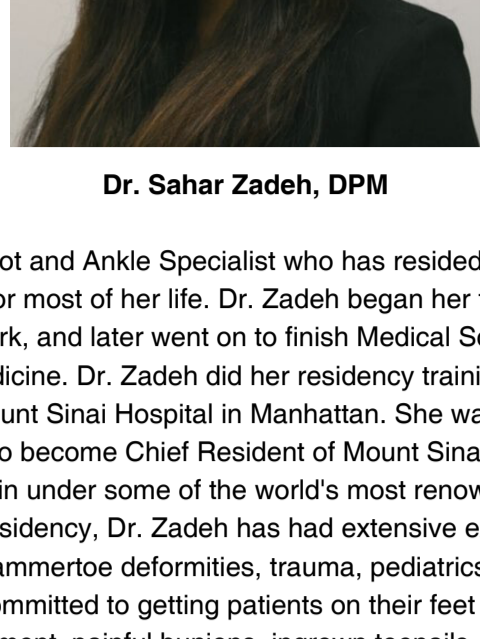


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We are Proud to Welcome Dr. Zadeh to the Maple Springs team!!

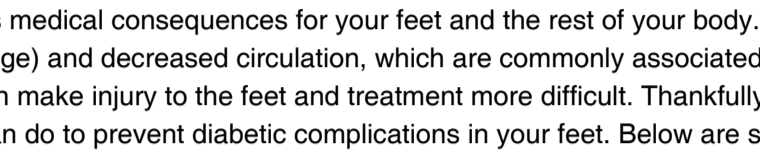


Dr. Sahar Zadeh, DPM

Dr. Sahar Zadeh is a Foot and Ankle Specialist who has resided in the greater Washington, DC, area for most of her life. Dr. Zadeh began her training at the University of Maryland, College Park, and later went on to finish Medical School at the New York College of Podiatric medicine. Dr. Zadeh did her residency training at one of the leading medical institutions - Mount Sinai Hospital in Manhattan. She was later granted the prestigious opportunity to become Chief Resident of Mount Sinai Beth Israel. Dr. Zadeh has been honored to train under some of the world's most renowned Foot and Ankle Surgeons. During her residency, Dr. Zadeh has had extensive experience with sports medicine, bunion and hammertoe deformities, trauma, pediatrics, and diabetic limb salvage. Dr. Zadeh is committed to getting patients on their feet again, whether it be diabetic wound management, painful bunions, ingrown toenails, heel pain, etc. - she is willing to go above and beyond to get you walking pain-free. During her free time, Dr. Zadeh enjoys spending time with her son, Liam.

She also enjoys crime documentaries and trying out new recipes for her family. Her favorite vacation destination is Hawaii. She looks forward to helping patients from all walks of life and getting them back to enjoying the activities they love."

7 Ways to Protect Feet from Diabetic Complications

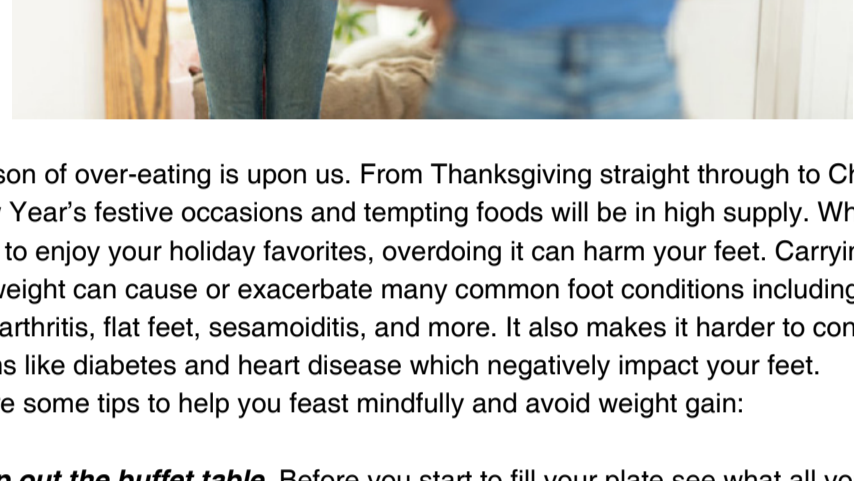


November is Diabetes Awareness Month. It is estimated that 37.3 million people in America have diabetes—that is over 11% of the population. Uncontrolled diabetes can have serious medical consequences for your feet and the rest of your body. Neuropathy (nerve damage) and decreased circulation, which are commonly associated with diabetes, can make injury to the feet and treatment more difficult. Thankfully, there is much you can do to prevent diabetic complications in your feet. Below are seven helpful tips:

