

Fall Into Healthy Feet

Your November newsletter from Dr. Austin Brown and team.



A note from Dr. Brown

November is American Diabetes Month, and it is close to my heart. My public health training taught me that the best foot surgery is often the one we prevent. A yearly foot exam and a few daily habits can be the difference between a minor problem and a serious one.

As the weather turns colder and the holidays get busier, take a few minutes for your feet. They carry you through all of it.

Dr. Austin M. Brown, MPH, DPM

AMERICAN DIABETES MONTH

Why every person with diabetes needs a yearly foot exam

Diabetes can quietly damage the nerves and blood vessels in the feet. Many patients lose feeling gradually and never notice. That is why a full diabetic foot exam at least once a year is part of standard diabetes care.

What happens at your exam

- 1 Skin, nails, calluses and pressure areas checked
- 2 A quick, painless sensation test
- 3 Pulses and circulation in your feet
- 4 Foot shape, joints and how your shoes fit
- 5 **Your personal plan**, from orthotics to your next visit

Book an exam if you notice

- Numbness, tingling or burning
- Corns or nails you can't trim safely
- A new bunion or curling toes
- A sore or blister slow to heal

Most plans, including Medicare, cover diabetic foot exams for patients who qualify.

Due for your yearly foot exam?

Call 303-827-7797 or book at precisionspecialtycare.info

"Dr. Brown has done a great job guiding me through the rehab process."

R. Coffee, patient

Seasonal foot tips for a Colorado November

Waterproof, roomy boots

Leave a thumb's width past your longest toe. Wet socks and tight boots cause blisters.

Watch for ice

Sprains rise with the first snow. Good tread and traction add-ons help.

Soothe dry heels

Moisturize nightly, but keep lotion out from between your toes.

Warm feet safely

With numbness, skip heating pads and hot water bottles. Warm socks instead.

Holiday hosting

Hours in the kitchen strain the arch. Wear supportive shoes, not slippers.

Ski boot check

Boots that pinch cause nerve pain and bruised nails. Get fitted early.

SERVICES SPOTLIGHT

Custom orthotics

Our custom orthotics are made from a 3D scan of your foot, so they fit you exactly. They work to evenly distribute pressure while you walk, easing heel pain, taking pressure off bunions and calluses, and protecting at-risk areas for people with diabetes.

Diabetic foot care & limb preservation

Heel pain, tendon & sports injuries

Bunions, hammertoes & reconstruction

Wound management & infection care

Custom orthotics & offloading

Pediatric foot & gait concerns

Use your benefits before year-end

Met your 2026 deductible? Care scheduled before December 31 may cost less than the same care in January. Book the visit you've been putting off, get fitted for orthotics or schedule a procedure. December fills fast, so call this month.

Wed, Nov 11

Veterans Day

Open

Thu, Nov 26

Thanksgiving

Closed

Fri, Nov 27

Day after Thanksgiving

Closed

Dr. Brown trained at the Rocky Mountain VA in Aurora. This Veterans Day, we thank every veteran who has served.

Toe-tally fun foot facts

Thanksgiving trivia ammo

26

bones in **each** of your feet

1/4

of all your bones live in your feet

33

joints per foot, all working overtime on Black Friday

Healing feet. Restoring movement. Renewing lives.

Phone 303-827-7797

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