

MITCHELL  
WACHTEL, D.P.M.

PODIATRIST MERRIMACK VALLEY

www.mitchellwachteldpm.com

Newsletter for Dr. Mitchell Wachtel - December 2011

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*"We cater to cowards and treat you like family."*

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December 2011, Vol 5

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## DECEMBER IS DIABETES MONTH

### WHAT CAUSES DIABETES?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. It's important to also be aware of the different myths that over the years have arisen about the causes of diabetes. Eating sweets or the wrong kind of food does not cause diabetes. However, it may cause obesity and this is associated with people developing Type 2 diabetes. Stress does not cause diabetes, although it may be a trigger for the body turning on itself as in the case of Type 1 diabetes. It does, however, make the symptoms worse for those who already have diabetes. Diabetes is not contagious. Someone with diabetes cannot pass it on to anyone else.

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### OUR OFFICES:

#### North Andover Office

451 Andover Street  
Suite 300  
North Andover, MA 01845  
(978) 794-8406



#### Bradford Office

145 Ward Hill  
Bradford, MA 01835

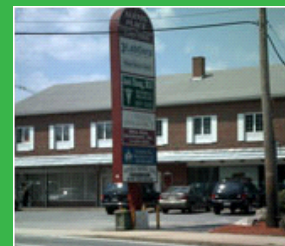


#### Methuen Office

87 Jackson Street  
Methuen, MA 01844

#### Lowell Office

704 Rogers Street  
Lowell, MA 01852



## How Will Diabetes Affect Your Feet?

Diabetes will greatly affect your feet. There are many problems you need to be aware of when you are a diabetic. First, you may experience poor circulation in your legs and feet. This problem will cause areas of skin and tissue to die leading to infection problems.

Also, you could suffer from neuropathy which may be painful at first, but will later cause you to lose feeling in your feet. This means you will not feel when something is wrong with your feet. For example, if your shoes do not fit well you may not feel a constant rubbing in a certain area which would cause an ulcer.

Ulcers may lead to the worse scenario for diabetics, a bone infection. Bone infections from ulcers are the most common cause of amputation. Too many people lose their feet or toes from not controlling their diabetes and not regularly visiting a podiatrist.

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## How to Keep Your Feet Safe with Diabetes:

1. Wear Proper Shoes- your shoes should be designed to protect and support your feet. Diabetics need this even more than others. Your shoes should not have sharp edges, but should have extra padding.
2. Do not wear stockings or socks with tight elastic backs and do not use garters. Do not wear any socks with holes. Always wear shoes with socks.
3. Examine your feet daily for redness, warmth, blisters, ulcers, scratches, cuts and nail problems from shoes or other sources. Look at the bottoms and between toes. Use a mirror or have someone else look for you.
4. NEVER walk barefoot, neither indoors nor out.
5. Examine your shoes for foreign objects, protruding nails and rough spots inside before putting them on.
6. Do not trim your own toenails.
7. DO NOT SMOKE. It decreases the blood supply to your feet.

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## Our Shoe Store:

We have diabetic shoes that we fit to each patient's foot. We evaluate what type of shoe gear is appropriate for the individual, whether it be to protect diabetic feet from wounds and ulcerations or to make sure running shoes fit comfortably during athletic activities. We also offer casual shoes, shoes for people with foot deformities, work boots, and shoes that accommodate braces and custom orthotics. It's a one stop shop for whatever you're looking for!

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## Product of the Month: ~Neuremedy~

Peripheral neuropathy is a condition in which the nerves of the feet and/or legs do not function properly. Symptoms Include:

- Tingling
- Numbness
- Sharp pains
- Burning

How Will Neuremedy Help?

NeuRemedy may nutritionally manage peripheral neuropathy by delivering a highly bioactive form of the micro-nutrient thiamine to where it is needed, the nerve cells. In a very real sense, NeuRemedy works by nourishing the nerves. That's why NeuRemedy is known as "The Neuropathy Vitamin".

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## Did You Get Your Diabetic Shoes????

All qualifying diabetics with Medicare are entitled to one pair of shoes and three shoe inserts per calendar year with little to **No COST** to you\*. If you do not have a qualifying secondary insurance the fees are approximately \$60. These shoes are a \$200 value and can save your feet from lots of serious complications, and even the most serious: **AMPUTATION**.

As a diabetic it is essential to understand the importance of proper footwear. Diabetics are at a huge risk for many foot complications including ulcers and even amputations. Our diabetic specific shoes are designed for your feet. If you have not received your shoes/inserts this year, do it now before the end of the year!!!

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## Let's Wish Happy Birthday to our Patients!

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



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## 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 all our patients who have sent us a referral this month.

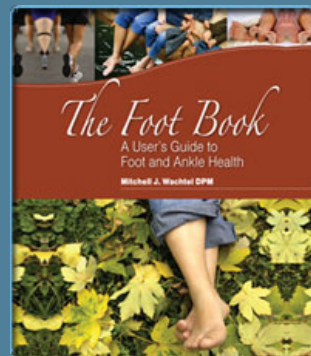
**THANK YOU FOR THESE REFERRALS!**

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Click on the book below to order your free copy of The Foot Book, A User's Guide to Foot and Ankle Health.



"I wrote this book because too many people suffer from foot and ankle pain unnecessarily."  
--Dr. Mitchell J. Wachtel

## We are moving our Methuen Office!

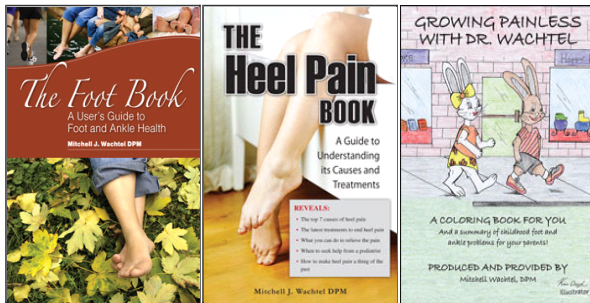
Starting December 2nd we are moving to 87 Jackson St.  
Methuen, MA 01844  
Inside Eaton Medical Associates.  
Call 978-794-8406 to make an appointment

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## FREE BOOKS!!!

Log onto our website to download or order your free books!

<http://www.mitchellwachteldpm.com>



P.S. we really, really don't mind if you share this with friends, family, co-workers...etc Hope you enjoy!!

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## Refer a patient to us



Check it out! We are holding a raffle for this basket full of products we offer in our office. All you need to do in order to be part of it is to refer a patient to us and when they come in we will enter your name into the raffle! We will be announcing the winner on April 1st.

LOOK FORWARD TO HEARING FROM YOU SOON!

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## FREE EXAM

(X-Rays & Treatment Not Included with this Coupon)  
New Patients Only

Give this coupon to a friend who might be experiencing foot or ankle pain.

Mitchell Wachtel DPM  
451 Andover St- North Andover, MA 01845  
704 Rogers- St Lowell, MA 01852  
145 Ward Hill -Bradford, MA 01835  
87 Jackson St- Methuen, MA 01844  
978-794-8406

[www.mitchellwachteldpm.com](http://www.mitchellwachteldpm.com)

Expires December 31, 2011

## Meet Our Staff

- Dr. Mitchell J. Wachtel, D.P.M.
- Jackie, Billing Assistant
- Jessie, Office Manager and Web Marketer
- Kristen, Patient Relations Liaison
- Brenda, Medical Assistant
- Jessi, Medical Assistant
- Juana, Medical Assistant
- Debbie, Billing Expert
- Amanda, Receptionist

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