1. **Check your feet daily.** One of the most important ways to ensure you avoid diabetic complications in your feet is to examine them every day. Look your feet over top and bottom and between the toes. If you spot any redness, rashes, sores, blisters, bruising, or discoloration alert your podiatrist right away.
2. **Practice good podiatric hygiene.** Wash your feet every day with warm (not hot), soapy water. Dry completely, especially the spaces between your toes.
3. **Keep feet dry.** If you tend to sweat excessively, apply foot powder in the morning and consider wearing moisture-wicking socks.
4. **Wear shoes that fit properly.** Shoes that are too small can rub against the skin and cause a blister to form. Always run your hand around the inside of your shoes before putting them on to check for loose stitching, pebbles, or other objects that could hurt your feet. Do not walk barefoot.
5. **Take care of your toenails.** Keep nails trimmed and filed to avoid tears. Be sure to not cut nails so short that the surrounding skin can overlap the nail and cause it to become ingrown.
6. **Moisturize nightly.** Diabetes can cause you to have dry skin due to damage to nerves that are responsible for secreting oils to your skin. Avoid putting lotion between your toes, however, as this may lead to excessive dampness in that area and create a breeding ground for athlete's foot.
7. **Do not smoke.** Smoking decreases your circulation. This means that oxygen and nutrient-rich blood will have difficulty reaching your feet as needed. Talk to your doctor about a smoking cessation program.

If you have diabetes, your podiatrist is an important member of your care team. Schedule regular checkups with the foot doctor and do not hesitate to call if you experience pain or new symptoms in your feet.

Help Your Feet by Avoiding Holiday Weight Gain



The season of over-eating is upon us. From Thanksgiving straight through to Christmas and New Year's festive occasions and tempting foods will be in high supply. While you will want to enjoy your holiday favorites, overdoing it can harm your feet. Carrying excess weight can cause or exacerbate many common foot conditions including: plantar fasciitis, arthritis, flat feet, sesamoiditis, and more. It also makes it harder to control conditions like diabetes and heart disease which negatively impact your feet. Below are some tips to help you feast mindfully and avoid weight gain:

- **Map out the buffet table.** Before you start to fill your plate see what all your options are and plan what you will pick. Be sure that at least half your plate is filled with salad, raw vegetables, or other lower calorie options.
- **Nibble strategically.** Affairs where the food is laid out and self-serve can be the trickiest. Choose a small plate for your food and when you finish what is on it throw it out or put it in the sink. Do not stand or sit and chat next to the food table to help avoid mindless eating.
- **Balance your food choices.** If you look forward to eggnog and Christmas cookies, you can enjoy them in moderation and if you consciously make tradeoffs in your eating plan. Choose more salads, vegetables, fruits, and lower calorie healthy foods throughout the day to offset a few well-chosen treats.
- **Watch your cheer consumption.** Decide ahead of time on the number of alcoholic beverages you will have and stick to it. Have a large glass of water or seltzer in between alcoholic drinks. This will also help you feel full.
- **Weigh yourself daily.** It will help you stay accountable and avoid the "I'll start on Monday" mentality to weight control.
- **Get an adequate amount of sleep.** Holiday parties, shopping and work deadlines can result in later bedtimes and less sleep. Studies show that when we are tired, we tend to consume more calories.
- **Stay active. Keep up your regular exercise program.** Devise bad weather alternatives if your fitness routine normally takes place outdoors. Try to build more opportunities for calorie burning into your day: park farther away from the store, walk while you talk on the phone and take the long way up and down the aisles at the grocery store if you have time. This will burn off a few of the holiday treat calories and help you avoid the unwanted gift of extra pounds this season.

From Our Blog: Hammertoes Deformities Cause Pain

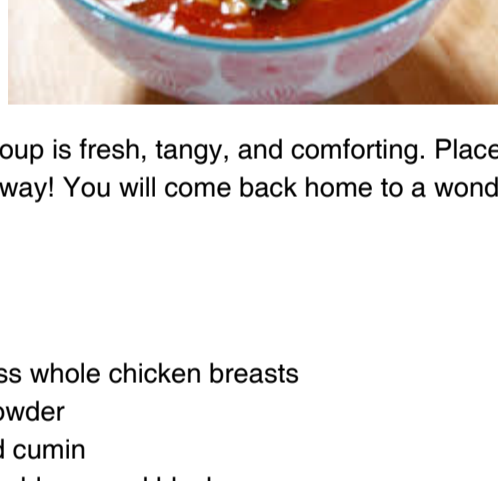


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Happy Thanksgiving



Recipe of the Month Slow Cooker Mexican Chicken Soup



This Mexican chicken soup is fresh, tangy, and comforting. Place all the ingredients in a slow cooker and walk away! You will come back home to a wonderful healthy homemade soup!

