

Memorial Health System Dickinson County Diabetes Support Group

September 2025 Newsletter

Healthy Feet, Healthy Life

As the weather starts to cool and we pull out our cozy socks and shoes, it's the perfect time to give our feet a little extra attention. For people over 65 living with diabetes, good foot care isn't just about comfort — it's a key part of staying healthy and independent.

Why Foot Care Matters

Diabetes can reduce blood flow and sensation in the feet, making it easier to miss injuries and slower for wounds to heal. Even a small blister or cut can lead to serious problems if left untreated.

Daily Foot Care Checklist

1. Check your feet every day — Use a mirror or ask someone to help you see the bottoms and between your toes.
2. Wash and dry carefully — Don't forget between the toes.
3. Moisturize daily — Apply lotion to keep skin soft, but avoid the spaces between toes.
4. Wear the right socks and shoes — Choose clean, dry, well-fitting socks (preferably cotton or diabetic socks) and shoes with good support.
5. Never go barefoot — Even at home.

Warning Signs to Watch For

Call your healthcare provider right away if you notice:

- Redness, swelling, or warmth
- Blisters, cuts, or sores that don't heal
- Ingrown toenails
- Changes in skin color or temperature

Fall Footwear Tips

As temperatures drop, make sure your shoes still fit well with thicker socks. Avoid tight shoes that can rub and cause blisters.

Join us on Tuesday, September 2, 2025, to learn some simple foot care tips.

**Dickinson County Diabetes
Support Group
meets the first Tuesday
of every month
at 3:00 PM in the
Nichols Education Center**

**Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center 2
- street level entrance and
parking in the back)**

**For Information on Diabetes Support
Group, please contact:
Marcy Newcomer, RD, LD, CDCES
785-263-6676**





Mediterranean Roll-ups

Ingredients:

- 1 large wheat flour tortilla (10 inch)
- ¼ cup hummus
- ¼ cup ready-made tabouli
- 1 leaf romaine lettuce (chopped)
- ½ cup alfalfa or bean sprouts
- 1 large tomato (chopped)

Directions

1. Lay the flour tortilla flat on a cutting board or plate.
2. Spread the hummus and tabouli in a long row, side by side down the center of the tortilla.
3. Add romaine lettuce on top.
4. Add sprouts and chopped tomatoes on top
5. Get ready to roll! Starting from the edge of a long side, roll it up.
6. Cut it in half and enjoy immediately or wrap it tightly in plastic wrap to enjoy later.

Yields: 2 servings; serving size ½ of a roll-up

Nutrition Facts: 170 calories, 8 g fat, 1.5 g saturated fat, 3 g fiber, 340 mg sodium, 6 g protein, 23 g carbohydrates, 3 g sugar

Source: <https://diabeticgourmet.com/diabetic-recipe/asian-sesame-slaw>



We love recipes! If you have a favorite diabetic friendly recipe to share, we would be thrilled to feature it in our newsletter!

**Please email recipes to
mnewcomer@mhskks.org**