

July 2012

Diabetic Recipe!!! Chocolate Sherbet

6 - 7 ounces 60-
percent-cacao
[chocolate](#) or
bittersweet
chocolate, chopped
2 cups water
2/3 cup sugar
½ cup whipping
cream
1 teaspoon [vanilla](#)
Pomegranate seeds
(optional)

1. In a medium saucepan stir together chopped chocolate, sugar, water, and whipping cream. Bring to boiling, whisking constantly. Boil gently for 1 minute. Remove from heat and stir in vanilla. Cover and chill overnight.
2. Freeze mixture in a 1-quart ice cream freezer according to manufacturers directions. Ripen in freezer before serving. To serve, scoop into small glasses or dishes. Makes 12 servings.

What does it mean if my feet are numb or tingly?

There are a few different reasons this could be happening. Usually a loss of sensation in a specific area indicates a loss of blood circulation. First, check your shoes. Are they too tight or too small? [Shoes](#) can and will greatly influence your feet. In addition check your socks to make sure they are not too tight causing reduced blood circulation. Sometimes the band at the top will be too tight.

For chronic numbness the cause could be a more serious problem. [Peripheral neuropathy](#) is a condition that effects [diabetics](#) and can cause tingling, burning or numbing sensations in your feet. Although this may not seem too alarming, this condition can cause ulcers, infections, even amputations. You need to check your feet regularly and see a doctor.

“How Will Diabetes Affect My Body?”

Diabetes is a serious disease that can affect many parts of your body. The most important thing you can do as a diabetic is to be seen by each of your doctors routinely. Too often, patients will think they're fine and do not need to keep their check-ups....that is the worst mistake you could make!

1. Eye Damage
Proliferative retinopathy can cause when blood vessels in the retina to balloon out into pouches. These new vessels can leak blood, which blocks vision.
2. Kidney Disease
Kidney disease starts when the blood vessels in the kidney become leaky. Eventually, some vessels collapse and place more pressure on those that remain. Eventually, some vessels collapse and place more pressure on those that remain.
3. Heart and Blood Vessel Disease
High blood sugar damages blood vessels and can lead to blockage. In the heart, this blockage can cause heart attacks
4. Nerve Disease
In diabetes, the nerves that become damaged are the ones that allow you to sense temperature, pressure, texture, or pain on your skin
5. Foot Problems- infections, ulcer, amputations
Poor circulation and neuropathy may cause you to lose feeling in your feet. You will not notice small cuts and scrapes that can become affected...and much more!!

Peripheral Arterial Disease [P.A.D.]

If you engage in excessive amounts of exercise, your legs will hurt. That’s normal. But if you regularly have foot and leg pain after moderate or small amounts of exercise, or feel it lying down or sitting in a chair, that is not normal. That’s when leg and foot pain can be a problem.

The symptoms of leg and foot pain are more common than you think, particularly for people over age 50, and especially for those who smoke or have diabetes. About 30% of adults in this category have some form of peripheral arterial disease, which is often the underlying cause of leg pain.

People with pain, cramping, swelling, numbness, or skin discoloration in their legs may be showing signs of peripheral arterial disease. Many think symptoms like these are part of the aging process and wait until their condition is advanced to consult their doctor about the cause.

Leg pain feels different to different people. Some people feel it as sharp, crampy or “Charlie-horse” type pain they get after walking, climbing stairs or some other kind of leg exercise. This type is called “intermittent claudication.” In more severe cases, people will complain of pain in their toes or feet when lying down, and this pain can even disturb sleep. This type of leg, foot pain is called “rest pain.” There is a test which can be done to determine if you have P.A.D. PADnet is a 15-20 minute test, non invasive, of segmental blood pressures in your arms and legs, called the ABI, or ankle brachial index (pronounced as ‘an’kel-bra’ke-el in’dex’). It also measures blood volume in the legs using pressure cuffs (Pulse Volume Recordings or PVR’s) and blood pressures in the toe (toe brachial index or TBI). Dr. Danciger is the only doctor in the Coachella Valley to offer this state of the art testing to better diagnose vascular disease. Call the office if you have symptoms of P.A.D., to find out more and if you need to be tested.

