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Step Ahead Foot & Ankle Clinic

Diabetes

Diabetes causes your blood sugar levels to be higher than normal which causes elevated insulin levels. Insulin is a hormone that causes fat storage. Fat levels in your blood are signaled to be stored vs being burned to fuel your body. Elevated fat levels can cause a lot of issues in our body. We have evolved to live during feast and famine. Sugar includes all carbohydrates and were only available to us during the spring when the fruit was ripe. Sugar signals our bodies that the times are good and the fruit is ripe causing our hormones to signal, fat storage for winter, laziness to conserve and to eat more sugar while sugar is available. We live today eating large amounts of sugar or carbohydrates at every meal from birth to death. Diabetics are sugar intolerant and all sugar should be avoided like the plague. There is nothing essential in a carbohydrate. Fats and proteins are essential and our bodies do very well with absolutely zero carbohydrates. High sugar levels can damage blood vessels and nerves that run throughout your body. The Diabetes association recommends you take a medicine to control your diabetes and then eat sugar to keep your glucose levels from dropping to low. Many are now recommending that you cut the pill in half or stop taking it all together and completely avoid sugar. Please ask if you would like more material on the subject of emerging thoughts concerning diabetic nutrition. Diabetes occurs when your body doesn't make enough insulin or doesn't use insulin the right way. Insulin helps your cells use blood sugar for energy. Diabetes causes sugar to build up in your blood, which damages vessels and nerves. Vessels are important to supply oxygen to tissue and nerves send messages of pain and sensation to your brain. Damaged to blood vessel and nerves can lead to a number of problems. Nine out of 10 people who have lost a leg non-traumatically are diabetic. You do not want to become part of this statistic. Many diabetics don't feel pain and believe it or not this is a very difficult problem to treat. Patients come into my office with foreign objects in their feet that they were not aware of due to the numbness. Lack of feeling, poor blood supply and damage to your body's ability to fight infection is a serious combination. All of these problems can work together to complicate even minor foot injuries. Blisters, calluses or ingrown toenails should not be overlooked as a minor injury. Small infections become serious infections, which lead to the loss of life and limb. The good news is that preventative is worth a lot of cure and will reduce the risks tremendously. You should check your feet everyday for blisters, scratches or sores. Seek help immediately if you notice anything unusual, including pain, coldness, a shiny appearance of your skin, loss of hair on the foot or toes, or thickened nails. Follow up with your primary care physician, good control and routine labs evaluating glucose levels, could be key in delaying the onset of secondary complications due to diabetes. Remember to pay key attention to HgA1c, the number associated with your long-term control.