



# JANUARY 2014 NEWSLETTER

## Introducing KERYFLEX for PATIENTS

### Austin Foot and Ankle Specialists

is pleased to announce that it is now offering the revolutionary KeryFlex nail restoration system for patients with significant nail disorders.

Previously there were few options for individuals managing nail issues associated with onychomycosis, diabetes, infections, ingrown toenails, psoriasis and several other conditions. Because the appearance of nails is important to patients, the makers of KeryFlex designed a nail restoration system that uses polymer resins and special activators to create a durable, yet flexible artificial nail.

The specialists at Austin Foot and Ankle can complete the application of KeryFlex in 20-30 minutes typically. Each application lasts up to six to eight weeks, and the nails can be removed by your podiatrist at any time.

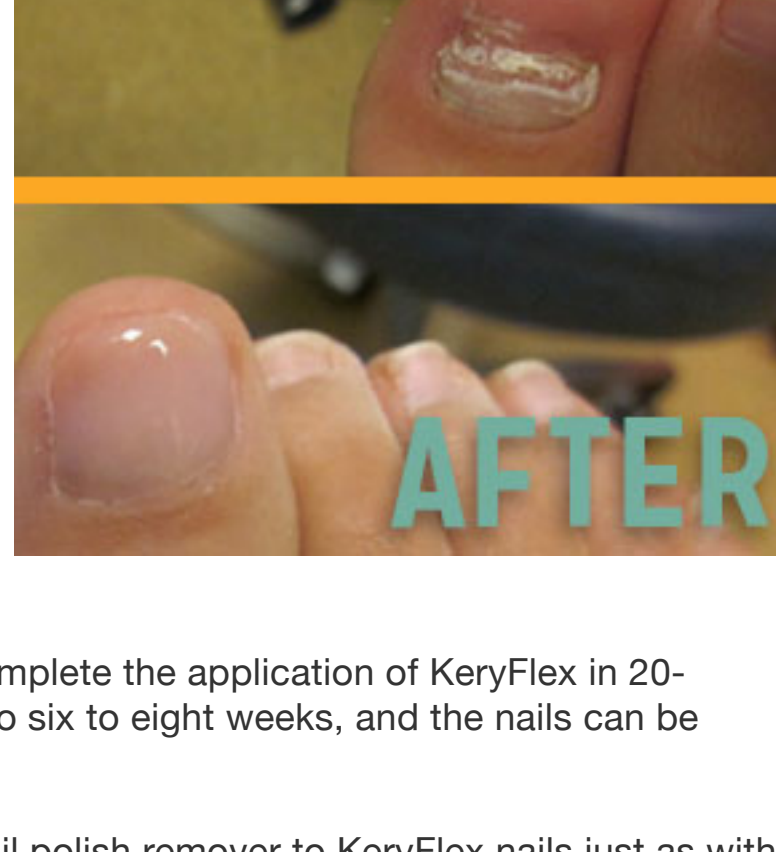
Best of all, patients can apply nail polish and nail polish remover to KeryFlex nails just as with their traditional nails.

### ADDITIONAL BENEFITS OF KERYFLEX INCLUDE:

- **Doesn't irritate the skin**
- **Will not bond to skin, thus allowing a natural edge to be fabricated**
- **Allows patients to use antimicrobial solutions to treat fungal infection**
- **Provides for cosmetically pleasing nails during antifungal therapy**
- **Offers nails that are durable and flexible with the movement of the foot**

The ideal candidate for KeryFlex faces mild to moderate impairment, such as nails impacted by injury, spoon shaped nails, brittle and splitting nails, discolored nails or nails with horizontal ridges.

If you think KeryFlex is right for you, contact Austin Foot and Ankle Specialists today for a personal assessment and treatment plan. It's never too soon to get those nails ready for spring sandal and flip flop weather!



## Is Nerve Decompression Surgery RIGHT FOR YOU?

If you are experiencing symptoms such as numbness, burning, pain or muscle weakness among the peripheral nerves of your lower extremity, there is a chance that you may have peripheral neuropathy and should consider nerve decompression surgery.

Dr. Craig Thomajan, who is a member of the Association of Extremity Nerve Surgeons, has completed advanced training in the diagnosis and treatment of nerve problems of the lower extremity.

At Austin Foot and Ankle Specialists, nerve decompression surgery is a minimally invasive outpatient procedure that is applied to relieve pressure of a nerve. Before any surgery is considered, a work up involving your primary care physician or a specialists would be shared with Dr. Thomajan to determine the cause of the peripheral neuropathy and to exclude any non-peripheral nerve related conditions.

There are a number of causes of peripheral neuropathy, ranging from previous brain or spine surgery to trauma, as well as more common conditions such as diabetes, hypothyroidism, certain autoimmune conditions, vitamin deficiencies and reaction to prescribed drugs.



Some of the most common anatomical sites of lower extremity nerve decompression include Peroneal Nerve Decompression and Tibial Nerve/Tarsal Tunnel Syndrome:

### PERONEAL NERVE DECOMPRESSION

- most often associated with a history of previous knee trauma or ankle sprain, and features foot drop, top of the foot numbness and/or pain that becomes worse with physical activity.

### TIBIAL NERVE/TARSAL TUNNEL SYNDROME

- extremely common among diabetics, and results in bottom of the foot numbness, pain and /or burning due to inner ankle nerve decompression. It can also be present at the posterior proximal calf area.

Diabetics patients are especially at risk of peripheral neuropathy, which can cause numbness, pain or burning sensations in the lower extremity. Approximately 60-70 percent of diabetics experience some form of neuropathy, and the highest rates are seen in patients who have had diabetes for at least 25 years. Experts recommend that diabetics have a comprehensive foot examination at least once per year to check for peripheral neuropathy.