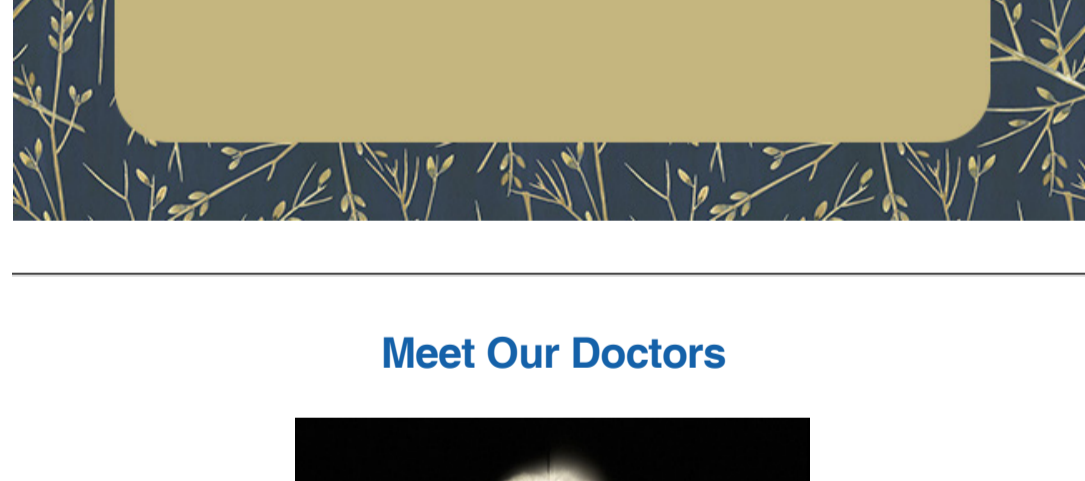
Ingredients:

- 3 boneless, skinless whole chicken breasts
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- One 28-ounce can whole or diced tomatoes, with juice
- 3 cups low-sodium chicken broth (more if you like the soup more liquid)
- One 15-ounce can black beans, drained and rinsed
- One 10-ounce can diced tomatoes with green chiles, such as Ro*tel
- 4 ounces tomato paste
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 yellow bell pepper, seeded and chopped
- 1 canned chipotle pepper in adobo (you may add 2 to 3 if you like)
- 1/2 lime, juiced
- Fixings: avocado, sour cream, grated cheese, crushed tortilla chips and fresh cilantro leaves

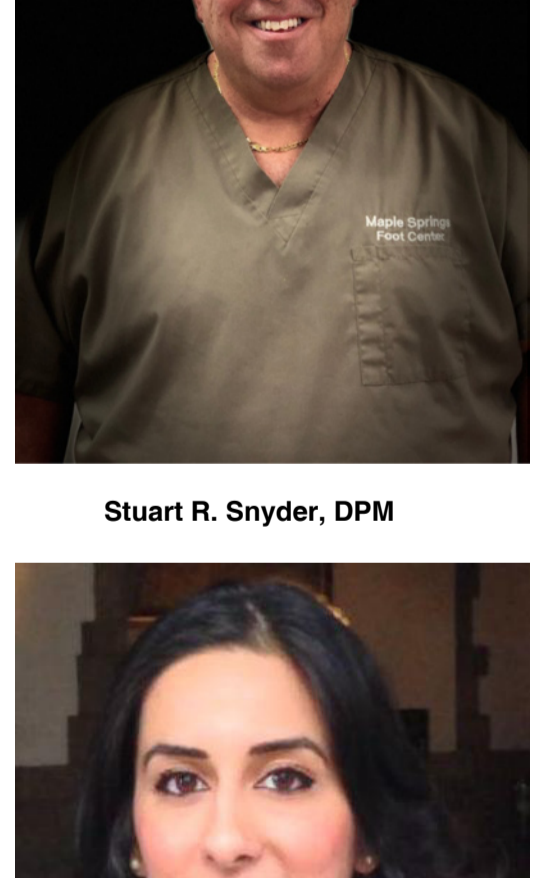
Directions:

1. Put the chicken in a slow cooker. Sprinkle on the chili powder, cumin and some salt and pepper. Add the tomatoes, chicken broth, black beans, tomatoes with chiles, tomato paste, onion, chipotle pepper and red and yellow peppers. Stir, place the lid on the slow cooker and cook for 5 hours on high or 8 hours on low.
2. Stir in the lime juice. Remove the chicken to a plate and use 2 forks to break it into chunks (or shred it finely). Return the chicken to the pot, taste and add more seasoning if necessary.
3. Serve piping hot in a bowl with avocado, sour cream, grated cheese, crushed tortilla chips and cilantro leaves on top!

