



DIABETES AND ENDOCRINOLOGY DIGEST

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DIABETES & FOOT CARE

People with diabetes have to take special care of their feet and should have their feet examined by a healthcare provider at least once a year.



Here are some things you can do on your own to care for your feet:

1. Wash your feet in warm water daily. Be sure to dry your feet, especially between your toes.
2. Apply lotion to keep the skin soft and prevent cracking. Do NOT apply lotion between your toes.
3. Keep your toenails trimmed and inspect your feet every day for sores, cuts, or blisters. If you cannot see the bottom of your feet, ask someone to check your feet for you or use a mirror. Report any problems to your healthcare provider.
4. You should always wear properly fitting shoes and socks to protect your feet from injuries. Ask your healthcare provider if you need special shoes for diabetes.
5. Never walk around barefoot.
6. Always inspect the inside of your shoes for pebbles or other items as well as for any damage inside the shoe before placing them on your feet.

SHOES FOR DIABETES

If you would like diabetic shoes, you will be scheduled for a shoe evaluation appointment with a Medical Doctor, MD, per most insurance requirements, including Medicare. This appointment will be scheduled separately from your regular office follow-up visits.

CLINIC NEWS

Hamilton Diabetes & Endocrinology is excited to announce that we will have a new endocrinologist, Dr. Purnima Kabir, joining us this fall!

Dr. Purnima Kabir completed her medical residency here at Hamilton Medical Center and is currently finishing her fellowship at University of Alabama-Birmingham. Please help us welcome Dr. Kabir to the practice!

AIR FRYER SALMON

Yields: 2 servings

Nutrition: Serving Size: 6 ounces cooked salmon;

Calories: 220; Saturated Fat: 2 g; Sodium: 397 mg;
Carbohydrate: 1 g; Protein: 35 g

INGREDIENTS

- 2, 6-oz. salmon fillets
- Olive oil or avocado oil spray
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon salt
- Pinch of black pepper
- Lemon wedges (optional for serving)



Photo Credit: Real Food Dietitians
(realfooddietitians.com)

DIRECTIONS

1. Preheat the air fryer to 400°F.
2. Place pieces of salmon side-by-side on a sheet of foil or parchment paper that will fit inside the air fryer basket, skin side down.
3. Using a paper towel, pat the salmon dry. Spray with oil spray. Then, sprinkle with the garlic powder, onion powder, paprika, salt, and pepper.
4. Place the salmon (on the foil or parchment paper) in the preheated air fryer. Air fry salmon until it is cooked through and flakes easily with a fork, 7 to 9 minutes. There's no need to flip the salmon over. The time will depend on the thickness of salmon and the air fryer.
5. Squeeze lemon juice over salmon and serve with desired side dishes.

SALMON

There are many health benefits to eating Salmon! Salmon is a good, quality protein source which can help improve blood glucose as well as maintain and build muscle mass. Salmon also provides omega-3 fatty acids which are used to support our brain health including supporting cognitive function, mood and memory. Salmon also provides calcium and vitamin D which is good for our bones and preventing osteoporosis. Other nutrients found in salmon also support our immune system and our heart health!