

MEET YOUR TEAM



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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!

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:

Bridget D.	Latonia B.
Cheryl B-R.	Lisa H.
Debbie S.	Marcena S.
Evan W.	Nagi S.
Florence E.	Nick S.
Jackie V.	Rachel D.
Jane C.	Whitney J.
Kali R.	

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

QUESTION OF THE MONTH

My husband and I disagree on the recommended length of one's toenails. Can you resolve this issue?

— Lisa M., Austin

The ideal length for a toenail is even with the tip of the toe. Any longer and the toenails can bump against the front of your shoe, causing soreness, swelling or even detachment of the nail. On the other hand, cutting toenails too short can result in damage to the living tissue under the nail and in extreme cases, an infected or ingrown nail.

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.



Cold Weather FOOT CARE

The holiday season is upon us, and while the chill in the air in Central Texas pales in comparison to the frigid temperatures experienced in more northern parts of the country, your feet are still susceptible to the same potential cold weather issues. Below are some of the most frequently reported wintertime foot issues:

ITCHY FEET: If your feet feel uncomfortably itchy, there's a good chance that they have been exposed to the dark, humid environment of winter footwear--the perfect breeding ground for fungus. When your feet begin to perspire inside your shoes, it can cause maceration of the skin due to over-hydration, at which time it can turn white and begin to break down and crack.

WET, COLD FEET: Winter weather usually means more rain and, in rare cases in Austin, even some light snow. It's important to ensure that your family members remove wet shoes as soon as possible to prevent the fungus issue listed above. Keeping your feet dry and warm is key, and this can be achieved with special absorbent socks and by avoiding walking around barefoot.

ANKLE SPRAINS: Boots are fashionable during the cold weather months, but any precipitation on the sidewalk can lead to an unexpected spill. Make sure that your footwear doesn't compromise your safety.

HEEL PAIN: Families are on the go more than ever during the holiday months, and that can result in numerous changes of shoes for different functions. Whether exercising, running errands, attending social events or just traveling to work, ill-fitting shoes can lead to serious, long-term foot problems. It is important to have shoes with proper support for the activity at hand.



MANAGING *Diabetes* DURING THE *Holidays*

Let's face it, one of the biggest highlights of the winter season is the food. Whether treats received at the office, appetizers at a neighborhood party or the multi-course meal at a family member's home, the options are nearly endless.

For a diabetic, it's important to plan ahead so that you can still enjoy food to the fullest, while also maintaining your overall health. Here are some tips from the American Diabetes Association:

Focus on friends and family instead of food.

Remember, the holidays are a time to slow down and catch up with your loved ones. Rather than surrounding yourself with unhealthy sweets, get outside, play games or find something to do that keeps the temptation at bay.

Enjoy the party, but don't overdo it.

Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual mealtime, try to eat the same amount that you normally would for a meal. Make sure your portions are reasonable and resist going back for second helpings.

Eat before you eat.

Don't skip meals or snacks earlier in the day to "save" calories and carbohydrates for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.

Bring your own food.

Rather than spending time worrying about what will be served, offer to bring your favorite diabetes-friendly dish. It could be a low-sugar or low-fat version of a recipe.

Drink in moderation.

If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of eggnog or red wine, holiday drinks can add a significant amount of calories to your holiday intake.

Stay active.

One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine.

Keeping Your Feet Healthy

WHEN TRAVELING



According to the American Podiatric Medical Association (APMA), the average person walks between 8,000-10,000 steps a day, but that number dramatically increases during the holiday season.

Whether you are a frequent flier or an occasional tourist, your feet often bear the brunt of aches and pains during holiday travel. Inappropriate footwear and inadequate circulation are two of the most common causes of complaints, but no matter what causes you to experience tired feet, muscles and joints, here are some easy tips from the APMA to help prevent these and other issues.

1 BE MINDFUL OF FOOTWEAR CHOICES

Travel days may not be the best time to show off your fashion prowess. You can always change into your most stylish footwear as soon as you arrive at your destination. During the trip, it would be wise to wear comfortable, supportive athletic shoes that allow your feet to breathe and receive ample cushioning.

2 KEEP MOVING

For every 45 minutes you spend sitting down while traveling, make time to stand and walk around for five minutes. Sitting for long periods of time restricts blood flow to the legs and feet, which can lead to swelling and, in extreme cases, blood clots of the legs.

3 EXERCISE YOUR FEET

Whether sitting on a plane or in a car, you only need a small amount of space to roll your ankles and point your toes up and down to encourage blood flow. And if you feel that your feet are beginning to swell, unlace your shoes immediately for relief.

4 BE PREPARED TO APPLY CARE

Some travelers swear by a portable foot care emergency kit loaded with items such as adhesive bandages, foot powder, antibiotic cream, tweezers and nail clippers. If you run into any issues, your relief will be at the ready.

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 and are available free for a limited time.

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER NOW!



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\$12.99
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*What's Hurting
YOUR Foot?*
A User's Guide to
Foot and Ankle Health