

# AcaciaAnswers

*with Dr. Gary Cicio*



- Dr. Gary Cicio, DPM, DABPS, CPC.
- Diplomat, American Board of Podiatric Surgery Board Certified, Foot & Ankle Surgery
- Staff Podiatrist, BASICS - The Acacia Network

opportunity. Nevertheless, "over a year" is WAY TOO LONG. I encourage you to call the nearest Acacia Network clinic and arrange for a visit. We would be glad to help you.

*Acacia Network provides a variety of medical services:*

- Family Practice
- Internal Medicine
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- And much, much more!

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## Could this new trouble be related to my Diabetes?

**Dear Doctor,**  
I am a sixty-year-old man with Diabetes. I know it's important to take care of my feet but, I admit, I haven't been to see a doctor for over a year about them. The truth is, they don't bother me most of the time. Lately, they've been seeming more dry than usual, though, and cracked. Could this be from the Diabetes?

**Leroy**

Dear Leroy,

Diabetes can adversely affect many organ systems in the body including the eyes and kidneys, as well as the nervous and circulatory systems. Many of these affects are "silent" and go unnoticed until the diagnosis of Diabetes is established. Since Diabetes so profoundly affects the lower extremities, often the primary diagnosis comes from a podiatrist. When left uncontrolled, Diabetes

causes an increase in blood sugar levels and essentially "starves" the nerves of the lower extremity from vital nutrition. This leads to poor sensory function called neuropathy and a Loss Of Protective Sensation (termed LOPS). When this happens, even the simplest of everyday functions that we all take for granted, such as trimming ones toenails or removal of calluses, can cause problems.

Any defect in the skin, no matter how small, can become infected. Particularly dry skin, especially in the winter where the NYC air is arid, can cause cracks called fissures. These open fissures can become infected and require prompt medical attention.

Since our Federal and State Governments long ago recognized the need for foot care in the

diabetic population, both Medicaid and Medicare cover preventative foot care services for the diabetic population. As a matter of good sound practice, we recommend preventative foot care every 60 days for those diabetics who are NOT experiencing any known or obvious problems. Where acute problems ARE suspected, treatment is recommended at the earliest

**Schedule an Appointment Today! (718) 764-1577**

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