resumes should be sent to: Dr. Marc Haspel, DPM, 1100 Clifton Avenue, Suite C, Clifton, NJ 07013. Resumes should be sent to the editor of Podiatry Management, 1100 Clifton Avenue, Suite C, Clifton, NJ 07013. Resumes should be sent to the editor of Podiatry Management, 1100 Clifton Avenue, Suite C, Clifton, NJ 07013.

Marc Haspel, DPM
Clifton, NJ
• Podiatry College Graduated from NYCPM, 1988
• Major Positions Currently Held:
• Delegate, New Jersey Delegation, APMA House of Delegates
• Chairman, Communications Committee, NPPIS
• Visiting, Northern Division, NPPIS
• Senior Editor, Podiatry Management Magazine

Marc Haspel, DPM (continued)
• Past Positions Held:
• Observing Member, APMA, Membership Committee
• President, NPPIS
• Chairman, Northern Division, NPPIS
• "Congenital Pseudarthrosis of the Tibia," Haspel, et al., JAPMA, Volume 78, Number 4, April 1988, pp. 200-201
• "Ankle Fracture Classification and Treatment: Two Case Reports," Haspel, The Hospital Podiatrist, Journal of the American Association of Hospital Podiatrists, Volume 2, Number 4, pp. 13-15
• Numerous articles published in Podiatry Management
• Notable Accomplishments and/or Awards:
• Certificate of Appreciation for Volunteering at the medical clinic at St. Paul's Church in New York following 9/11
• Champion, Patient Care Home Nursing
In a Nutsell: Nationally recognized podiatric leader and editor.

Click here to read the article...

Dr. Marc Haspel, and his wife Susan, had the pleasure of escorting New Jersey's own Joe Piscopo at the famed Clifton classic auto show sponsored by the Clifton Boys and Girls Club in October. Piscopo served as master of ceremonies at this fun event.



History FootNote

By injecting insulin into a diabetic dog in 1921, Canadian physician Frederick Banting and medical student Charles Best found that the hormone effectively lowered the dog's blood glucose levels to normal.

Celebrity Foot Focus

Actors Salma Hayek, Tom Hanks and James Earl Jones, as well as quarterback Jay Cutler and hockey defense player Nick Boynton, have all revealed that they have diabetes.

Joke of the Month

Q: Who is not hungry at Thanksgiving?
A: The turkey because he's already stuffed!

Trivia

The most common reason your heels hurt is:

- A) Trouble in the tissue that supports your arch
- B) Plantar warts
- C) Blisters
- D) Legos camouflaged by the carpet

A. One of the most common sources of heel pain is a condition called "plantar fasciitis," which is an inflammation of a thick band of connective tissue that starts in your heel and supports your arch. One remedy for treating the pain is to roll a frozen water bottle with the arch of your foot to ease the inflammation and reduce swelling. Good arch support is important for treating and preventing this condition.

Follow us...



Meet Our Doctor



Marc Haspel

Our Office

Marc Haspel, DPM
1100 Clifton Avenue,
Suite C
Clifton, New Jersey 07013
Phone: 973-777-4650
Fax: 973-777-8298

Office Hours

Monday : 9am – 7pm
Tuesday : 9am – 5pm
Thursday : 9am – 7pm
Friday : 9am – 1pm
Wednesday : 9:00am - 1:00pm
Saturday : By appointment only

www.drmarchaspeldpm.com

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.