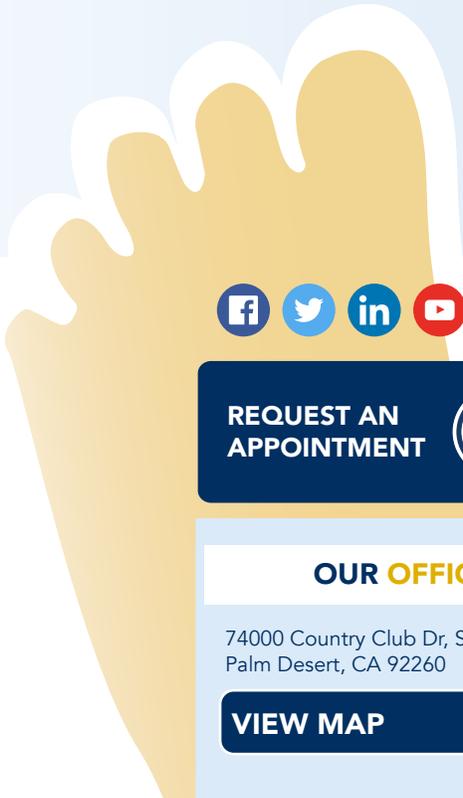




HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



REQUEST AN APPOINTMENT 

OUR OFFICE

74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260

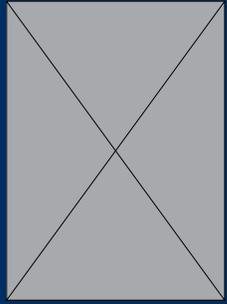
VIEW MAP 

OUR WEBSITE

CoachellaValleyPodiatrist.com



CALL NOW: (760) 568-0108



GET FREE BOOK NOW 

November is National Diabetes Month

November is officially recognized by the American Diabetes Association as being "National Diabetes Month," and it's designated as a time to be aware of **diabetes and how the disease can affect the human body.**

Now, if you aren't sure why this particular disease merits having its own month of awareness, you might want to consider these statistics from the U.S. Centers for Disease Control and Prevention (CDC):

- 30.4 million Americans have diabetes
- 84.1 million Americans have prediabetes (which, left untreated, often leads to type 2 diabetes within five years)
- Nearly 1 in 4 adults who have diabetes don't know they have it
- More than 88 out of 100 adults who are prediabetic don't know it. With numbers like those, diabetes awareness should actually be a year-round endeavor!



Diabetes & Your Foot Health



The odds are pretty good that you're already at least somewhat aware of the fact diabetes is related to blood sugar levels. Further, we hope you know the disease causes increased risk of kidney failure, blindness, heart attacks, and stroke.

With serious issues like those, why is diabetes such a big problem for feet?

Well, the answer starts with the systemic damage that causes those severe medical complications—and, more specifically, we are talking about damage to the circulatory, nervous, and immune systems.

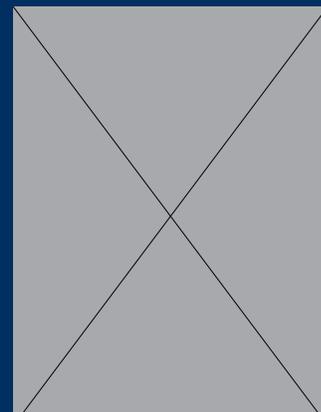


Damage to the body's systems lead to issues such as:

- 01 Nerves do not report painful sensations to the brain.**
It might sound like a good thing if you can't feel pain, but think about what pain actually does for us. It let's our brains now about an existing problem. If you can't feel a wound, it can become a dangerous situation (as you'll see in the next section).
- 02 Reduced blood flow due to constricted blood vessels.**
This is an important one to consider with regards to your feet for a particular reason—your lower limbs are the farthest parts of your body from your heart. That means oxygenated blood already has the longest trip, and constricted blood vessels (caused by diabetes) only makes the trip longer.
- 03 The 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.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



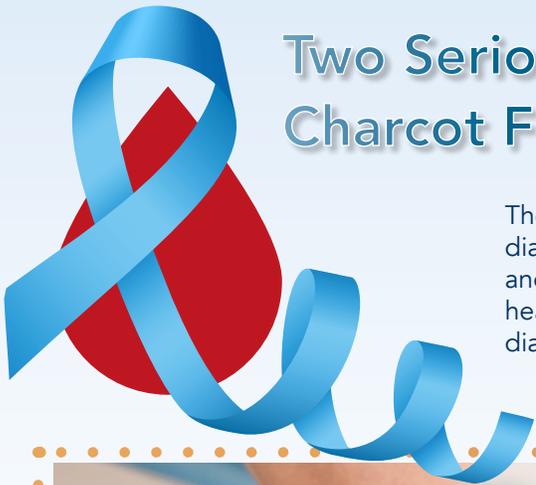
Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

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 Serious Complications: Charcot Foot and Ulceration

The various systemic issues caused by diabetes can combine in different ways and lead to a couple of very serious health complications—Charcot foot and diabetic ulcers.



Charcot Foot

A condition where weak bones (diminished blood flow means foot bones do not receive an adequate supply of nutrients to be strong) fracture quite easily. Additionally, nerve damage takes away your ability to feel a bone breaking.

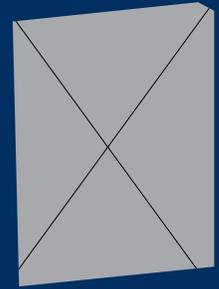
What that means is you can break bones in your foot, not even know it, and continue walking as you normally would. This cycle continues until the foot is severely misshapen (to the point it may even need to be amputated).

Diabetic Ulcers

Are essentially wounds that do not heal (or they heal extremely slowly). Nerve damage certainly plays a role, but so too does the fact diabetes compromises the body's immune system.

When wounds don't close, they create an entryway into the body for microorganisms (like bacteria and fungi). 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 ▶

The Basics of Smart Diabetic Foot Care



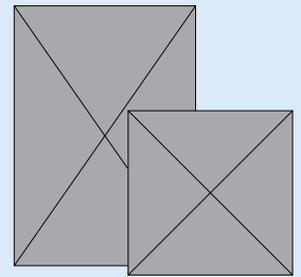
Diabetes is bad news for your health, but we have some good news when it comes to protecting your feet:

There ARE measures you can take to reduce your risk of serious medical complications.

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 with healthy dietary practices
- Inspecting your feet EVERY day
- Wearing diabetic footwear (both diabetic socks and shoes)
- Using your prescribed custom orthotics to off load pressure
- Getting regular exercise with doctor-approved activities
- Seeing Dr. Danciger for regularly-scheduled checkups

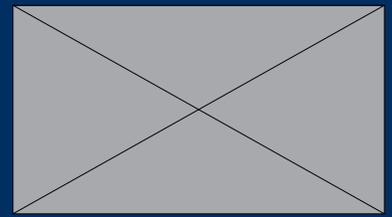
We want you to stay safe if you have diabetes. Give us a call at (760) 568-0108 so we can create your diabetic foot care plan!



[GET FREE CD NOW](#) ▶

[GET FREE BOOK NOW](#) ▶

VIDEO LIBRARY



[DR. DANCIGER'S VIDEOS](#) ▶

[EDUCATIONAL VIDEOS](#) ▶

Sudoku

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

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](#).

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



QUICK LINKS

[CONTACT US](#) ▶

[PATIENT EDUCATION](#) ▶

[PATIENT FORMS](#) ▶

[OUR SERVICES](#) ▶

[FAQ's](#) ▶