



Sugar Crush

Do You Know Someone Who Needs This Information?

Many of you have shown an extreme interest in Dr. Jacoby's book, "Sugar Crush". As promised he is coming to the office. I just don't know when, but I will let you know when he confirms with me. The book has been an overwhelming success as many of you know who have already purchased the book. Some of our patient's responses have been "I have never been able to keep my blood sugars so low and lose weight at the same time". "Dr. McDowell you have saved my life by insisting I read this book". Patients and doctors in the community alike have positive comments about this book.

Each year, the average American consumes 160 pounds of sugar. At the same time, 40 to 50 percent of American adults are developing diabetes. What is really sad is that there are probably twice that many who have diabetes and don't know it yet. Every day I ask patients if they have diabetes. Some say "No, because my blood tests are normal". Well I am here to tell you that by the time your blood tests are abnormal, you have had the disease for quite some time. Early signs of diabetes include burning and tingling sensations in your feet. Symptoms can include being overweight (especially in the mid-section), hypertension, heart disease, high tyrglycerides, high insulin levels, numbness in your forefeet and the list goes on. Sugar creates chronic inflammation that damages your immune system, creates pain, and raises your triglycerides, cholesterol, and blood pressure, thus contributing to diabetes and heart disease. Sometimes these symptoms present many years before your blood tests are abnormal. If you are overweight and have some of these other symptoms, read up on Metabolic Syndrome or Syndrome X.

Each year \$174 billion is spent on the treatment of diabetes in this country. Can you imagine if all of us were to reduce our sugar intake what effect that would have on our health and our healthcare system? Remember, diabetes is directly linked to lifestyle. When you combine a diet high in hidden sugar along with a lack of exercise, you will be a candidate for this disease. Many people think that they won't get diabetes because it doesn't run in their family. That no longer is the only reason for acquiring diabetes. Previous generations were not subjected to HFCS (High Fructose Corn Syrup) like this generation. Even if your blood sugar is perfectly normal, you may be sitting on a time bomb of a disease called "Diabesity". Insulin resistance is the major cause of aging and death and this alone prevents many of you from losing weight and living a long healthy life.

What Does Your Footprint Say About You?



Now's the time of year for barefoot walks on the beach, but before that wave washes away your footprint, stop and take a good long look. It can give you a clue about what type of arch you have. If the tide is quicker than your eye, not to worry. There's another way to go about it—an easy trick called the wet test.

Here's what you do to see what your footprint says about you:

Pour some water in a pan or bucket, dip your foot in and quickly step on a dark sheet of paper, or the driveway if you're outside. Step off and observe. How much of an outline do you see? If about half of your arch is present, congratulations—you have the most common foot type! If your entire foot shows, well then it's safe to say you have very low arches, otherwise known as flat feet. If only your toes, heel and outside of your foot are showing, high arches it is! So what good is this information?

Well, knowing your arch type can go a long way toward choosing the right shoes. It can also give you a sneak peek at possible conditions you may be prone to, so you can take preventative measures, like investing in orthotics for instance. Besides, taking the wet test is a great excuse to cool off on a hot, summer day.

So go ahead—get your feet wet! See what your footprint tells you. Of course, if you have questions, you'll get more answers out of us. If you have any further questions just call McDowell Podiatry (916) 961-3434 or email us at info@mcdowellpodiatry.com.

Hop Out of Bed without Hurting



Okay, you've hit the snooze three times now and you've got to get up, but when your feet hit the floor—Yow! Suddenly you're seeing stars even though the sun is out. Heel pain in the morning is a sure sign of plantar fasciitis, an overuse injury to the ligament that spans the bottom of your foot from your toes to your heel. Repetitive stress causes small tears in this band of tissues which leads to pain and inflammation.

At rest, the injured ligament tightens, so after sitting for a long period of time, or sleeping all night long for instance, that first step is a doozy! The tight tissues pull on the heel bone causing a sharp, stabbing pain. So what can you do about it besides never getting out of bed? Well, this is your wakeup call—when the alarm goes off, that's your cue to start stretching. Bend forward and grab your toes then gently pull them toward you. Use a pillow case to wrap around the arch of your foot, pulling the ends until you feel a stretch. Massaging the arch can help too.

