

MEET YOUR TEAM

Dr. Craig H. Thomajan

Rhiannon Torrez
Practice Manager

Byron Cox
Medical Assistant

Heather Ferguson
Patient Coordinator

REFERRALS 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:

Carol K. Shawn M.
Janelle C. Stacie C.
Paul T. Trung N.
Ryan S. Virginia B.

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

BIRTHDAY ANNOUNCEMENTS

To view this month's birthdays, [please click here](#).

Is your birthday coming up? Go to our [contact page](#) to submit your birthday or announcement so we can be sure to recognize our patients' and friends' special day!

QUESTION OF THE MONTH

I heard that the Chilean miners were sent down special copper socks to wear in the mine while awaiting rescue. What is the significance of these socks?

~ Sara D., South Austin

Copper has been used for thousands of years as a biocidal agent to destroy microorganisms. During that time, no microorganisms have developed a resistance to copper. Copper ions, either alone or in copper complexes, have been used for centuries to disinfect liquids, solids and human tissue.

Copper socks are a very effective means of keeping your feet healthy, as they are made with advanced materials that eliminate harmful bacteria and fungi, while also promoting healing. If you suffer from foot odor, sweaty feet, or want to keep your foot environment clean (which is highly important to diabetics), copper socks may be recommended.

Visit our Contact Page to submit your question

and receive your gift of Miracle Foot Cream if yours is chosen to be featured in our monthly newsletter!

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 effect your feet.

FREE EDUCATION REGARDING FOOT CARE FOR RUNNERS AND DIABETICS



If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running or diabetes, please take advantage of our complimentary books, *Diabetes and Your Feet* and *Keep Running! Identify and Prevent Common Running Injuries*.

Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

[CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!](#)

Taking a Vacation?

DON'T FORGET TO TAKE IT EASY ON YOUR FEET!

While rest and relaxation are often the primary goals when taking a vacation, taking time off during the winter season can be somewhat different. People travel all over the country in a limited amount of days, hustling through airports at a hectic pace to reach their final destination. Once there, they often spend more time on their feet than ever could have been imagined.

Whether touring sites with relatives or keeping up with grandchildren over the holidays, walking is great exercise and one of the most reliable forms of transportation, but if your feet aren't in the best shape or you don't have the right shoes, too much walking can cause foot problems.

Good foot care is essential if you plan to subject your feet to long periods of walking. Some simple foot care tips include:

- ❄️ Wear thick, absorbent socks (acrylic instead of cotton).
- ❄️ Dry feet thoroughly after bathing, making sure to dry between toes. Use powder before putting on shoes.

❄️ Nails should be cut regularly, straight across the toe.

❄️ Bunions, hammertoes or any other serious foot problems should be evaluated by a foot and ankle surgeon.

The right shoe is also important to healthy walking. It should be stable from side to side and well-cushioned, and it should enable you to walk smoothly. Many running shoes will fit the bill.

There are also many varieties of shoes made specially for walking. Walking shoes tend to be slightly less cushioned, yet not as bulky, and lighter than running shoes. Whether a walking or running shoe, the shoes need to feel stable and comfortable.

Stretching or warming up muscles prior to walking can also help alleviate stiffness or strains, especially with the heel cords (Achilles and calf) and thigh muscles.

If you're not accustomed to long walks, it would be a good idea to start slowly and rest if your feet start hurting. The most important thing is to have fun, and that's hard to do when your feet and ankles are suffering!



Dashing Through the Snow?

HOW TO CHOOSE WINTER SHOES

Fashion before comfort is often the rule for shoe fanatics, but before purchasing those new must-have casual winter boots, it's worth keeping the safety and comfort of your feet in mind.

Many fashion boots look nice, but do not provide the necessary support to keep feet safe, warm and comfortable during wintry weather. Here are some tips from the American Podiatric Medical Association to help you step through the winter with style and comfort:

LOOK FOR HEELS THAT HEAL

A thicker, wider heel that is less than two inches high is best. A higher heel not only puts excess weight at the balls of your feet, causing bunions and toe pain, but it's also dangerous when walking on slippery surfaces.

LEAVE SOME WIGGLE ROOM

When trying on new boots, bring heavy socks with you, or remember to consider room for them. Socks are also a critical part of your insulation from the cold.

SEEK ANKLE SUPPORT

Although a winter boot may cover your ankle, that doesn't mean it's supporting it. Be sure your footwear is sturdy enough so that your feet do not slip inside them.

For all winter footwear, it's also important to remember that a textured, rubber sole works better than any other type. This grip will help avoid slips and falls during the treacherous winter conditions.

These are just a few ways to ensure that you not only look great, but keep your feet healthy and happy during the winter months.

