



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Why National Diabetes Month?

November is officially recognized as being "National Diabetes Month," and it's designated for raising awareness of diabetes and how the disease affects those afflicted by it.

Don't think diabetes merits a month of awareness? Consider this—the combined number of people in the U.S. who are diabetic and prediabetic is **over 110 million!**

(Someone who is "prediabetic" isn't quite diabetic yet, but he or she has elevated blood sugar levels that are dangerously close and is at risk for crossing over the threshold.)

With a number like that, diabetes awareness should be a year-round endeavor!



REQUEST AN APPOINTMENT

OUR OFFICE
74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
VIEW MAP

OUR WEBSITE
CoachellaValleyPodiatrist.com

CALL NOW: (760) 568-0108

**IS NERVE PAIN
DISRUPTING
YOUR LIFESTYLE?**
There are Answers & Solutions

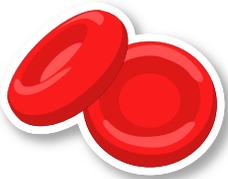
A Guide to
Understanding
Lower Extremity
Nerve Pain
HARVEY R. DANCIGER, DPM
GET FREE BOOK NOW



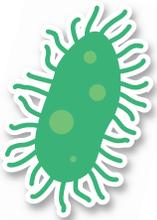
Diabetes and Your Foot Health

There's a decent chance you already know diabetes has something to do with blood sugar levels, but why is this such a problem for your feet?

Well, it starts with the fact that **diabetes causes systemic damage in the body**. In particular the body's circulatory, immune, and nervous systems are all negatively affected. What this means for your foot health is:



Blood flow slows due to constricted blood vessels. Take a moment and think about what might be the farthest point on your body from your heart. If you have normal human anatomy, it's your feet, right? Blood already has the longest trip down to the feet and back—and constricted blood vessels caused by diabetes only makes the trip longer.



Your immune system is compromised. Diabetes takes away your body's natural abilities to both heal damaged tissue in a timely manner and defend itself from infection.



Nerves do not report painful sensations to the brain. As a result, you can't feel if there's a cut on your foot. This isn't a good thing, though. In fact, it's downright dangerous (especially factoring in the impaired immune system).

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

LEARN MORE ▶



READ OUR BLOG ▶



Two Big Problems

Charcot Foot and Ulceration

All of the systemic issues caused by diabetes can combine in different ways to cause two major complications—Charcot foot and diabetic foot ulcers.

01

Charcot foot is a condition wherein weak bones—diminished blood flow means foot bones do not receive an adequate supply of nutrients to be strong—fracture easily. Additionally, nerve damage takes away your ability to feel a bone breaking.

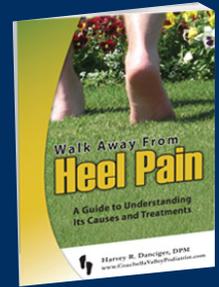
What that means is you can break bones in your foot, not be aware, and continue walking as you normally would. This cycle continues until the foot is severely misshapen (to the point it might even need to be amputated).

02

Diabetic ulcers are essentially wounds that do not heal. Nerve damage certainly plays a role, but so too does the fact that diabetes compromises the body's immune system.

When wounds don't close, they create an entryway into the body for microbial (very small) contaminants. Further, slow-to-nonexistent healing times means a wound can continue to break down, thereby increasing infection risk.

Diabetic ulcers are a leading cause of lower limb amputation and have a high mortality rate (even greater than the mortality rate for several types of cancers!).



[GET FREE BOOK NOW](#) ▶

“YOU HAVE **COMPLETELY** CHANGED MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

[VIEW TESTIMONIALS](#) ▶

SERVICE AREAS

- [HEEL PAIN](#) ▶
- [NERVE ISSUES](#) ▶
- [FUNGAL TOENAILS](#) ▶
- [LASER TREATMENT](#) ▶
- [DIABETIC FOOT CARE](#) ▶
- [BUNIONS](#) ▶

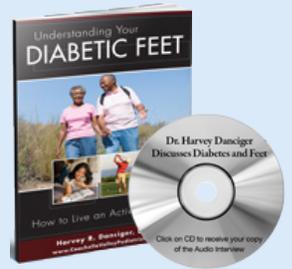
Understanding Diabetic Foot Care

Diabetes is bad news for your health, but we have some good news when it comes to protecting your feet—there are measures you can take to reduce your risk of Charcot foot and diabetic ulcers.

Collectively, we refer to these measures as your diabetic foot care plan. This plan is centered on both protecting your feet and catching potential threats at the earliest opportunities by:

- Managing your blood sugar levels by eating well
- Inspecting your feet every day
- Wearing diabetic socks and shoes
- Using your prescribed custom orthotics (to offload pressure from certain areas of your feet)
- Getting regular exercise with **doctor-approved** activities

Seeing **Dr. Danciger** for **regularly-scheduled checkups**



[GET FREE CD NOW](#) ▶

[GET FREE BOOK NOW](#) ▶

VIDEO LIBRARY



[DR. DANCIGER'S VIDEOS](#) ▶

[EDUCATIONAL VIDEOS](#) ▶



QUICK LINKS

[CONTACT US](#) ▶

[PATIENT EDUCATION](#) ▶

[PATIENT FORMS](#) ▶

[OUR SERVICES](#) ▶

[FAQ's](#) ▶

Sudoku

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

Didn't find what you were looking for?

Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).