

THE STAR

PHYSICAL MEDICINE

ALLSTAR HEALTHCARE



210-521-6886

November is National Diabetes Awareness Month.



November is upon us -- the time of year when "all eyes are on diabetes" for National Diabetes Awareness Month and World Diabetes Day on Nov. 14. That day was chosen in honor of Dr. Frederick Banting, the co-discoverer of insulin.

The National Diabetes Month campaign was established over four decades ago in 1975, though the American Diabetes Association (ADA) didn't trademark the term "American Diabetes Month" until 1997.

World Diabetes Day was launched by the International Diabetes Federation in 1991 to call attention to this worldwide epidemic, and it got a big boost when the United Nations issued a resolution on it in 2006. The first-ever World Diabetes Day was recognized in 2007.

Source: Healthline: What's Happening for Diabetes Awareness Month



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Statistics on Diabetes:

- In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes.
- Approximately 1.25 million American children and adults have type 1 diabetes.
- The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors
- 1.5 million Americans are diagnosed with diabetes every year.

Understanding Peripheral Neuropathy

Causes and Symptoms

It's not uncommon for many people with Type II diabetes to often develop peripheral neuropathy. Peripheral neuropathy, a result of damage to your peripheral nerves, often causes weakness, numbness and pain, usually in your hands and feet. It can also affect other areas of your body.

Your peripheral nervous system sends information from your brain and spinal cord (central nervous system) to the rest of your body. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins. As previously stated, one of the most common causes is diabetes mellitus. People with peripheral neuropathy generally describe the pain as stabbing, burning or tingling. In many cases, symptoms improve, especially if caused by a treatable condition .

Symptoms

Every nerve in your peripheral system has a specific function, so symptoms depend on the type of nerves affected. Nerves are classified into:

- Sensory nerves that receive sensation, such as temperature, pain, vibration or touch, from the skin
- Motor nerves that control muscle movement
- Autonomic nerves that control functions such as blood pressure, heart rate, digestion and bladder



Signs and symptoms of peripheral neuropathy might include:

- Gradual onset of numbness, prickling or tingling in your feet or hands, which can spread upward into your legs and arms
- Sharp, jabbing, throbbing, freezing or burning pain
- Extreme sensitivity to touch
- Lack of coordination and falling
- Muscle weakness or paralysis if motor nerves are affected

If autonomic nerves are affected, signs and symptoms might include:

- Heat intolerance and altered sweating
- Bowel, bladder or digestive problems
- Changes in blood pressure, causing dizziness or lightheadedness

Peripheral neuropathy can affect one nerve (mononeuropathy), two or more nerves in different areas (multiple mononeuropathy) or many nerves (polyneuropathy). Carpal tunnel syndrome is an example of mononeuropathy. Most people with peripheral neuropathy have polyneuropathy. Seek medical care right away if you notice unusual tingling, weakness or pain in your hands or feet. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves.

Causes of Neuropathy

Not a single disease, peripheral neuropathy is nerve damage caused by a number of conditions. Causes of neuropathies include:

- **Alcoholism.** Poor dietary choices made by people with alcoholism can lead to vitamin deficiencies.
- **Autoimmune diseases.** These include Sjogren's syndrome, lupus, rheumatoid arthritis, Guillain-Barre syndrome, chronic inflammatory demyelinating polyneuropathy and necrotizing vasculitis.
- **Diabetes.** More than half the people with diabetes develop some type of neuropathy.
- **Exposure to poisons.** Toxic substances include heavy metals or chemicals.
- **Medications.** Certain medications, especially those used to treat cancer (chemotherapy), can cause peripheral neuropathy.
- **Infections.** These include certain viral or bacterial infections, including Lyme disease, shingles, Epstein-Barr virus, hepatitis C, leprosy, diphtheria and HIV.
- **Inherited disorders.** Disorders such as Charcot-Marie-Tooth disease are hereditary types of neuropathy.
- **Trauma or pressure on the nerve.** Traumas, such as from motor vehicle accidents, falls or sports injuries, can sever or damage peripheral nerves. Nerve pressure can result from having a cast or using crutches or repeating a motion such as typing many times.
- **Tumors.** Growths, cancerous (malignant) and noncancerous (benign), can develop on the nerves or press nerves. Also, polyneuropathy can arise as a result of some cancers related to the body's immune response. These are a form of paraneoplastic syndrome.
- **Vitamin deficiencies.** B vitamins — including B-1, B-6 and B-12 — vitamin E and niacin are crucial to nerve health.
- **Bone marrow disorders.** These include abnormal protein in the blood (monoclonal gammopathies), a form of bone cancer (osteosclerotic myeloma), lymphoma and amyloidosis.

