



FREELAND

Foot & Ankle

CLINIC

Diabetic Foot Care



Winter Foot Care Tips:

As winter approaches, it's important for those with diabetes to pay extra attention to their foot care. Cold weather can lead to dry, cracked skin, which increases the risk of infections and other complications.

Essential Tips:

- **Check Your Feet Daily:** Regularly inspect your feet for any signs of dryness, cracks, or sores.
- **Wear Moisture-Wicking Socks:** Choose socks that keep your feet dry and help retain moisture.
- **Avoid Hot Water:** When washing your feet, use warm water instead of hot to prevent further drying.
- **Moisturize:** Moisturizing your feet regularly is essential in maintaining their health.



DID YOU KNOW?

Cold weather can be tough on circulation, especially for people with diabetes! In the winter, your body naturally directs blood flow to your core to stay warm, which can mean less blood reaching your feet!

Tips: Keep feet warm with cozy socks, avoid tight shoes, and stay active!

Deal of the month:
BIOFREEZE

Good for:

- Sore muscles
- Backaches
- Sore Joints
- Arthritis



Perfect Choice for Diabetic Foot Care

Merino wool has natural antimicrobial properties, helping to reduce odor and prevent infections, a critical consideration for anyone with diabetes.

Peppermint Bark



Ingredients:

- 12 oz of white or milk chocolate chips (or use both!)
- 1/2 tsp peppermint extract
- 1/2 cup crushed peppermint candies (or candy canes)

Instructions:

1. **Melt chocolate:** Microwave in 30-second intervals, stirring until smooth.
2. **Add peppermint extract:** Stir into melted chocolate.
3. **Spread chocolate:** Pour onto parchment-lined baking sheet and spread evenly. (Tip: Use a fork to create a swirl pattern.)
4. **Add peppermint:** Sprinkle crushed candy over the chocolate.
5. **Cool:** Chill in the fridge until firm, about 30 minutes.
6. **Serve & enjoy!** Break into pieces.

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Holiday Gift Guide



Merino Wool Socks

Durable, warm, and moisture-wicking, perfect for outdoor activities.



Foot Cream

Burt's Bees Coconut Foot Cream: Natural ingredients to nourish and soften feet.



Foot Massagers

TheraGun Wave Roller: A high-tech option for muscle recovery and relaxation.