

Newsletter

August/September 2007

Diabetes Facts & Tips

People with diabetes have an increased risk for developing impairments in the circulatory, nervous, and immune systems. This combination can lead to slow healing wounds, most commonly on the legs or feet. These wounds at worst, may lead to amputation as the last resort of treatment. Over 60% of nontraumatic lower leg amputations occur in people with diabetes. Proper foot care programs can decrease amputation rates by 45-85%. Being an active participant in your healthcare can prevent these problems from developing.

Listed below are tips to help live a life free of the above impairments.

- Check your feet daily for redness, swelling, corns, calluses, ingrown toenails, or breaks in your skin.
- Cut your toenails straight across.
- Wear proper, comfortable shoes that have been professionally sized to your feet.
- Wear socks and shoes at all times (except when

inappropriate such as when sleeping or showering).

- Closely observe your feet when the weather is very hot or very cold.
- Bathe every day with mild soap and lukewarm water. Use a thermometer to test the water to ensure that it is not too hot, as diabetes may cause your sensation of hot and cold to be inaccurate. Thoroughly dry your body, especially your feet, with a towel after your shower.

Interesting Facts

- ✦ The average number of prescriptions filled annually is 13 for those age 50-64 and 22 for those age 80 and older.
- ✦ The world's tallest woman lives in Indianapolis, Indiana, and she is 7 feet 7 inches tall.
- ✦ A person at rest uses only 25% of the oxygen available in his/her blood.
- ✦ As much as 40% of the South African population has AIDS/HIV.

- ✦ The person with the most fingers and toes lives in Nagipur, India, and he has 12 fingers and 13 toes.

“QUOTE” CORNER

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”
- Dwight D. Eisenhower

True or False

1. If your right leg hurts, the cane belongs on your right side.
2. The rotator cuff is made up of 4 muscles.
3. A small portion of the population has an extra rib.
4. There are more bones in the feet than in the hands.
5. Normal adult blood pressure is 120/80 mm Hg.

See the next page for the answers.

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Cycling

Riding your bicycle is a fun way to exercise and to enjoy the weather. Below are some cycling “do’s” and “don’ts” to make sure that you stay safe on the road.

Do’s:

- Always wear a helmet.
- Always let cars and people go first.
- At street corners, slow down and check traffic.
- Walk across busy streets.
- Keep both hands on the handle bars except when doing turn signals.
- When in a group, ride single-file.
- Keep to the right.
- Obey traffic signs.

Don’ts:

- Don’t ride at night unless your bike has a white light in front and a red reflector in the rear.
- Don’t ride double
- Don’t go between cars.

Northern Rehab Welcomes New Members

Kristen Hermann and Mark Lovell have joined the NRSMA staff. Kristen is a physical therapist in the DeKalb office. She has a doctoral degree in

physical therapy from St. Ambrose University, and she specializes in vestibular rehab.

Mark is a certified athletic trainer working in the Rochelle office and at Rochelle High School. He graduated from Western Illinois University with a master’s degree in community health education and a bachelor’s degree in physical education.

True or False Answers

1. *False.* When the right leg hurts or is weak, the cane should be used on the left side. When walking, the cane on the left helps to decrease the force applied on the right side.

2. *True.* The four muscles are the supraspinatus, infraspinatus, teres minor, and subscapularis. These muscles originate on the shoulder blade (scapula) and attach to the upper arm (humerus). The muscles surround the shoulder joint to form a “cuff.”

3. *True.* Even though it is rare, people are born

with extra bones such as a rib or lumbar vertebra.

4. *False.* Typically, there are 54 bones in the hands and 52 bones in the feet.

5. *True.* The number, 120, represents the systolic pressure or the blood pressure when the heart contracts. The number, 80, represents the diastolic pressure or the blood pressure when the heart relaxes.

Kicking the Habit

Everyone knows that smoking tobacco is harmful. However, many people have trouble admitting that it causes serious health problems. Below are facts that may help you or someone you know to kick the habit.

- Smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers.
- Smoking a pack of cigarettes a day can cost up to \$1,800 per year.
- Smoking causes the body to heal very slowly. One study found that the average healing of a broken leg was 269 days in smokers and 136 days in nonsmokers.