



AUGUST 2014 NEWSLETTER



Foot Health Alert

PROTECT YOUR FEET IN THE HEAT!

August is one of the warmest months of the year in Central Texas, and with the scorching temperatures comes unrelenting sunshine that can cause damage to your skin and create potential larger melanoma or cancer risks.

While most people make an effort to apply sunscreen, the feet are often forgotten. Did you know that the tops and bottoms of your feet are at great risk during the most intense periods of sunshine — typically 10 a.m. to 3 p.m. — as well as during light to medium cloud cover? It's true, and you can even experience a burn while under an umbrella or when wearing light, loose woven clothing.



It only takes 15 minutes of exposure to ultraviolet rays for skin to burn to the point of causing swelling. Because the feet are so tender, the skin will quickly turn red and feel hot to the touch. This may cause pain as well as the development of blisters.

The best prevention is the liberal use of sunscreen with an SPF of 15 or higher to the tops and bottoms of your feet, even if wearing sandals. If you fail to prevent a burn, elevate your feet and drink plenty of fluids to keep your body hydrated and promote healing. You may also consider open toed shoes and either sandals or flats to reduce the pain.

SUN FACTS

1

Sun reflects off water, concrete, sand and even ice and snow. You can even get a sunburn while under three feet of water.

2

Skin cancer is the most common form of cancer in the world, with one in five Americans having the condition.

3

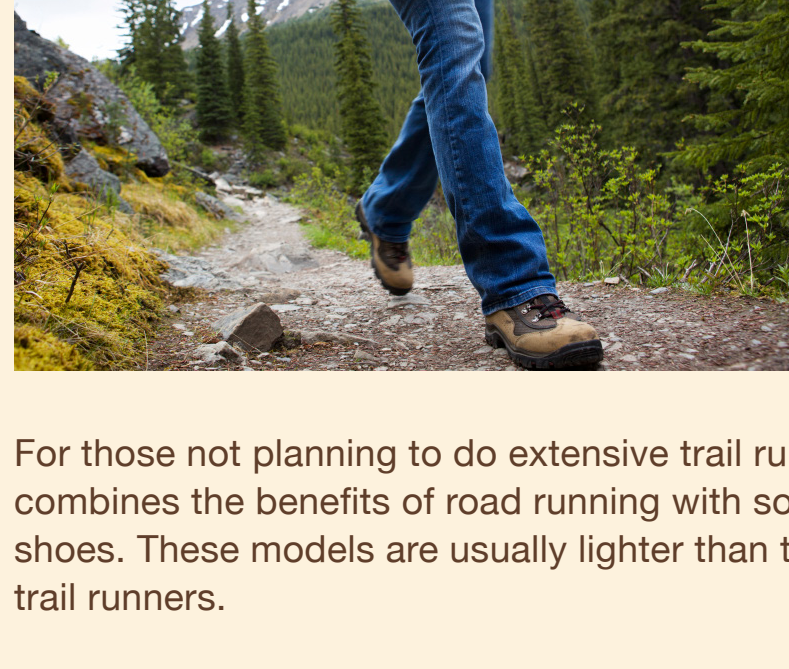
Using an SPF of 15 or higher for the first 20 years of life can reduce your lifelong risk of developing skin cancer by almost 80 percent.

Don't let the sun ruin your fun this summer. And if you experience sunburn conditions on your feet, treat them immediately or consult with your trusted team at Austin Foot and Ankle Specialists to prevent the threat of more significant damage.



HITTING THE TRAILS? MAKE SURE TO PICK THE RIGHT SHOE

If you enjoy running, sometimes a nice change of pace can be found on a local trail. This is especially true during summer months, when the heat on the street can make the idea of running under tree shade seem especially pleasant. If the trail in mind is well groomed, your everyday road shoes may work perfectly fine, but if you are going to be tackling more rugged terrain, consider a made-for-trail model.



The main difference between road shoes and trail shoes is the composition and sole. Road shoes are lighter to allow for better speed and responsiveness, while trail shoes are heavier to provide better support and foot protection. The soles of trail shoes are wider and closer to the ground to provide better balance on uneven surfaces, and some models even provide a toe bumper to help guard against stubbed toes and a thick insert between the midsole and outsole to prevent bruising from underfoot debris.

For those not planning to do extensive trail running, you may consider a hybrid model that combines the benefits of road running with some added durability and protection from trail shoes. These models are usually lighter than traditional trail shoes and work well for beginning trail runners.

Once you have determined what model may be best for you, it's worth finding a local running shoe store to have your foot sized and to try on the size that best fits your feet.

Austin Foot and Ankle Specialists can offer counsel regarding shoes that may work best for you based on your foot mechanics, running experience and other important factors. Contact us to set up an appointment or ask us during your next scheduled visit.



DR. ROBIN MAYFIELD

Holistic Naturopathic Chiropractor, Nutritionist and Acupuncturist

Dr. Robin Mayfield, holistic naturopathic chiropractor, nutritionist and acupuncturist, is now located in Three Lakes Physical Therapy and Wellness Center. She specializes in helping women feel better naturally.

Using state-of-the-art testing combined with 20+ years' experience, she listens to your whole story searching for an underlying cause.