Once you're able to hop out of bed without hurting, try calf stretches against the wall, or stand on a step with your heels hanging over the edge, then press them down. You can even freeze a water bottle and roll your foot over it for a bonus massage while you ice.

Of course, the best course of action is rest. Allow your foot the time it needs to heal, and the next time your alarm goes off, you'll be having a good morning, instead of a painful one.

Meet our New Doctor!



Dr. Ripp joined McDowell Podiatry in 2014. He received his Bachelor Degree in Economics at Brigham Young University in Provo, UT. While at BYU, he had additional studies in

Spanish and Portuguese. After college, Dr. Ripp obtained his Doctor of Podiatric Medicine from Des Moines University where he graduated in the top ten of his class and was president of the Local Chapter of the Pi Delta National Honor Society.

Dr. Ripp completed a 3-year surgical residency program at Swedish Medical Center in Seattle, WA. This residency program has long been considered one of the elite Foot and Ankle training programs in the United States. During this time, he has worked with some of the top Foot and Ankle surgeons in the country including both the Orthopedic and Podiatric communities.

Dr. Ripp enjoys treating all aspects of the foot and ankle. Special interests include reconstructive lower extremity surgery, sports medicine, and pediatrics. He is a member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons

Dr. Ripp is married and has two children. He is an avid sports fan who loves the outdoors. Born in Texas, he has a passion for BBQ and football.

Common Healthy Food “Mistakes”

Before we get started on this subject I would recommend reading JJ Virgin’s “Sugar Impact Diet”. I don’t like the word diet, but she has excellent suggestions and eye opening comments about “food myths”. This is especially good for those of you who want to lose weight or are diabetic.

Fresh summer salads are especially good this time of year. Unfortunately it is our choice of dressing that many times is our downfall. Obviously oil and vinegar is always a good choice, but the problems come when we get into “reduced fat dressings”. These are low in fat and high in sugar. Remember “fat does not make you fat, sugar makes you fat”. Another way to calculate your sugar intake is equating it to teaspoons of sugar. I say this because most of us would never eat a teaspoon of sugar. Remember when you read a label 4 gm of sugar is equal to one teaspoon of sugar. Here is the big one though. When you read carbohydrates, divide it by four to equal one teaspoon of sugar. In other words 28 gm of carbohydrates on a label is equal to 7 teaspoons of sugar. This is where I personally got into trouble with my morning protein drink. I was drinking a “healthy drink” and consuming 11 teaspoons of sugar at the same time. No wonder I wasn’t losing weight.

Summer drinks are especially important this time of year. Almost all sweetened drinks contain a lot of sugar. This is especially true of “Fruit Juices”. We drink these to stay healthy only to find out that we have ingested teaspoons of sugar. Do the math and read the labels. “Diet Drinks” are all bad and I will get into the biochemistry at another time, but the bottom line is that they stimulate insulin production which in the long run makes you hungry. Go figure.



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TREATMENT OF THE FOOT AND ANKLE

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Are Your Shoes Rubbing You the Wrong Way?

"Tiny Bubbles" might have been a cheerful hit song long ago, but when bubbles show up on your feet, you'll be singing the blues! We're talking about blisters and they certainly don't make you feel happy, much less fine. Blisters form with good intentions—to protect your skin from friction. The problem is, these fluid-filled bubbles hurt! So what's the best way to avoid them? Wear properly-fitting shoes.

Yes, the biggest culprit for blisters on your feet are shoes that are rubbing you the wrong way, and that's all about fit. Follow these guidelines to ensure the pair you choose fits you right:

Feet change as you age, so measure your feet each time you try on shoes, and plan to shop at the end of the day, when your feet are naturally at their largest. Helpful hint: be sure to measure both feet, and if one's larger than the other, fit to the larger one.

Now find a pair that follows the shape of your foot. They should be comfortable right off the bat—no breaking them in! While standing, check that there's about a half inch, or thumb's width, between your longest toe and the end of the shoe. Then walk around to be certain the heel doesn't slip, the sides don't squeeze, and the shoe flexes with your toes.

Hey, you know what they say—if the shoe fits, wear it (not to mention socks for an added layer of protection)!

And that, my friends, is how you stay blister-free, and feeling happy.

