

DON'T FORGET YOUR FEET!

If you, like millions of others, plan to travel by plane this holiday season to visit friends, family and loved ones, you will no doubt spend ample timing planning your itinerary and packing your belongings before heading out.

of sitting can cause your feet and ankles to swell, resulting in discomfort en route and well after you arrive at your destination. Here are a few ideas to consider that will make your travel experience as pleasant as possible:

involves taking care of your feet during the trip. Especially on longer flights, extended periods

Keep in mind that one of the most important to-do's of your upcoming travel experience

DRINK PLENTY OF WATER It is important to hydrate prior to departure as well as throughout your trip. You might consider bringing an empty bottle with you to the airport so that you can fill it up throughout your trip.

It's easy to rely on snack foods at the airport and on the plane to sustain yourself during a trip. This may result in excessive sodium intake, which causes the body to retain fluid and promotes foot swelling.

KEEP MOVING While on the plane, keep your blood flowing by walking the aisles every hour or so. Trips

WATCH YOUR DIET

Gate 36 to the restroom also serve as a great way to keep mobile and promote circulation to the feet.

Gate 35

CREATE SPACE BELOW YOUR FEET If possible, store any excess gear in your overhead compartment to make more room

stretch our your legs.

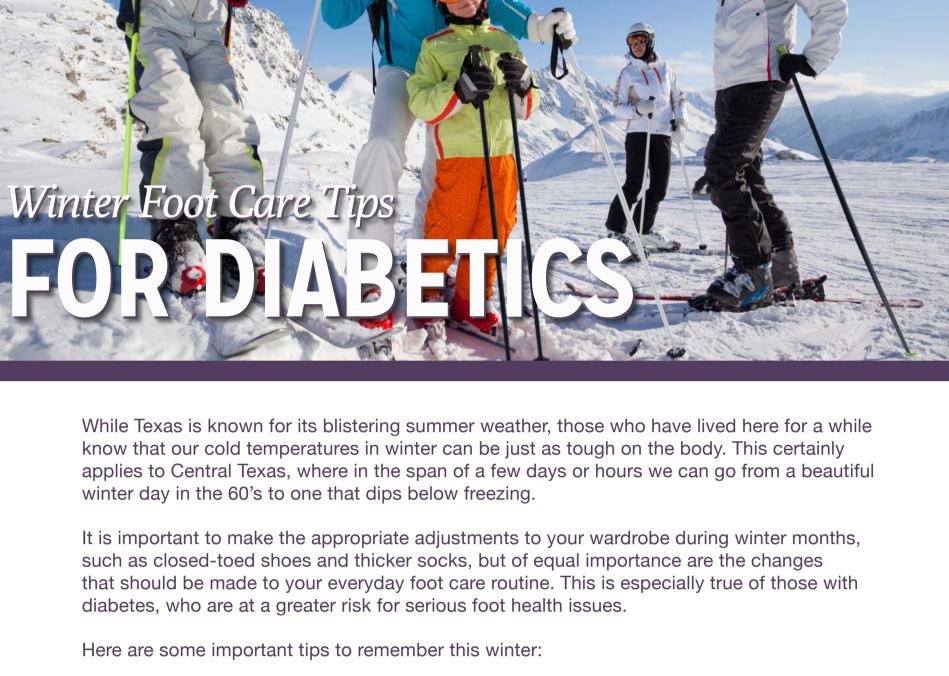
EXERCISE YOUR FEET

for your feet to move around, and consider

an exit seat if you require more room to

feet. Rolling the ankles and pointing your feet up and down are just a few examples. And try not to cross your legs, as this will cut off circulation over time. WEAR COMFORTABLE SHOES Traveling is a great time to wear compression socks, which help generate circulation in the feet. You will also want to wear a comfortable, yet supportive pair of shoes, possibly slip-ons,





room to maneuver while the fit remains comfortably secure. Leather and suede will allow for best circulation, though synthetic materials may afford better resistance to the elements. **SOCKS ARE IMPORTANT TOO** – Feet can sweat in cold weather just like they do in warm weather. For this reason, it is best to wear socks that are

Athlete's Foot and other conditions to originate.

perspiration.

infection.

subsequent infection.

