



## Newsletter 135th Edition

November 2024

### *OUR MISSION*

To reach out and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to raise awareness of limb loss by becoming actively involved in our community.



### **EDITOR'S NOTE** – by Elaine Skaggs

November already? Although I'm really enjoying the cooler temperatures, that's not the only reason I have been looking forward to this month. Not only is Autumn here, with harvest festivals all around, beautiful scenery with the leaves changing color, and pumpkin spice everything, it's also a season for giving thanks. I believe in giving thanks for everything we experience in our lives, even the difficult circumstances some of us face. Those are the times we grow the most, in courage, in strength, and in character. It would be totally impossible for me to list all the things I'm thankful for. We would end up with a newsletter without an end. And it would be impossible to list my thanks from the most to the least. I can only summarize it by saying that I'm thankful for every moment of every day that I have life. Every moment is an opportunity for good to occur, whether it's my personal growth, or an opportunity to help someone else. And that is why I'm very thankful to be a part of Moving Forward! There are always opportunities for us to help our growing community of amputees. With the recent partnerships we've gained with PAM Healthcare and Encompass Baptist Health, those opportunities have become countless. This gives us the ability to connect with amputees who otherwise may never have learned that this group exists. Sometimes all it takes to help a person

deal with limb loss is knowing there are people out there who understand what he or she is going through. Our Mission Statement above says it all, and we add in the fun!!

Speaking of fun, we had a great time at both our meetings in October. During our Indiana meeting at PAM, Mike Bolland, host of the ‘We’re Not Stumped’ podcast joined us virtually. Mike is a speaker, podcaster, comedian, and congenital amputee with a very inspiring story. At our Louisville meeting Mary Dean, a physical therapist at Encompass joined us for a discussion about amputee life in general. We also had our annual Walk and Roll Fall Picnic on October 5th. This year was a great success, we couldn’t have asked for better weather! Be sure to check out our UPCOMING EVENTS section.

### **UPCOMING EVENTS**

**MONDAY November 18, 6:00pm - 7:30pm** Indiana meeting at PAM Rehabilitation Hospital, 2101 Broadway Street, Clarksville, IN 47129. We will meet in the cafeteria just inside the front entrance to the right.

**SATURDAY November 23, 2:00pm - 4:00pm** Louisville meeting at Baptist Health Rehabilitation Hospital, 11800 Bluegrass Parkway, Louisville, KY 40299, in the Day Room. We will post our Moving Forward signs for you to follow. Please note that this is our new meeting location for the Louisville meetings.

**SATURDAY December 7, 5:00 - 8:00pm** - We will be holding our annual Christmas Party at Encompass/Baptist Health Rehab Hospital. Come on out for a night filled with fun activities for everyone, including an ornament exchange, a craft table, even Santa may stop by for the kiddos. Dinner will be provided.

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“You only live once, but if you do it right, once is enough.”

— Mae West

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## Slow Cooker Bacon-Mushroom Dressing

Total Time



Prep: 20 min. Cook: 3 hours

### Ingredients

4 bacon strips, chopped

4 cups sliced fresh mushrooms

1 large onion, chopped

3 celery ribs, chopped

2 large eggs

1-1/2 to 2 cups reduced-sodium chicken broth, divided

1 package (12 ounces) seasoned stuffing cubes

1 package (6 ounces) corn bread stuffing mix

### Directions

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1 tablespoon in pan.

Add mushrooms, onion and celery to drippings; cook and stir over medium-high heat 5 - 6 minutes or until onion is tender.

In a bowl, whisk eggs and 1-1/2 cups broth until blended. In a large bowl, combine stuffing cubes, stuffing mix, bacon and mushroom mixture. Stir in egg mixture and enough additional broth to reach desired moistness.

Transfer to a greased 6-qt. slow cooker. Cook, covered, on low 3 to 3-1/2 hours or until heated through and edges are lightly browned, stirring once.

#### Nutrition Facts

3/4 cup: 172 calories, 4g fat (1g saturated fat), 26mg cholesterol, 657mg sodium, 29g carbohydrate (3g sugars, 2g fiber), 6g protein. Diabetic Exchanges: 2 starch, 1/2 fat.



### **Avoiding Secondary Pain**

*Updated 10/2024*

#### Introduction

Key to preventing secondary pain after limb loss is preventing complications. This means taking meticulous care of your residual limb, your prosthesis and your general health.

Because your residual limb is hidden under your prosthesis, paying close attention to how it looks when your prosthesis is off is very important. Developing habits of twice-a-day inspection and care is very important.

Also important is taking care of your prosthesis, liners and socks.

And what is meant by the term “general health”? This means eating well, getting physical exercise and rest and emotional well-being. It also means managing any health conditions as well as possible. If you have diabetes, this means keeping your glucose levels under good control. And it means maintaining a healthy weight, without swings of weight gain or loss.

#### General Guidelines for Taking Care of Your Residual Limb

It is hard to overstate the importance of taking care of your residual limb. Your healthcare team will give you instructions, but here are some general rules:

Wash your residual limb twice a day.

Use mild, fragrance-free soaps, as they are the least likely to cause skin irritation.

Use water-based lotions rather than alcohol-based, which have a tendency of drying the skin.

Wash your liner every night.

Do not wear a wet liner.

If your amputation is below the knee, check the hard-to-see area behind your residual limb knee with a mirror.

Report to your prosthetist the development of any blisters or reddened areas on your residual limb (that don't go away when your prosthesis is off).

### Care for Your Prosthesis

An ill-fitting prosthesis greatly increases your risk of secondary pain. The socket should be comfortable and practical.

Always wear shoes with the same heel height as the one your prosthesis was aligned with originally to maintain the right alignment.