The nerves to the feet are the longest in the body and are the ones most often affected by neuropathy. If you are experiencing any of these symptoms, contact Austin Foot and Ankle Specialists today for an evaluation, as prolonged observation of this condition can lead to irreversible nerve damage.

## QUESTION

### OF THE MONTH



***I have elderly loved ones that are at high risk of experiencing fall-related injuries. This is especially true during the winter months when the wet, cold weather can result in freezing conditions. Are there any preventative steps that can be taken to help them avoid falls?***



Falls and fall-related injuries are among the leading causes of injury deaths among older adults. Assessing an individual's potential risk factors is an important step, as there are measures that can be taken to help prevent falls. One of the most common options is a specialized balance brace orthosis that can improve postural control. A great first step is to set up an evaluation, so that a game plan can be put into action sooner than later.

## START THE NEW YEAR with a commitment to HEALTHY EATING

As we roll into the New Year, conversations will no doubt contain mentions of resolutions to spend more time with loved ones, exercise more frequently, pursue a new hobby and countless other worthy initiatives. This is a also the perfect time of year to pursue a smart diet program, as maintaining a healthy weight is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease.

***Here are a few tips from the American Diabetes Association to help get you started:***

### BUILD A HEALTHIER PLATE

- Buy leaner meats and lower fat dairy products
- Buy whole grain breads and cereals
- Save money by buying less soda, sweets, chips and snack foods
- Remember that special diabetic or dietetic foods often cost extra money and may not be much healthier than simply following the suggestions given here

### SHOP SMART

- Set aside time to plan your weekly meals
- Try to buy fresh fruits and vegetables instead of canned or frozen versions
- When you run out, put items on your grocery list so you'll always have them on hand
- Shop only from your grocery list
- Avoid aisles that contain foods high in calories but low in vitamins and minerals
- Never shop when you are hungry

### EAT SMART

- Drain and rinse canned vegetables in fresh water before heating to help cut down on sodium
- Try starting meals with a salad or broth or tomato-based soup
- Make healthy snack foods easy to find in your kitchen
- In restaurants, ask if meats can be grilled instead of fried and request sauces and dressings on the side

## MEET THE TEAM



**DR. CRAIG  
THOMAJAN**



**DR. SHINE  
JOHN**

Rhiannon Torrez  
Practice Administrator

Byron Cox  
Certified Podiatric Medical Assistant

Karin Jung  
Medical Assistant

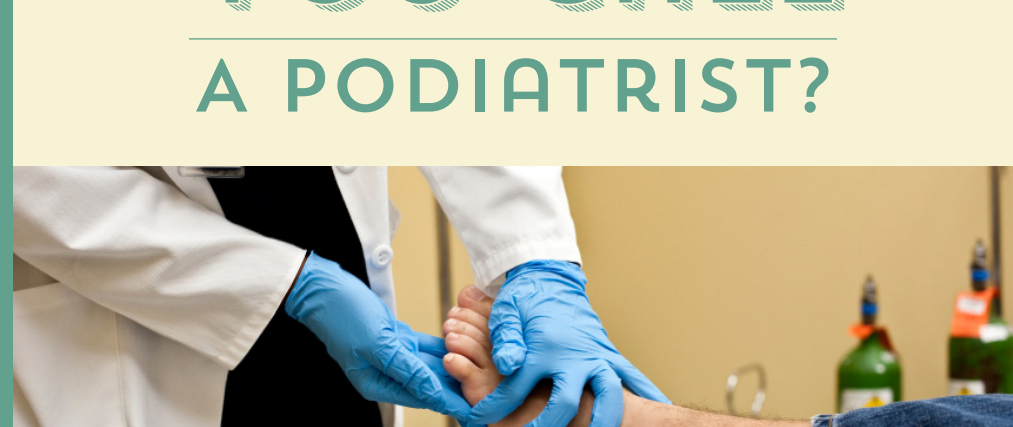
Tana Hager  
Clinical Coordinator

Carolyn McCarty  
Clinical Coordinator

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:

Chris S. • Donna D. • Andrew S. • Darryl N. • Kristin K. • Walter B. • Brady A. • Demra J. Simone K. • Elizabeth K. • Rita K. • Wendy T. • Seay Family • Deborah W. • Gene B. • Carlye B. Angie J. • Eric T. • Ruth J. • Pat S. • Carlye B. • Elizabeth C.

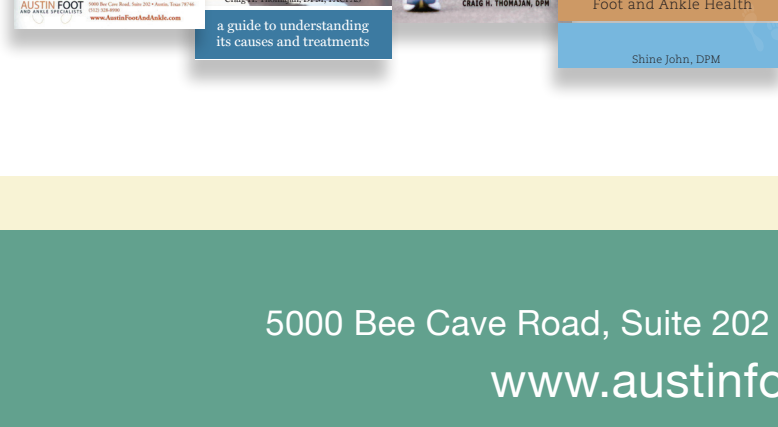
***If you pass along our name to someone close to you, please let us know so we can say thanks!***

## 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!**

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