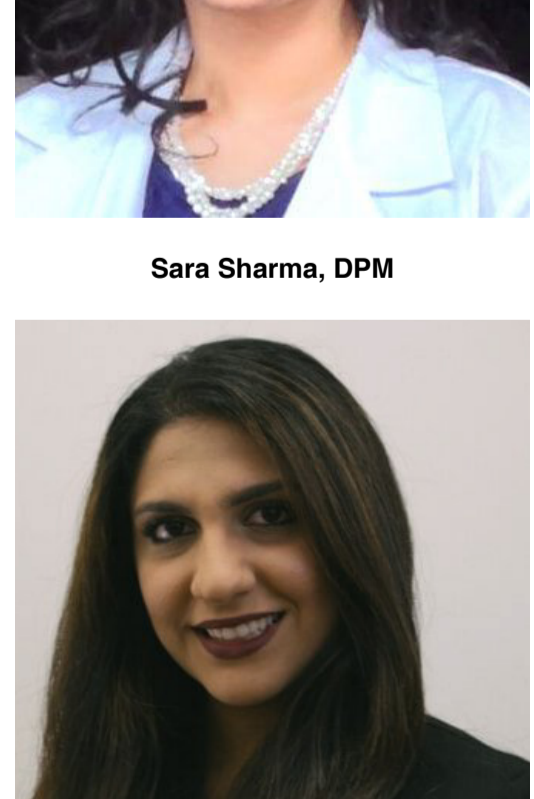
Recipe courtesy of Ree Drummond



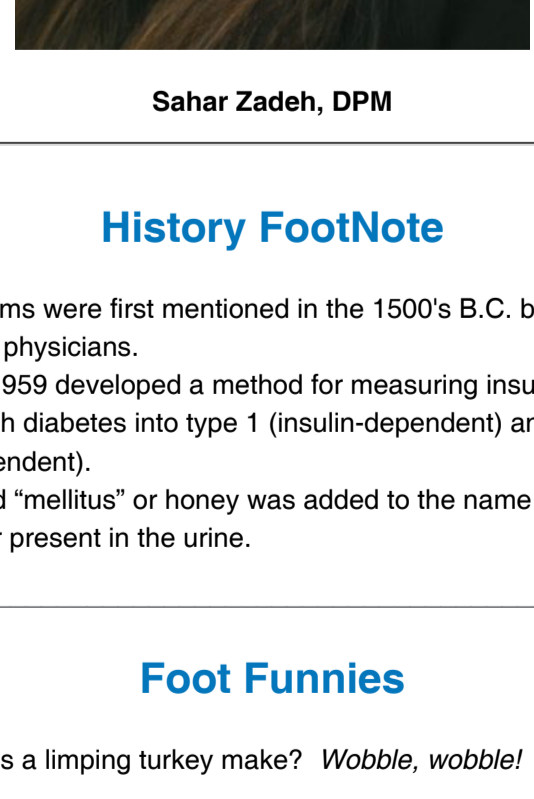
Meet Our Doctors



Stuart R. Snyder, DPM



Sara Sharma, DPM



Sahar Zadeh, DPM

History FootNote

- Diabetes symptoms were first mentioned in the 1500's B.C. by both Egyptian and Native American physicians.
- Researchers in 1959 developed a method for measuring insulin in the blood and classify those with diabetes into type 1 (insulin-dependent) and type 2 (non-insulin-dependent).
- In 1675, the word "mellitus" or honey was added to the name "diabetes" because of the excess sugar present in the urine.

Foot Funnies

🤪 What sound does a limping turkey make? *Wobble, wobble!*

Trivia:

November 1st is "All Saints' Day". What is November 2nd?

- A. Saint Patrick's Day
- B. Saint Christopher's Day
- C. Saint Swithin's Day
- D. All Souls' Day

Answer: D

All Saints' Day (Dia de Todos los Santos), on November 1, and All Souls' Day (Los Fieles Difuntos), on November 2, are celebrated hand in hand – firstly to honor the saints and then to remember the dead.

Our Office

Maple Springs Foot Center (the office of Dr. Stuart Snyder)
10810 Darnestown Road
Suite#101
Gaithersburg, MD 20878
Phone: 301-762-3338
Fax: 301-762-1585

Office Hours

Mon : 9:00 am - 5:30 pm
Tue : 8:00 am - 5:30 pm
Wed : 8:00 am - 4:00 pm
Thu : 8:00 am - 5:30 pm
Fri : 8:00 am - 5:00 pm
Closed Sat & Sun

www.drstuartsnyder.com