You should check your prosthesis frequently for unusual signs of wear and tear and report concerns as soon as possible to your prosthetist.

### Pistoning and perspiration are two conditions that can cause pain in your residual limb.

**Pistoning:** This occurs when the residual limb slips up and down inside the prosthetic socket while walking. This can cause the skin to pull and be damaged. This is generally caused by one of two things: either by trapped air between your residual limb and your socket liner or by weight loss. To prevent trapped air, be sure to put your socket liner on by rolling it on. If you continue to experience pistoning after you have correctly applied your socket liner, contact your prosthetist to have your fit checked. To accommodate weight loss, some sockets can be reduced and/or padded, thicker liners may be used or air bladders may be installed.

**Perspiration:** Sweating is normal but can cause heat rash and abrasions. When sweating occurs, you should immediately remove your prosthesis. Dry your liner and skin before putting your prosthesis on again.

### Keep Moving

When a group of people with limb loss was surveyed, nearly 50 percent reported pain in their non-amputated limb and 62 percent reported low back pain. This is because after amputation other muscles and joints have to carry extra stresses and loads. These stresses can cause strain, inflammation and further pain. Additionally, low back and hip pain can increase symptoms of phantom pain.

Your physical therapist can help you design an appropriate exercise program. Regular exercise will help you strengthen and retrain your muscles. Besides walking, a good follow-up program may include back extension strengthening and balance exercises – important for helping to decrease the stresses to your low back and hips. You should try and see your therapist once a year or so for gait evaluation. If you slowly develop poor gait habits, it can cause back and/or hip pain.

## Weight Management

Maintaining a healthy weight is important for everyone. It is even more important after your amputation. Even a 5-pound weight gain or loss can make a difference in the fit of your prosthesis.

Eat a well-balanced diet and drink plenty of water. Not only will this help with weight management, but it will also help with maintaining healthy skin.

Report any change in your weight to your healthcare provider and prosthetist.

## Emotional Well-Being

Emotional well-being is another important part of preventing secondary pain; this is sometimes referred to as the mind-body-spirit connection. Here are some suggestions for how to decrease pain through focusing on your emotional well-being.

Practice relaxation. We know that tension and stress increase pain. It is estimated that 50 percent of pain can be reduced by relaxation.

Do things that you enjoy (e.g., hobbies, movies) with people you enjoy being with. Do something new and different every day.

Get social support. Stay in contact with friends and family, whether in person or by phone/Internet.

## About the Amputee Coalition

The Amputee Coalition is a donor-supported, nonprofit voluntary health organization serving the over 5.6 million people with limb loss and limb difference in the United States.

For more information, please call 888-267-5669 or visit [amputee-coalition.org](http://amputee-coalition.org).

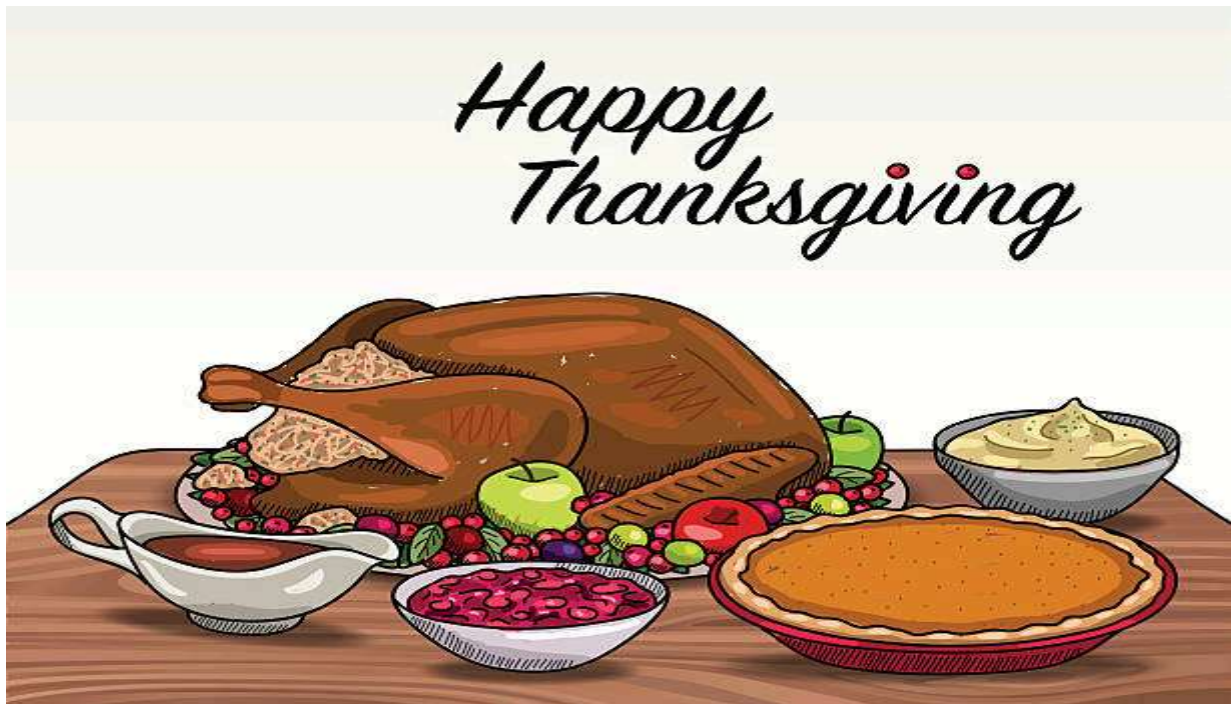
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*It is not the intention of the Amputee Coalition to provide specific medical or legal advice but rather to provide consumers with information to better understand their health and healthcare issues. The Amputee Coalition does not endorse any specific treatment, technology, company,*

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