- **NEUROTRANSMITTER TESTS FOR ANXIETY AND DEPRESSION**
- **SALIVA HORMONE TESTS FOR HORMONAL BALANCE**
- **BIO IDENTICAL HORMONES AND HERBS**
- **FIBROMYALGIA AND CHRONIC FATIGUE SOLUTIONS**
- **POST-CANCER RECOVERY TO YOUR OLD SELF**
- **MENOPAUSE AND PERIMENOPAUSE ISSUES**
- **DIGESTION PROBLEMS RESOLVED**
- **CHRONIC CONDITIONS CAN BE IMPROVED DRAMATICALLY**

Her typical patient is one that isn't feeling as good as she wants, and has some pesky symptoms that disrupt her life. Or she's had a trauma that has caused many of her symptoms, whether physical or emotional.

DOES THIS STORY SOUND LIKE YOU OR SOMEONE YOU KNOW?

- **YOUR SLEEP ISN'T AS GOOD AS IT USED TO BE**
- **YOUR DIGESTION ACTS UP OCCASIONALLY**
- **YOUR ENERGY IS LOW**
- **YOU DON'T FEEL LIKE GETTING UP IN THE MORNING**
- **YOU HURT IN NEW PLACES**
- **YOUR SEASONAL ALLERGIES ARE GETTING WORSE**
- **YOU NOTICE ANXIETY OR DEPRESSION FOR NO REASON**
- **HAVE YOUR PERIODS ARE CHANGING**

HAVE YOU EXPERIENCED THIS?

You go to your GP, who says you are stressed and need to relax more. S/he prescribes a statin for lowering your mildly high cholesterol, and says to lose some weight and exercise more. All your other blood tests are normal. There's nothing wrong with you. A little Flonase for allergies, and you're good to go.

You go to your ob-gyn who suggests getting on birth control pills to regulate your periods. Fatigue and insomnia? Well, would you like to try some Ambien?

Who helps your fatigue? You're told to go home, relax, enjoy life. And maybe talk to a therapist if you want.

Your therapist says you are depressed and suffering from anxiety disorder. The psychiatrist you are sent to adds in some anti-anxiety medications. Now you gain weight and feel even more lethargic, but your anxiety is slightly lessened.

YOU DIDN'T GET ANY BETTER

Your energy or mood hasn't improved, and now you are taking a cocktail of synthetic medications. Nothing was actually fixed.

GETTING TO THE ROOT OF ALL OF THESE SYMPTOMS IS WHAT DR. MAYFIELD LOVES AND WHERE SHE EXCELS.

YOU CAN FEEL GOOD AGAIN

Using practitioner-quality herbs and supplement combinations, you can recover from these vague symptoms and feel good again. Dr. Mayfield's hands-on therapies speed up your return to health. Functional urine, blood and saliva tests monitor your improvement along the way.

SCHEDULE YOUR APPOINTMENT TODAY to get your health back on track for now and your future self. (512) 201-4042.

QUESTION OF THE MONTH

Q.

During the summer months, when I wear flip flops or sandals, I experience dry heels that cause flaking and cracking of the skin. The fissures that are formed can even result in bleeding, and it becomes very uncomfortable to wear shoes. What is the most effective way to resolve this condition?

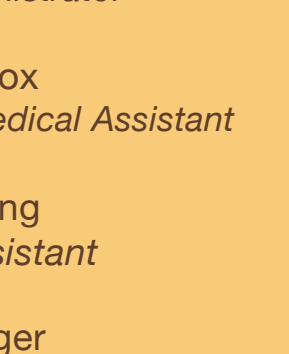
A.

Dry skin on any part of the body is annoying, but the heel area can be especially painful. Two of the most important treatment methods include regular exfoliating and moisturizing of the skin. There are also a number of over-the-counter products that can be purchased in our in-office dispensary including Foot Miracle Cream & Kera-42 Cream. Or please visit the online store at AustinFootAndAnkle.com for products such as Callex Ointment, Tripod Labs Hydrostat, Barefoot Botanica Cracked Heel Repair Cream and ClearZal Callus Cream.

MEET THE TEAM



DR. CRAIG THOMAJAN



DR. SHINE JOHN

Rhiannon Torrez
Practice Administrator

Byron Cox
Certified Podiatric Medical Assistant

Karin Jung
Medical Assistant

Tana Hager
Clinical Coordinator

Fabiola Carrillo
Clinical Scheduler

Monica Velez
Clinical Scribe

Amanda Wilson
Director of Community Relations

WHEN SHOULD YOU CALL A PODIATRIST?



You should call a podiatrist anytime you experience pain, discomfort, or notice changes in your feet. Key indicators include:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that affect your feet.

REFERRALS YOU MEAN THE WORLD TO US!

There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. We'd like to thank the following people for doing so this past month:

Louise P. • Holly L. • Debra V. • Katie R. • Sandra H. • Michelle G.

If you pass along our name to someone close to you, please let us know so we can say thanks!

BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't receive your birthday greeting but would like to in the future, please visit our [Contact Page](#) and let us know the date!

FREE BOOKS FOR A LIMITED TIME!



Choose from four books offering helpful tips and treatments for diabetic foot care, running, heel pain and general foot pain.

These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists.

CLICK HERE FOR YOUR FREE BOOKS NOW!