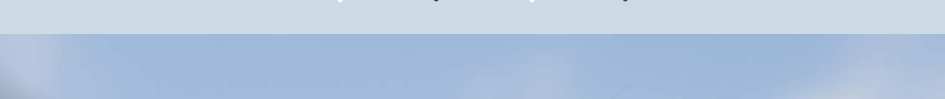




JANUARY 2015 NEWSLETTER



COMMIT TO A HEALTHY BODY & MIND IN 2015

This is the time of year when stress is higher than normal and healthy eating can fall by the wayside. Spending time with friends, family and co-workers offers a perfect opportunity to observe habits, decisions or behaviors that you may wish to emulate or avoid in your own life. With this information in mind, you can more clearly set goals necessary to attain and maintain a healthier mind and body in the New Year.

The best planning involves setting small goals and taking things one step at a time. Here are five tips from the American Psychological Association to make lasting, positive lifestyle and behavioral changes:

MAKE A PLAN THAT CAN LAST.

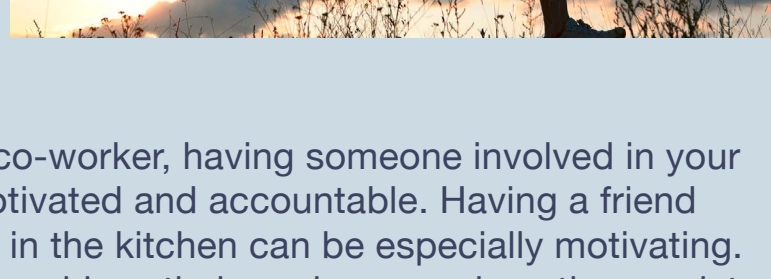
The more realistic and specific plan, the better. Don't just identify tasks, but also include how, when or where you can achieve them in your daily routine. Record them on your iPad or daily journal, and make reminders to keep yourself motivated to stay on track. The best ideas are ones that will last long beyond the span of one year.

START SMALL.

After you've identified realistic short- and long-term goals, break them down into small, manageable steps that can be measured. If you'd like to become a runner, maybe start with one mile and add a mile to your routine each month. If you'd like to lose 20 pounds over five months, maybe aim for one pound per week to begin.

TACKLE ONE BEHAVIOR AT A TIME.

Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. Also, be realistic with your expectations. Reward yourself for each new behavioral change and tackle a new one to keep your momentum.

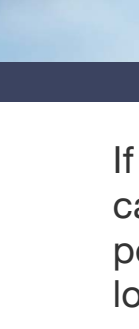


INVOLVE A FRIEND.

Whether you choose a friend, family member or co-worker, having someone involved in your short- and long-term goals will help keep you motivated and accountable. Having a friend willing to join you at the gym, on a jog or hike, or in the kitchen can be especially motivating. And in many cases you may be able to help them achieve their goals as much as they assist you.

DON'T BE AFRAID TO ASK FOR SUPPORT.

While behavioral changes often involve physical activity, of equal importance is the mental side of the challenge. Accepting help from those who care about you and will listen strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your own, consider seeking help from a psychologist. They are uniquely trained to understand the connection between the mind and body, as well as the factors that promote behavior change.



Resolutions!

Resolve to Manage Your Diabetes in the New Year!

If you are a diabetic, the time spent setting your goals to achieve a healthier body and mind can also include a special emphasis on diabetes management. While everyone has their own personal approach for managing the disease, following are a few tips to consider for your long-term health and wellness:

OVERALL DIABETES MANAGEMENT

- Try and visit your physician two to four times each year.
- Visit your foot and ankle specialists one to two times each year.
- Establish a system to double check the dosage and instructions for each of your prescribed diabetes medications.
- Create and follow a specific schedule for checking your blood glucose levels.
- If your blood glucose meter is aging, consider replacing it to ensure the most accurate readings.
- Know the recommended levels, as well as your personal numbers, for blood pressure, cholesterol and glycated hemoglobin (A1C).
- Have an emergency protocol in place, both for yourself and friends or family, in the event of an unexpected blood glucose reaction.

HEALTHY EATING AND WEIGHT MANAGEMENT

- Visit a dietitian to help you develop a plan to reach a healthy, sustainable weight level.
- Get creative in the kitchen. Scheduling well-balanced, nutritious meals in advance will help prevent less healthy, spur of the moment options.
- Consider bringing your lunch to work a few times each week, as a way to ensure that you are staying on track.

PHYSICAL ACTIVITY

- Get outside. Whether it's a walk, jog, hike or bicycle ride, any form of physical activity will help better your overall health.
- Take the stairs instead of the elevator at work, or park a bit further away to burn some additional calories each day.
- Invite a friend to begin a fitness routine with you.

Managing diabetes is a day-to-day commitment. Start the New Year off right by making a treatment plan and sticking to it. The reward of improved overall health and wellness will be worth every ounce of effort.



