

## What is Diabetes?

Diabetes is a chronic disease that affects as many as 16 million Americans. For reasons that are not yet clear, diabetes is increasing in our population to the point where public health authorities are calling diabetes an "epidemic" that requires urgent attention. People with diabetes are unable to use the glucose in their food for energy. The glucose accumulates in the bloodstream, where it can damage the heart, kidneys, eyes and nerves.



## What is the Treatment?

If you or someone you know has Diabetes, they would be wise to make healthful lifestyle choices in diet, exercise and other health habits. These will help to improve glycemic (blood sugar) control and prevent or minimize complications of Diabetes. Eating a consistent, well- balanced diet, that is high in fiber, low in concentrated sweets. Regular exercise, in any form can help reduce the risk of developing Diabetes. Activity can also reduce the risk of Heart Disease, Stroke, Kidney Failure, Blindness and Leg Ulcers.

## Facts From The American Diabetes Association

1. At least 15% of all people with diabetes eventually develop foot problems
2. Diabetes accounts for more than 187,000 deaths & nearly 60,000 foot & leg amputations annually
3. Approximately six out of 1,000 people with diabetes will require either foot or leg amputations

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

## 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.

## Product of the Month

*\*Diabetic Shoes\**



Poorly fitting shoes and lack of proper foot protection are major causes for ulcerations. If you have a wide or narrow foot, a foot with hammer toes and bunions, or feet that swell, then you are prone to the cuts, bruises and infections that lead to amputations. The shoes that we provide are custom fitted and come with three pairs of custom fitted inserts. These inserts have a special type of foam that molds to your feet and protect against high- pressure areas. Your toes and feet won't be cramped thus protecting against infected ulcers. Your shoes will also help heal an existing sore by preventing pressure in that area.

## Let's Wish Happy Birthday to all the November Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a November birthday. We hope you enjoy your special day!

## Office Hours

Monday-Friday  
8am to 5pm

## Lunch

12pm to 1pm

## Happy Thanksgiving



## Community Service

### "Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

## Community News

Nov 7- MTSU vs. FIU. football game at the Johnny "Red" Floyd Stadium at 3p.m.

Nov 14 - MTSU vs. Louisiana-Lafayette football game at the Johnny "Red" Floyd Stadium. Halftime will also salute armed forces/Veterans.

Nov 21- MTSU vs. Arkansas State at the Johnny "Red" Floyd Stadium.

Nov 26 - Happy Thanksgiving!!!

Dec 4 – The lighting of the Rutherford County Christmas tree with the arrival of Santa held on the Murfreesboro downtown square from 5pm-8pm

Dec 5 – Oakland Candlelight Tour of Homes in Murfreesboro from 4pm to 8pm

Dec 5 – TN State High School Cheer Dance Competition held at MTSU's Murphy Center in Murfreesboro

## Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

### Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN

## Are you tired of Foot Problems?

Get a Free copy of  
Foot Health 101

**"Healthy Feet are Happy Feet."**



Free Book

## Success Story

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to [www.neufoot.com](http://www.neufoot.com).