KEEP YOUR FEET DRY – After bathing or becoming wet from exposure, it is important to dry your feet thoroughly to prevent fungal or bacterial infections. And

don't forget the space in between your toes, as this can be a perfect place for

WEAR PROPER FOOTWEAR – When choosing the right shoes for cold

weather, consider those with rounded toe box that will allow your toes plenty of

thick and breathable, allowing for proper air circulation while also wicking away

MOISTURIZE MORE THAN EVER – During the winter months, moisturizing

your feet is key to preventing any cracking from dry skin that could cause

PRACTICE PROPER NAIL CARE – When the cold weather makes feet

prone to dryness and potential cracking, pay particular attention to your nail care habits. If helpful, have a friend or family member assist to ensure that they are clipped straight across, preventing sharp edges from causing a potential cut and

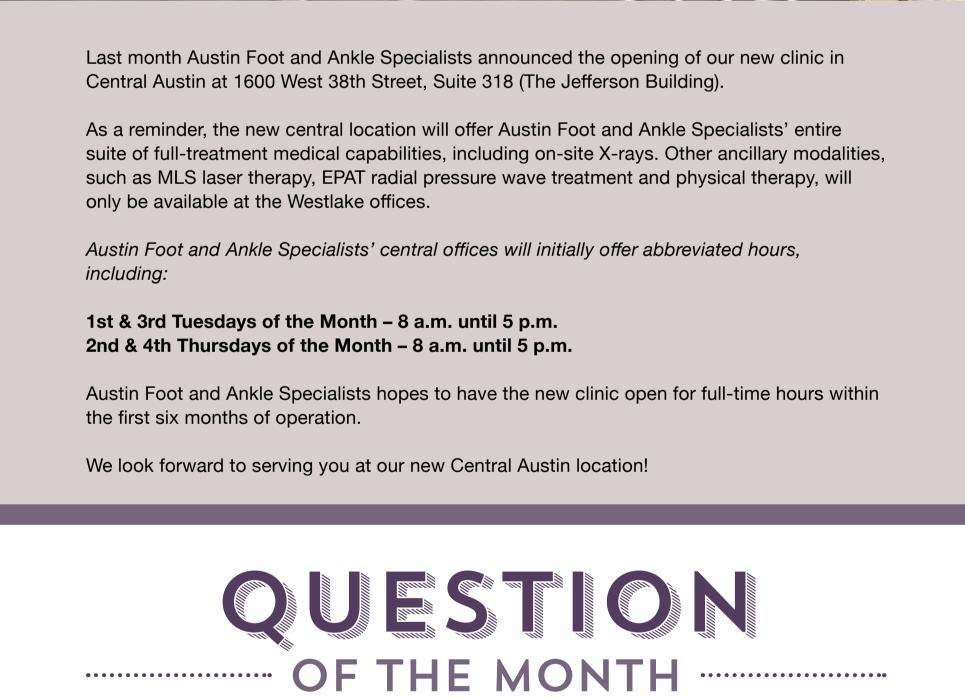
CHECK YOUR FEET – The most important piece of advice is to be diligent in monitoring your feet during winter months. Inspect them daily to ensure that the nail are properly trimmed, that there is no peeling or dampness between the toes, or that any swelling, cracks, cuts, bruises, calluses or blisters are visible.

With proper foot care during the coldest time of year, your feet will remain healthy and happy

in anticipation of getting out and about when warmer weather returns.