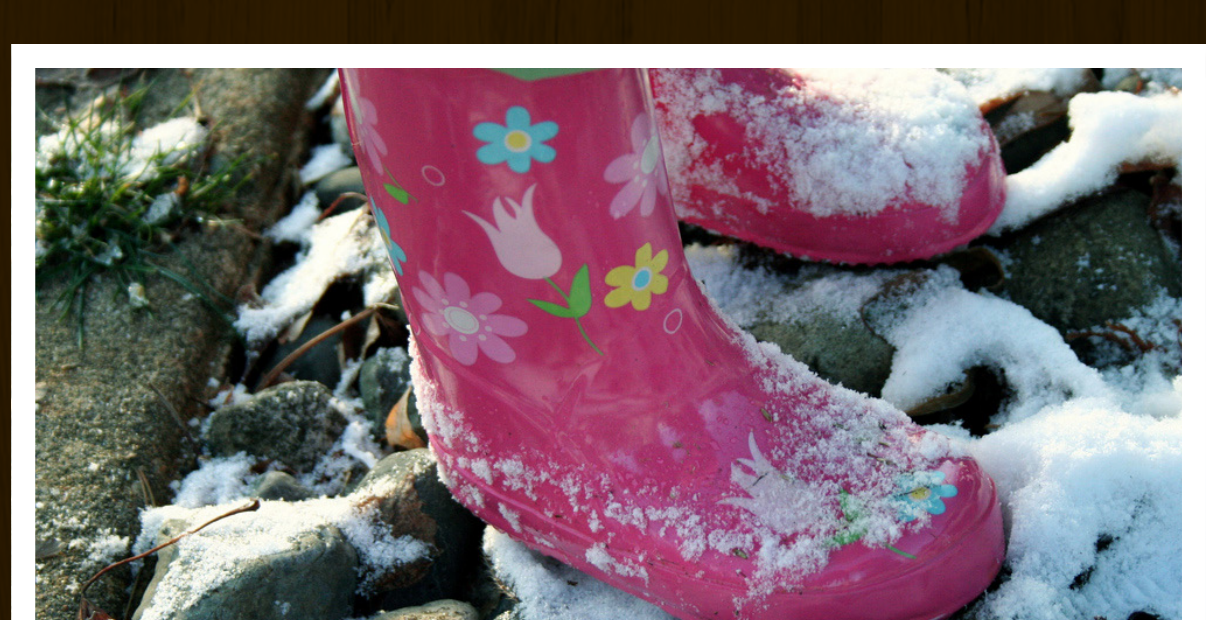
STICK TO LEATHER

During the winter months, feet tend to sweat more because they are enclosed with thick socks or hosiery. Leather absorbs moisture better than any other material.

INSULATE

Preventing cold, wet feet is just as important as keeping your body warm with a coat, hat and gloves. Insulated, waterproof boots or shoes are best during the winter months. In sub-freezing temperatures, soaked feet are in immediate danger of frostbite.

Winter ISN'T ALWAYS A Wonderland FOR YOUR FEET



Though it may not snow very often in Central Texas, the change in temperature to near freezing cold during the winter season can certainly make life difficult on your feet and ankles.

A few of the most common issues associated with the colder weather include:

DRY, ITCHY FEET - Believe it or not, both of these complaints will often result from the same problem! Warm, dark, humid environments create a delightful home for fungus. Dry feet are a sign of sweaty feet and sweaty feet are a precursor to fungal feet.

WET, COLD FEET - Whether it's rain or the occasional snow and slush, it can be tough to keep from allowing the elements to get in your shoes. Children leaving wet boots in the hall and walking around in socks just leads to problems.

HEEL PAIN - You're shopping, visiting friends and hosting relatives, and all the while your feet are taking a beating. Increased activity combined with improper shoes can all lead to serious, unmanageable foot pain. Be sure to wear supportive shoes all through this activity-packed season.

ANKLE SPRAINS - It's icy and slippery out and you have so much to do in a short amount of time. That is a recipe for a sprained ankle and a potentially dangerous fall. Be sure you're wearing the correct shoes for your activity, and slow down your pace.

And to make your holiday season as pain free as possible, here are some additional recommendations:

SHOES - Check with your foot and ankle doctor to be sure you're wearing the correct shoe size and support.

SOCKS - Get proper absorbent socks to help prevent fungus, which thrives in moist, dark areas...like inside your boots!

SAFETY - Be sure to salt icy areas around your home, including your driveway and front walk, and don't forget to slow down!

Last Minute Stocking Stuffer Ideas!



If you are seeking a few final gifts for a friend, relative or special someone in your life, consider a gift that will help ensure their lasting foot and ankle health.

Here are a few stocking stuffer ideas for last minute shoppers that can be purchased conveniently in the lobby of Austin Foot & Ankle Specialists:

Healthy/Happy Feet Pumice - Healthy Feet and Happy Feet products, used at professional salons and day spas, offer exceptional callus and dry skin removal.

Foot Miracle - Foot Miracle is a unique, deep penetrating formula that softens callused and rough areas of the skin, leaving a renewed feeling of comfort and vitality.

Biofreeze - Biofreeze Pain Relieving products offer temporary relief of minor aches and pains related to back, shoulder and neck strains; ankle, knee, hip and elbow joint discomfort; and muscle sprains and strains.

Thera-Band - Thera-Band is the world's leading designer of progressive elastic resistance exercise products for rehabilitation, training and home fitness.

Comprehensive Diabetic Foot Exam - Gift certificates for CDFE's, as the exam is known, are available for purchase and include an examination of the feet, combined with an educational and counseling session.