Other diseases. These include kidney disease, liver disease, connective tissue disorders and an underactive thyroid (hypothyroidism).



Prevention

Manage Underlying Conditions

The best way to prevent peripheral neuropathy is to manage medical conditions that put you at risk, such as diabetes, alcoholism or rheumatoid arthritis.

Make Healthy Lifestyle Choices

Eat a diet rich in fruits, vegetables, whole grains and lean protein to keep nerves healthy.

Exercise regularly. With your doctor's OK, try to get at least 30 minutes to one hour of exercise at least three times a week.

Avoid factors that may cause nerve damage, including repetitive motions, cramped positions, exposure to toxic chemicals, smoking and overindulging in alcohol.

Pumpkin Pie for Diabetics

Ingredients

9 inches pie shell (baked)
2 ounces vanilla instant pudding (sugar-free, or 2, 1 ounce boxes sugar free instant vegetarian pudding mix)
2 cups milk
1 cup solid pack pumpkin
1 teaspoon pumpkin pie spice
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/2 teaspoon cinnamon



Directions

Blend all ingredients in blender until smooth. Use plain canned pumpkin, do **not** use pumpkin pie mixture. Pour into pie shell and chill until ready to serve.

Sweet Potato Casserole

Ingredients

4 medium sweet potatoes	1 extra large egg, lightly beaten
3/4 cup Splenda No Calorie Sweetener, Granulated	1/2 cup all-purpose flour
1/2 cup milk	3 tablespoons butter, melted
2 teaspoons grated orange rind	1 cup panko crumbs*
1/4 cup fresh orange juice	1/2 cup finely chopped pecans
2 teaspoons vanilla extract	2 tablespoons butter, melted
	3 tablespoons maple syrup

Directions

1. Preheat oven to 375°F (190°C). Lightly grease a 13 x 9-inch baking dish.
2. Place sweet potatoes on a baking sheet; bake for 1 hour or until done. Cool to touch. Peel and mash. Reduce oven to 350 degrees F.
3. Combine sweet potatoes and next 8 ingredients in a large bowl. Beat at medium speed with an electric mixer until smooth. Spoon into baking dish.
4. Combine panko and remaining ingredients; sprinkle crumb mixture over top of casserole. Bake for 1 hour or until casserole is thoroughly heated.

Makes 14 servings.

Nutritional Info Per Serving:

Calories: 190; Calories from Fat: 70; Total Fat: 8g; Saturated Fat: 3g; Cholesterol: 30mg; Sodium: 95mg; Total Carbs: 29g; Dietary Fiber: 3g; Sugars: 10g; Protein: 4g

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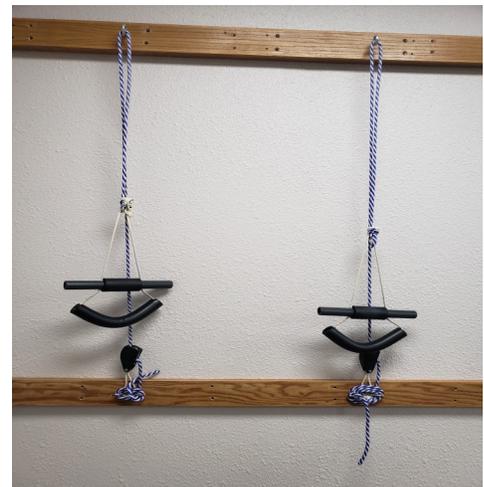
Celebrates National Nurse Practitioners Week

Allstar Healthcare is celebrating nurse practitioners week Nov, 12th to Nov. 16th. We honor Nurse Practitioners Joseph Novack, FNP-C and Chantelle Hernandez-Garcia, FNP-C for their hard work and dedication in helping us get San Antonio well.



We have something new!

We're now selling the Traction door units. Stop by and ask us how it can help you and purchase details today



Refer a Friend
And get entered into
A raffle for a chance
To win a
FREE TURKEY!!!