Community Service Project Shoes for the homeless

Dr. Danciger is sponsoring a community service program to help the homeless. The goal of this project is to provide a much needed supply of footwear for the homeless and underprivileged in the Coachella Valley by collecting shoes in good condition donated by members of the community. The program is called: KEEPING COACHELLA VALLEY ON ITS FEET. There is a donation box in his office. The concept is for people to donate their gently used athletic shoes that Dr. Danciger will deliver to the Coachella Valley Rescue Mission and Martha’s Village & Kitchen, where the shoes will be distributed to those in need. The shelters are very enthusiastic about this program and Dr. Danciger looks forward to it being a big success. If you have shoes to donate, please do not hesitate to stop by our office to deposit your shoes for this worthy cause.

Thank you.

Sudoku Essentials

9					4	8	6
			9		1		
2		5		6			
	1	6		3	5		4
	2						6
	9		6	8		2	3
			9		8		
		2		5			
6	4	9					8

Diabetic Healthy Foot Tips:

1. Check both feet daily.
2. Wash with warm - not hot - water.
3. Make sure your shoes fit well.
4. Skip the barefoot look.
5. Speak up.
6. Fix bunions, corns, and hammertoes
7. Consider fitted orthotics.
8. Control your blood sugar.
9. Try non-impact exercise.
10. Stay soft - but dry.

Your feet are your source of independence - or at least its foundation. Give your feet a little a little loving care, each day. And be sure to have your doctor take a good look at your feet during each of your diabetes checkups.

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence mean the world to us and have helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

John S	Peter L	Ruth F
Mel B	Karen D	Dandi D
James S	Denise A	Dale S
Bruce M	Paul B	William T
John S	Teresa S	Malcolm M
Louise B	Steven C	Joann M
William L	Diane W	Gladys L
Robert G	James S	Grace G
Suzanne H	Asha N	Paul L
Barbara H	Sheldon C	Tom C
Nancy D	Karen C	Peter L
Bruce B	David K	

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a healthy lifestyle! We would like to proudly welcome the following new patients:

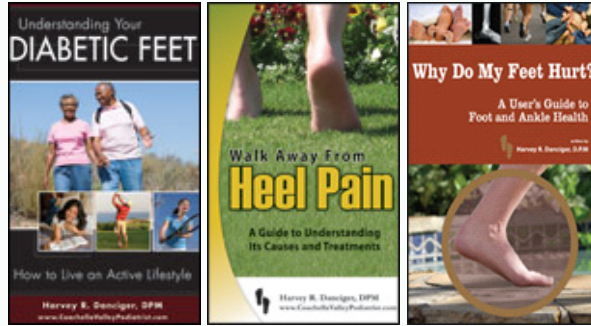
Joseph W	Barbara H	Donal V	Ira M
Richard S	James T	Donna F	George C
Elayne R	Arthur D	Ercelle F	Arthur J
Joan H	Kimberly W	Debra R	Phyllis P
Bret L	Kenneth J	Robert F	Chester H
Brenaman J	Jennifer C	Raymond B	William H
Joan D	Claudia M	Ryan N	Jack L
Toni E	Rodney E	Ingrid M	Dylan H
Earl S	Sabrina S	Vivian C	Lawrence A
Emily H	William B	Evan C	Rigoberto C
William R	Stephen S	Lydia R	Dee H
Shelley J	Eleanor I	David G	Lorraine M
Sally F	David L	Sylvia B	Marsha Q
Blaine G	Carolee T	Arthur G	Linda D
Marybell M	Kim V	Maureen M	Elizabeth S
David Z	Patricia A	Tony G	Connie S
Connie W	David H	Richard L	Mayra C
Dora T	Nicole S	Linda M	Sue H
Linda S	Laura L	Nora W	Vincent P
Marie C	Randolph L	Chere E	Lloyd D
Kristine D			

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you...
 happy birthday to you...
 We'd like to give special recognition to all the patients who have a July birthday. We have a large patient population with a birthday in July, so unfortunately we cannot list all of you. We hope each one of you enjoys your special day.

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 well...**NOTHING!**

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Meet Your Staff

- Harvey R. Danciger, DPM
- Liria Escobar, Patient Coordinator
- Margarita Acosta, Patient Coordinator
- Rebecca Bravo, Medical Assistant
- Jessica Fausto, Community Relations



L to R - Jessica, Margarita, Rebecca, Lilly

Let's Connect



Sudoku Essentials Solution

9	5	3	7	2	1	4	8	6
4	6	7	8	9	3	1	5	2
2	8	1	5	4	6	9	7	3
7	1	6	2	3	5	8	4	9
3	2	8	4	1	9	7	6	5
5	9	4	6	8	7	2	3	1
1	7	5	9	6	8	3	2	4
8	3	2	1	5	4	6	9	7
6	4	9	3	7	2	5	1	8

Foot Anatomy

