



Sol Foot & Ankle Centers November 2025 Newsletter

Step Smart This November — and Give Thanks for Healthy Feet!

November is a season of gratitude — and a perfect time to focus on your health. In honor of **Diabetes Awareness Month**, we're reminding patients that healthy feet are something to be thankful for!

This month's issue is full of tips, reminders, and a delicious fall-inspired recipe to help you keep your feet — and the rest of you — feeling your best.

Why Diabetic Foot Care Matters — and How to Protect Your Feet Year-Round

November is **Diabetes Awareness Month**, a perfect time to remind ourselves that caring for our feet is an important part of overall health. If **you or someone you know has diabetes**, foot care should be a top priority.

[Diabetes](#) can lead to **nerve damage (neuropathy)** and **poor circulation**, both of which can make the feet more vulnerable to injuries, infections, and ulcers that may not heal properly. Even a small cut or blister can quickly turn serious if left untreated.

The good news is that most foot problems related to diabetes are **preventable** with a little daily care and regular checkups.



Simple Steps for Healthy Diabetic Feet



Check feet daily. Look for redness, swelling, cuts, or blisters—especially on the bottoms of the feet or between the toes.



Keep them clean and dry. Wash daily with warm (not hot) water, dry thoroughly, and apply moisturizer to prevent cracking.



Wear comfortable, protective shoes. Avoid walking barefoot, and choose shoes and socks that fit well and don't rub.



Manage blood sugar levels. Stable blood sugar promotes better circulation and healing.



See your podiatrist regularly. A simple foot exam can detect early signs of trouble before they become serious.

If you or someone close to you has diabetes, **encourage them to schedule their annual diabetic foot check.** Early attention and preventive care can make a world of difference in keeping feet healthy and strong all year long.

Thankful Feet & Holiday Treats — Step Into the Season Comfortably

Thanksgiving is a time to gather, give thanks, and maybe indulge in a few extra bites of pumpkin pie! But between cooking, entertaining, and shopping those Black Friday deals, your feet may end up working overtime.

Here are a few quick ways to **keep your feet happy and pain-free** during the busy holiday season:

Holiday Foot Care Tips:

- **Choose comfort over fashion.** If you'll be on your feet all day (in the kitchen or in line for sales), wear supportive shoes or custom orthotics to avoid heel and arch pain.
- **Take short breaks.** Sitting down for a few minutes every hour gives your feet a chance to rest and recover.
- **Stay hydrated and stretch.** A quick calf or toe stretch helps improve circulation

and prevents stiffness.

- **Watch your sugar intake.** For those with diabetes, keeping blood sugar steady is key to preventing foot complications.

And if your shoes have seen better days, Black Friday is a great time to **shop for new supportive footwear**. Look for brands with cushioned soles, wide toe boxes, and good arch support — your feet will thank you!

This holiday season, give yourself the gift of comfort — because happy feet make for a happier Thanksgiving.



Important Dates & Reminders

November is **Diabetes Awareness Month** → Take time to learn how diabetes can affect your feet and what you can do to prevent complications.

November 8: National Cappuccino Day → Treat yourself to a warm cup of comfort — just skip standing too long in line without supportive shoes!

November 11: Veterans Day → Honoring all who have served. Thank you for your courage and sacrifice.

November 20: Great American Smokeout → Thinking about quitting smoking? Today's a great day to start! Better circulation = healthier feet.

November 28: Thanksgiving Day → Enjoy the feast and festivities — just remember to wear comfortable shoes if you'll be on your feet all day cooking or entertaining!

November 29: Black Friday → Shopping marathon? Choose supportive footwear to keep your feet happy while you hunt for deals.

Tip: As the weather cools, avoid walking barefoot on cold tile floors — cozy socks or slippers with good grip will help you stay warm and prevent slips and falls.

Recipe Corner: Easy Homemade Cranberry Sauce

Skip the can this year — fresh cranberry sauce is quick to make, naturally delicious, and adds a bright, festive touch to your Thanksgiving table!



Ingredients:

- 12 oz (1 bag) fresh cranberries
- $\frac{3}{4}$ cup orange juice (fresh or bottled)
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ – $\frac{3}{4}$ cup sugar (adjust to taste or use a sugar substitute)
- 1 tsp orange zest (optional, for extra flavor)
- $\frac{1}{2}$ tsp cinnamon (optional)

Directions:

1. Rinse cranberries and discard any soft ones.
2. In a medium saucepan, combine orange juice, water, and sugar. Bring to a boil.
3. Add cranberries and cook over medium heat for about 10–12 minutes, stirring occasionally, until the berries pop and the sauce thickens.
4. Remove from heat, stir in orange zest and cinnamon if using.
5. Let cool completely — the sauce will thicken as it cools.

Tip: Make it a day ahead! Cranberry sauce keeps beautifully in the fridge and tastes even better after the flavors meld overnight.

Funny Pun of the Month

Why don't turkeys trust each other?

Too much fowl play.

Did You Know?

More than **1 in 4 people with diabetes** will develop some form of nerve damage that affects their feet. Regular foot exams and good daily care can help prevent serious complications — and keep you walking strong all year long.

Wishing You a Happy Thanksgiving!

Here's to cozy socks, warm pies, and healthy, happy feet all season long.

The Sol Foot & Ankle Centers Team

Keeping you one step ahead of foot pain

[Schedule](#) your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!