Don't Forget: Austin Foot and Ankle Specialists'

CENTRAL AUSTIN OFFIC



DPM, FACFAS You should call a podiatrist anytime you experience pain, discomfort, or notice changes Rhiannon Torrez: CPPM, Practice Administrator *in your feet. Key indicators include:*

Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

Esra Abu-Esba: Medical Assistant

 Your toenail is getting thicker and causing you Lindsey Ryder: Medical Assistant discomfort. Fabiola Carrillo: Clinical Scheduler You have heel pain accompanied by a fever, redness or numbness and tingling in your heel. Kelly Dyer: Clinical Coordinator You have diabetes or certain other diseases that affect your feet. Frances Yule: Billing Specialist

peeling.

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

There are blisters on your feet.

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

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

Joanna J. · Kathy M. · Janis A · Debbie E. · Sue P./Billy D. · Byron M. · Evan M.

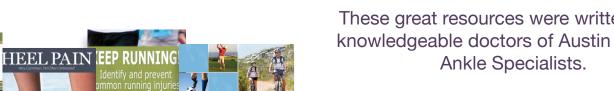
or family member. We'd like to thank the following people for doing so this past month:

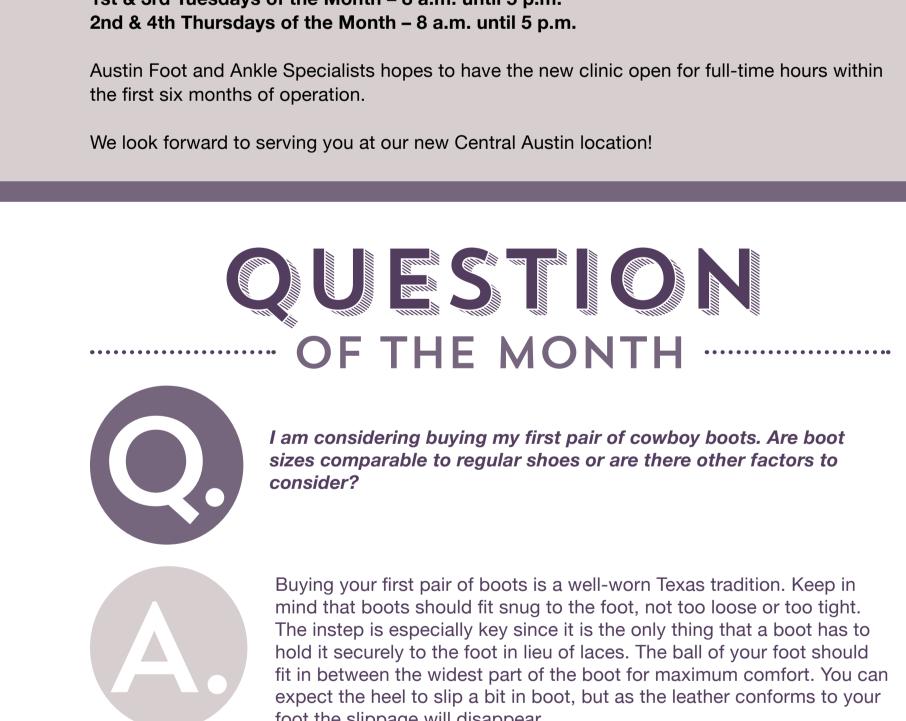
These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists.

Choose from four books offering helpful tips

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 and treatments for diabetic foot care, running, heel pain and general foot pain. FOR A LIMITED TIME!





foot the slippage will disappear. MEET THE WHEN SHOULD A PODIATRIST? DR. CRAIG NALAMOHT DPM, FACFAS DR. SHINE JOHN

Ken N. · John T. · Anne P/Michelle R. · Adrien W. · Denise D. If you pass along our name to someone close to you, please let us know so we can say thanks!

CLICK HERE FOR YOUR FREE BOOKS NOW!

www.austinfootandankle.com

or send an email to adminaustinfootankle@blueorchidmarketing.com with Unsubscribe as the subject line.

5000 Bee Cave Road, Suite 202 · Austin, TX 78746 · (512) 328-8900 If you do not wish to receive future emails from our office, please *Click Here to Unsubscribe*