

# Put the best foot forward in health care

## ◆ Podiatrist looks for signs of diabetes

SPARTA – Feet reveal a lot about a person's health and lifestyle. For instance, one of the first signs of diabetes may occur in the feet.

A condition called neuropathy, a loss of sensation in the feet, can be a signal that diabetes may be a cause for concern. Diabetics who suffer from the problem and are not alert to the condition of their feet, can develop serious problems.

Dr. Marc R. Frankel, of Sussex Foot & Ankle Specialists LLC, created the practice in order to provide foot services in the area.

“As the support for your entire body, your feet are the foundation for your body's health,” Frankel said. “For this reason, it is important to maintain healthy feet. At Sussex Foot & Ankle, we stay on the cutting edge of diagnostic and therapeutic procedures in order to offer all possible treatment options, even those that are not commonly available.”

Frankel received his Doctor of Podiatric Medicine in 1996 at the Pennsylvania College of Podiatric Medicine. He served a three-year residency in podiatric and clinical medicine and reconstructive surgery of the foot and ankle at the Franciscan Health System of New Jersey.

He is board-certified in foot surgery and a former clinical instructor at Mt. Sinai School of Medicine. Frankel is a member of the medical staff at Newton Memorial Hospital.

Recently, Frankel held a foot clinic for foot examinations without charge at his offices at the Sparta Health and Wellness Center in Sparta and the Milford Health and Wellness Center in Milford, Pa.

Richard Smith Sr. saw a flyer announcing the foot clinic and since



**Dr. Marc Frankel, of Sussex Foot & Ankle Specialists LLC, examines Richard Smith's feet during a recent foot clinic.**

he was diagnosed as a diabetic eight months ago, he decided to pay a visit.

He also sought diabetic counseling and education and met with a nutritionist. Smith resides with

his wife in Hardyston. They have three adult children and one grandchild.