

STAYWELL

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Athletic Trainer Corner

Corns develop on the feet when the skin reacts to friction and pressure by adding layers of skin that becomes thick and hard. It may appear as a lump or a rough raised area. Unlike a callus, corns develop a hard center surrounded by swollen tissue, and are usually deeper. Corns tend to be more common in athletes because of the increased friction and pressure that occurs with the sport they are participating in.

Most of the time a corn does not require treatment, but when a corn becomes tender or painful intervention is needed. The first line of treatment is, remove the source of pressure or friction. Many times this can be as simple as changing lacing patterns in the shoe, or wearing shoes with an appropriate toe box shape that matches the specific foot type. Shoe design can also increase pressure on the top of the toes by sitting flatter heel to toe, or curved up like a rocking chair. Depending on the foot type, this can increase or decrease pressure on the toes.

The tissue surrounding the corn can be softened by soaking the foot in warm water and Epsom salts. Filing the corn with an emery board, or pumice stone can help remove rough, dead skin and alleviate pressure. They also make specific corn scrapers that can help, but we should always be careful to not remove too much of the corn that could lead to tissue damage, especially if you have diabetes or circulation problems. Those situations require a health care provider to treat the problem.

For immediate relief and to remain active, a donut pad can be placed around the corn to prevent pressure and friction. Corn pads can be purchased at a drug store, or come in to Brian's office and he will make a custom corn pad that fits your foot and shoe. If you need assistance selecting proper shoes for your foot type, please feel free to contact Brian. Wearing the wrong shoe for your foot type can cause a lot of issues in the feet, legs, hip and back.

Sources: <https://emedicine.medscape.com/article/1089807-overview?form=fp#a3>
<https://www.mayoclinic.org/diseases-conditions/corns-and-calluses/symptoms-causes/syc-20355946>
<https://www.aad.org/public/everyday-care/injured-skin/burns/treat-corns-calluses>



Diabetes and Depression

The mind/body relationship has been studied and verified many times, but all too often that connection is not recognized in clinical practice. Over the years I have known multiple people who have had symptoms of depression that are given medication and counselling, but the individual does not have true depression. The person actually has diabetes, which often mimics depression because of fluctuation in blood sugar levels.

If an individual has concerns about depression he/she should be tested for diabetes. Those with diabetes also have an increased risk of depression. Since the brain primarily runs on glucose, the correlation is obvious.

Depression interferes with the ability to execute tasks, communicate, and think clearly. This can interfere with a person's ability to successfully manage diabetes.

Studies demonstrate that inconsistent blood sugar regulation can lead to negative mood swings, anger, sadness, and nervousness. This frequently leads to poor lifestyle decisions and greater complications from diabetes.

Individuals with diabetes have an increased risk of depression, either from poor blood sugar management or distress from the worries of the illness.

As high as 50 percent of individuals managing diabetes can suffer from diabetes distress. Research demonstrates that meeting with peer groups, regular guidance from a dietitian, or health coach, can reduce this distress and greatly lower the risk of depression.

Additionally, research also demonstrates that those with depression can be more prone to developing diabetes. Poor control of an individual's blood sugar increases risk even more. Proper blood sugar regulation is very important to health. Because diabetes often has no symptoms people tend to be undisciplined when it comes to testing glucose and managing the disease. This will increase the severity of the side effects when exposed to the flu, COVID, and other illnesses that may not affect other populations.



Diabetes

Are you at Risk for Diabetes?

Take the diabetes risk test @ <https://www.cdc.gov/prediabetes/takethetest/> or hard copies are located outside Brian's office.

Diabetes Program

The National Diabetes Prevention Program is a proven prevention program. Research demonstrates that people with prediabetes can cut their risk of developing type 2 diabetes by 58 percent, 71 percent for people over 60 years old, when participating in this program. The program helps people improve lifestyles and lose weight. Losing as little as five to seven percent of their body weight through healthier eating, along with 150 minutes of physical activity a week, can prevent diabetes. People who completed a type 2 diabetes prevention lifestyle change program were one-third less likely to develop type 2 diabetes after 10 years.

Sources

<https://sph.umich.edu/pursuit/2019posts/mood-blood-sugar-kujawski.html>

<https://www.healthline.com/health/type-2-diabetes/depression#symptoms>

<https://www.mayoclinic.org/diseases-conditions/diabetes/expert-answers/diabetes-and-depression/faq-20057904>

<https://www.cdc.gov/diabetes/managing/mental-health.html>

[IMPROVING EMPLOYEE HEALTH THROUGH DIABETES PREVENTION: A Virtual Summit for Worksites, Oct. 28, 2020](#)

www.hopkinsmedicine.org/conditions/diabetes

Quarterly Wellness Initiatives:

****MARK YOUR CALENDARS. THE ANNUAL IPSC HEALTH AND SAFETY FAIR WILL BE HELD DURING THE MONTH OF SEPTEMBER. FREE SCREENINGS FOR EMPLOYEES AND SPOUSES.**

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com. Forms are also located outside of Brian's office, or use this QR code to access current programs.

- Olympicfest – Earn Bronze, Silver, or Gold level of gift card value by setting goals in specific areas and improving your health over time.
- Rejuvenate – Things at IPSC are getting difficult. Learning to rejuvenate and recharge individual and family's energy levels to help reduce stress are needed now more than ever. Learn how with the Rejuvenate Initiative.



On Going - Continuing Initiatives

- ✓ **Spouse Staywell Letter Incentive** – Sign your spouse up to receive the Staywell Newsletter and receive a gift card.
- ✓ **Radon Testing**
- ✓ **Diabetes Prevention & BP/Cholesterol Improvement Initiative**
- ✓ **Prove IT Fitness Challenge/1-800-Sta-well**
- ✓ **Weight Loss Challenge and Maintenance Program**
- ✓ **100 winks**

