

# Tagaloa-Tulifau Foot and Ankle Center

**“We provide the most comprehensive care  
for all your foot and ankle problems”**

**Greetings to you all our fellow friends, patients and colleagues**

Welcome to our Spring 2008 Newsletter. Our focus on this newsletter is DIABETES AND COMPLICATIONS. Diabetes if not controlled will result in devastating complications to the foot. There is no cure for diabetes; however it can be managed using medication and life style changes including proper nutrition, exercise and stress reduction. When the sugar level in a diabetic is elevated and out of control, the excess sugar will settle in nerves and arteries thereby damaging them. That will cause burning, numbness and coldness sensation on the feet. This is a condition that's called PERIPHERAL NEUROPATHY. When much of the nerves are damaged, people with diabetes will have no feelings on their feet. They can step on sharp objects and don't know it until they start having drainage and infection coming from the foot. Excess sugar in the body will also damage the kidneys, a condition called NEPHROPATHY that when severe requires dialysis. Excess sugar in the body will also damage the eyes. When diabetes damages the arteries of the legs and feet, circulation is also compromised. That is why when a diabetic gets a simple cut or sore on the skin of their legs or feet, it takes a longer time to heal. If the sore doesn't heal in a timely manner, infection will occur and many times will require surgery to remove all the dead skin and soft tissue and sometimes dead bones. Sometimes it requires amputation of parts of the foot or the entire foot.

When someone is diagnosed with diabetes, it is of utmost importance to visit their Primary Doctor, Endocrinologist, Ophthalmologist and Podiatrist on a regular basis.

I am a proponent of the slogan “PREVENTION IS BETTER THAN CURE”. Diabetes being a progressive and chronic disease, not having any complications now does not mean you will never have any complications.

Here at TTFAC, we have the technology and knowledge to evaluate, diagnose and treat all of your foot and ankle problems and to help prevent complications from diabetes.

Sincerely

**Dr. Mafutaga S. Tagaloa-Tulifau, D.P.M.**



## Fall 2008 Newsletter

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**Oct. - Nov. 2008**

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**We are also available  
on the web at  
[www.ttfootandankle.com](http://www.ttfootandankle.com)**

Postage

## MEDICARE DIABETIC SHOE PROGRAM

Diabetes is on the epidemic rise in the United States. It is also the leading cause for non traumatic amputation of the lower extremities. In 1998, Congress passed legislation that allowed Medicare funds to pay for diabetic shoes and inserts for qualified patients. We are proud to inform you that our office is an approved supplier for diabetic shoes and inserts. We evaluate, prescribe and dispense diabetic shoes and inserts to qualified patients. The idea behind the diabetic shoe program is to prevent amputation. Good fitting shoes and inserts is a conservative treatment for many foot deformities. If you've been diagnosed with Diabetes Mellitus, you need to contact our office for a diabetic foot evaluation.

## DIABETIC FOOT ULCERS AND AMPUTATION CAN BE PREVENTED BY REGULAR FOOT EXAMS

Ulcers are a leading cause of amputation upon people with Diabetes. However, they are preventable in most cases with regular foot exams performed by your Podiatrist. In a routine foot exam, Dr. Tulifau checks for any foot deformities such as bunions, hammer-toes and flat feet. Dr. Tulifau also checks for fungal infection of the toenails, callouses and corns. Research shows that people that visit their Podiatrist on a regular basis are far higher in preventing complications from diabetes. You should put your trust in Dr. Tulifau for all your foot and ankle care.



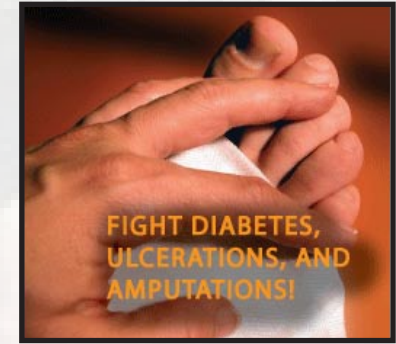
*We offer free consultation\* for all your foot and ankle problems.*

*\*Does not include xrays and treatments*

*\*Offer expires November 30, 2008*

## CARING FOR THE DIABETIC FOOT

1. Do not soak feet. This will cause dryness and can burn skin leading to ulcers.
2. Do not put moisturizing cream between toes. This will trap moisture between toes leading to breaks in the skin.
3. Do not self treat corns, callouses and infected toenails
4. Keep moving and exercising. This will keep your sugar level at bay and increases circulation to the legs and feet.
5. Take your medications regularly.
6. Always wear shoes and socks.
7. Watch your dietary intake.
8. Check your feet daily using a hand held square mirror, for breaks in the skin, redness, swelling or drainage and report any signs to your Podiatrist immediately.
9. Do not smoke
10. See your Podiatrist on a regular basis to help prevent complications



Dr. Tagalao-Tulifau is highly experienced at combating diabetic podiatric disorders. Hundreds of our patients have successfully avoided painful complications, including ulcerations and amputations of the toes, feet and lower extremities. Fight diabetes. **Ask Dr. Tagalao-Tulifau today!**

## CALENDAR OF EVENTS AT TTFAC

OCTOBER - NOVEMBER

October 31 - Holiday  
Halloween

November 27 - Holiday  
Thanksgiving