AVOIDING FALLS DURING WINTERTIME

If there's one thing predictable about the winter weather in Central Texas, it's the fact that it's nearly impossible to predict. Depending on the weather pattern of the day, one can go from temperatures in the mid-50s to freezing in the span of a day if not hours. Crossing the street, walking down a sidewalk or getting in your car on the driveway can present opportunities for slips and falls that can cause painful if not debilitating injuries.

As we head into some of the most challenging weather months of the year, here are some tips to avoid injuries:

- 1 If you can avoid slippery surfaces, do so. Icy roads aren't the only concern. Even wet leaves on the ground can create an unstable surface.
- 2 Focus on the path in front of you, taking your time to proceed slowly and steadily.
- 3 Keep an eye out for handrails. They are often placed in locations where slips and falls are most common.
- 4 When entering an office, home or building, check to make sure that the stairs and entryway are clear of ice or slush which could cause an accident.
- 5 Watch for changes in the surface of a sidewalk. In normal conditions it is easy to see changes in elevation or unstable pavement, but when wet or covered with ice, this can be especially dangerous.
- 6 Always wipe your feet when you go inside a home, office or store. Sometimes the most serious injuries happen when people slip on water that has been tracked in much earlier.
- 7 Be sure that your footwear is up to the challenge. It's perfectly acceptable to wear one pair of shoes with textured soles for dangerous surfaces, and then change into casual or dress shoes once you have reached your destination.

In the event that you do suffer a slip, try and roll with the fall if you are falling forward. If you are falling backward, it's best to try and move your body into a sitting position. Most importantly, don't fight a fall, as the most serious injuries occur when the body stiffens. Try and prevent any unusual twists or dramatic movements during the fall, instead making an effort to relax the body.

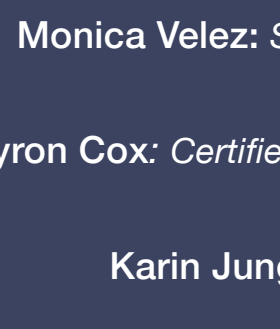
Fortunately, Texas winters are relatively brief and before we know it the days will soon be back up in the 80s and 90s. Keep these tips in mind to prevent an injury that could keep you off your feet when it's time to get outdoors and enjoy the pleasant Central Texas spring weather.

QUESTION OF THE MONTH

Q. *In the winter months, I try and keep my running routine on track by using a treadmill at the gym. While the cardio benefits are great, it does not feel natural to me. Is this a common response to indoor running?*

A. Without question, keeping your fitness routine going during the cold winter months is a great idea. Many people use treadmills to achieve their desired miles, and it is not uncommon for the experience to feel unnatural. This is because the rubber belt pulls your feet out from under you when you run, and you are not pushing off as normal to generate forward momentum. One tip to better simulate a natural stride is to increase the incline of the treadmill a few degrees, focusing on good posture by keeping your upper body straight and landing with your feet directly under your center of gravity. And if the treadmill experience results in discomfort to your feet in any way, stop immediately and consult your foot and ankle specialists. There are many other exercises that can provide cardio benefits with less impact on your feet.

MEET THE TEAM



DR. CRAIG THOMAJAN
DPM, FACFAS



DR. SHINE JOHN
DPM, FACFAS

Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

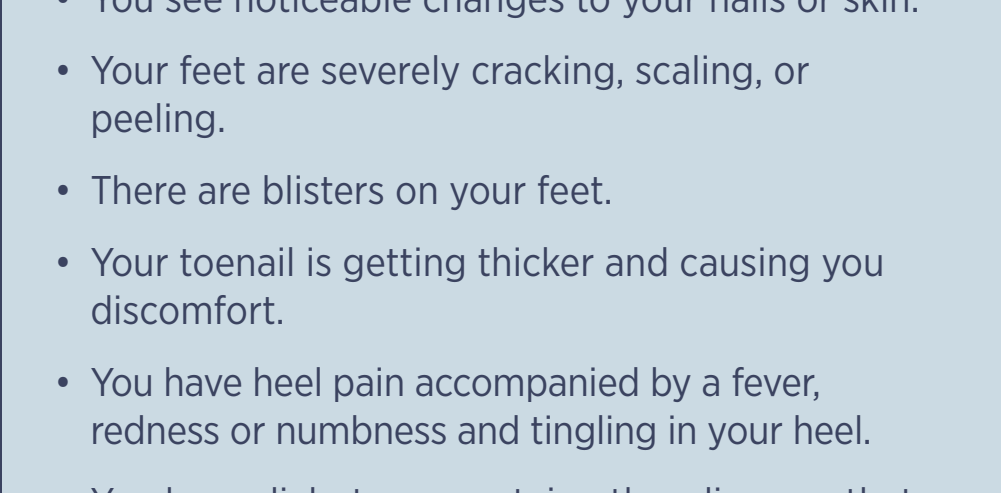
Esra Abu-Esba: Medical Assistant

Lindsey Ryder: Medical Assistant

Kelly Dyer: Clinical Coordinator

Frances Yule: Billing Specialist

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:

Mary B. · Avery M. · Lane Y. · Darlene W. · Denver M. · Sherika B.

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.

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