

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:

Amy J.	Matthew H.
Chris K.	Michelle G.
David C.	Nancy E.
Jackie V.	Samantha S.
Krista C.	Vianey G.

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

QUESTION OF THE MONTH

I'd really like to get in better shape this year, but I have always suffered from chronic foot pain. What exercises can help me maintain a healthy lifestyle while not putting too much pressure on my feet?

Congratulations on your commitment to a healthy lifestyle! Any foot pain is to be taken seriously, and your podiatrist can help assess your problem and create a treatment program to address the source of your discomfort. In the meantime, there are numerous exercises that put a very limited amount of stress on your feet that may be worth a look. They include rowing with an upper body ergometer, swimming, riding a recumbent bike, sprinting on a stationary bike, walking in the pool or interval training on an elliptical machine. Foot pain is different with every individual, so if you feel any pain please stop immediately and consult your podiatrist. Good luck!

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 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!



Start the New Year WITH A COMMITMENT TO *Foot Health*

The start of a New Year marks a wonderful time for individuals to make resolutions, many of which focus on improving one's overall health. For many people,

this includes goals such as eating healthier, getting enough sleep and working out regularly. When making your resolutions for 2013, don't forget the importance of foot health and the role your feet play in helping you achieve and maintaining an active, healthy lifestyle.

According to the American Podiatric Medical Association (APMA), your feet log an amazing 75,000 miles by the time they reach age 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented.

If you are experiencing any of the common health issues listed below, Austin Foot and Ankle Specialists is ready to assist in creating a personal treatment program to ensure that your feet are happy and healthy for this year and many more to follow.

ARTHRITIS

Arthritis is inflammation and swelling of the cartilage and lining of the joints, generally accompanied by an increase in the fluid in the joints. Each foot has 33 joints that can be afflicted with arthritis.

DIABETES & CARDIOVASCULAR DISEASE

Over 26 million individuals in the U.S. have diabetes, and your podiatrist plays an integral role in your ongoing treatment and management of the disease to help avoid foot-related complications, including:

- » *Diabetic Wound Care* – A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot.
- » *Peripheral Arterial Disease* – PAD, as it is known, is caused by a blockage or narrowing of the arteries in the legs when fatty deposits (plaque) build up.
- » *Peripheral neuropathy* – Damage of the peripheral nerves—the nerves in your toes and fingertips—is commonly caused by diabetes.

FOOT & ANKLE INJURIES

Sprains, Strains & Fractures

The feet and ankles work together to provide support and mobility to the body. A foot or ankle sprain is a soft tissue injury. A fracture is actually a break in the bone.

MUSCLE & TENDON PROBLEMS

Haglund's Deformity

A bony enlargement of the back of the heel bone. It is sometimes called "pump bump" because the deformity often occurs in women who wear high-heeled shoes.

Heel Pain

The heel bone is the largest of the 26 bones in the human foot. Like all bones, it is subject to outside influences that can affect its integrity and cause heel pain.

Tendinitis

Achilles tendinitis, or an inflammation of the Achilles tendon, is one of the most common causes of foot or ankle pain.

SKIN DISORDERS

Athlete's Foot

A skin disease caused by a fungus. It most commonly occurs because shoes create a warm, dark, and humid environment that encourages fungus growth.

Corns and Calluses

Corns and calluses are areas of thickened skin that develop to protect an area from irritation. They are usually caused by rubbing or excess pressure against part of the foot.

Psoriasis

Caused by faster-than-normal turnover of skin cells. In people who have psoriasis, the new cells move to the surface so rapidly that the dead cells build up on the surface in dry, whitish-silver patches.

Skin Cancers of the Feet

Can develop anywhere on the body, including in the lower extremities. Most skin cancers of the feet are painless, and often there is a history of recurrent cracking, bleeding, or ulceration.

Sweaty Feet

Excessive sweating of the feet is called hyperhidrosis. People whose feet sweat excessively often also have problems with excessive sweating of the palms.

Warts

One of several soft tissue conditions of the foot that can be quite painful. They are caused by a virus and can appear anywhere on the skin.

TOE JOINT & NERVE DISORDERS

Bunions

An enlargement of the joint at the base of the big toe that forms when the bone or tissue at the big toe joint moves out of place.

Hammer Toes

A contracture, or bending, of the toe at the first joint of the digit, called the proximal interphalangeal joint. This bending causes the toe to appear like an upside-down V when looked at from the side.

Neuroma

A painful condition, also referred to as a "pinched nerve" or a nerve tumor. It is a benign growth of nerve tissue frequently found between the third and fourth toes.

TOENAIL PROBLEMS

Ingrown Toenails

The most common nail impairment, resulting from nails whose corners or sides dig painfully into the soft tissue of nail grooves, often leading to irritation, redness, and swelling.

Toenail Fungus

An infection underneath the surface of the nail caused by fungi, characterized by a progressive change in a toenail's quality and color.



GET THE 411 ON ORTHOTICS

What is an orthotic?

Orthotics are shoe inserts that are intended to correct an abnormal, or irregular, walking pattern.

Orthotics are not truly or solely "arch supports," although some people use those words to describe them, and they can best be understood with those words in mind. They perform functions that make standing, walking, and running more comfortable and efficient, by altering slightly the angles at which the foot strikes a walking or running surface.

Orthotics take various forms and are constructed of various materials. All are concerned with improving foot function and minimizing stress forces that could ultimately cause foot deformity and pain.

Who needs orthotics?

Doctors of podiatric medicine prescribe orthotics as a conservative approach to many foot problems or as a method of control after certain types of foot surgery.

Foot orthotics fall into three broad categories: those that primarily attempt to change foot function, those that are primarily protective in nature, and those that combine functional control and protection.

You may be a candidate for orthotics if:

- » You participate in activities that place stress on your feet (running, basketball, soccer, etc.)
- » You have an obvious imbalance that causes such symptoms as flat or high arched feet
- » You have external malalignments such as bow knees, knock knees, pigeon-toes, or "duck feet"
- » You have already developed chronic foot problems, ranging from corns and calluses to arch pain and heel spur pain
- » Your job requires being on your feet for extended periods of time

Over-the-counter or custom orthotic?

Patients often ask what the real difference is between an over the counter orthotic and a custom orthotic. The answer is very simple: Over the counter orthotics are symmetrical and therefore will only work for a small percentage of the population, while custom orthotics are molded and created just for your feet and gait. In some circumstances, it's necessary for one orthotic to be different than the other. This is impossible to accomplish with over the counter orthotics but can make a huge difference for a patient suffering from foot pain.

What to expect from orthotics?

Being in good communication with your podiatrist about the specific goals and expectations you have for your orthotics is very important for both your peace of mind and the overall result achieved with your orthotics.

Austin Foot and Ankle Specialists uses a new style of Total Contact Orthotics that stands apart from traditional orthotic designs. Based on patient feedback, in nine out of 10 cases this orthotic has achieved the desired result. More importantly, with modern technology we can often predict the success of an orthotic before it is even cast for a patient. Some patients may find orthotics to be a miracle cure for their foot discomfort, but keep in mind that is an individual's instability is very severe an orthotic may only offer partial relief. In these cases, more aggressive treatment ranging from bracing to surgery may be recommended to truly address the issue.

If you feel you may be a candidate for orthotics, based on ongoing foot discomfort or a fitness regimen that results in regular stress on your feet, contact Austin Foot and Ankle Specialists for a personal assessment.