

AUSTIN FOOT AND ANKLE SPECIALISTS

AUSTINFOOTANDANKLE.COM

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:

Aminah Y.	Madeline M.
Ben P.	Margaret J.
Beth J.	Marlowe N.
Brett H.	Michael K.
Carol W.	Michaela L.
Elizabeth B.	Patricia A.
Elizabeth N.	Patricia J.
Ellen P.	Patty/Bryan C.
Gary B.	Paul T.
Jane C.	Robbie M.
Janice M.	Sandra A.
Jeanne G.	Seth B.
Jose R.	Tara M.
Laurie H.	Verna M.

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 cracks the joints in his toes regularly, and I have heard that this can lead to arthritis. Is that true?

- Janet D., South Austin

Many people associate knuckle cracking with arthritis because when something makes a cracking noise, it seems like damage must be caused. The cracking sound is caused by gases naturally found in all bodily fluids rapidly being released from the synovial fluid (lubricant) that is found in the joint capsule surrounding the articular cartilage where the ends of two bones meet. There are no conclusive studies that indicate that knuckle cracking is associated with arthritis, but that being said, there are also no real benefits from cracking your knuckles.

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.



PROTECT YOUR FEET from the HEAT

IF YOU ARE PLANNING A BEACH VACATION THIS SUMMER with your family, you are likely already dreaming of the total relaxation that accompanies the simple act of lounging by the water with your bare feet in the sand.

According to the American Podiatric Medical Association, even when lying still on your back while soaking up sunrays, your feet are very vulnerable. You can seriously sunburn your feet, and no matter how upscale your surroundings, athlete's foot can be found in just about any public area.

To give you more time collecting sea shells and less time collecting doctor's bills, consider these tips to prevent vacation-related foot predicaments:

- Limit barefoot walking, as it exposes feet to sunburn, plantar warts, athlete's foot, ring worm and other infections
- Remember to apply sunscreen all over your feet, especially the tops and fronts of your ankles – and reapply after going in the water
- Stay hydrated by drinking plenty of water throughout the day, to help minimize foot swelling
- Keep blood flowing with periodic ankle flexes, toe wiggles and calf stretches
- Pack several pairs of shoes to match the various activities planned during your vacation

Most importantly, if you injure your foot or ankle while on vacation, seek professional help from a foot and ankle specialist. A podiatric physician can begin treating your ailment immediately even while you are away from home.

With this information in mind, you and your family will have all toes on deck for an enjoyable vacation!



MAKE SURE YOUR FOOTWEAR ISN'T A Flop

Each summer, millions of Americans switch to flip flops as the shoe of choice, whether at the beach, dining out, shopping or even at the office. While there is no doubt that flip flops can provide some relief from the summer heat, it is important to consider the negative impact this form of footwear can have on your feet.

Flip flops were originally designed for walking short distances and with a specific purpose, namely to protect the wearer from burning their feet on hot sand. Over time they have become more of a fashion statement than a functional footwear option, seen as appropriate no matter the occasion.

The problem with flip flops is that they offer no form of arch support, thus forcing the wearer to apply more pressure on the heel and to alter their gate to keep the shoe on. Though many choose flip flops for their perceived comfort, often the damage they cause is done progressively, at times with the wearer not even noticing.

Those at greatest risk are individuals with flat feet, high arches, bunions, hammertoes or other preexisting conditions such as knee, hip or back problems that can be exacerbated by wearing flip flops. They should also be avoided by individuals with diabetes or circulation problems, as cuts or abrasions might not be noticed and can lead to infections.

One option, especially for women, is sandals. Many styles offer the same open air feel but provide adequate foot and ankle support. For men, Crocs and other similar footwear have become increasingly popular while meeting their support and comfort needs.

Austin Foot and Ankle Specialists offers a wide range of footwear options that can serve as an alternative to flip flops, whether for summer or year-round. To view the selection online, [CLICK HERE](#).

MANAGING SUMMER HEAT & TRAVEL with Diabetes



One of the most enjoyable elements of summer travel is having the opportunity to change up your routine. However, for those with diabetes, one routine that should follow you wherever you go is your care routine.

Meals away from home, time zone changes, summer heat

and poor air quality can all affect the health of diabetics. Before you hit the road this summer, consider the following tips:

HIGH HEAT

- Heat can affect your blood glucose levels and also increase the absorption of some fast-acting insulin, meaning you will need to test your blood glucose more often and adjust your intake of insulin, food and liquids
- Drink plenty of water to combat dehydration and avoid sugary beverages
- If traveling with insulin, don't store it in direct sunlight or in a hot car
- Exercise indoors, or if necessary, in the early morning or late evening when temperatures are cooler

AIR QUALITY

- Exposure to air pollution can increase the risk of heart attacks or strokes for those with diabetes
- Avoid exercising outdoors on days with unhealthy air quality
- Limit physical activity near busy roads to reduce exposure to air pollution

PACKING MEDICATION

- Pack twice the amount of diabetes supplies you expect to need, just in case of travel delays
- Keep snacks, glucose gel or tablets with you in case your blood glucose drops
- Make sure to keep a medical insurance card and emergency numbers handy
- Carry medical identification that says you have diabetes
- Keep time zone changes in mind, so you'll know when to take medication
- Take copies of prescriptions with you in case you lose your medication

ON THE ROAD

- Reduce your risk of blood clots by moving around every hour or two
- Bring bottles of water, dried fruit and nuts, and even a small cooler with fresh fruit or vegetables

IN THE AIR

- If you are flying and do not want to walk through the metal detector with your insulin pump, tell a security officer and request a visual inspection of the pump and a full-body pat-down
- Place all diabetes supplies in carry-on luggage
- If meals are served on your flight, call ahead and request a diabetic, low fat or low cholesterol meal
- When drawing up your dose of insulin, don't inject air into the bottle (the air on your plane will probably be pressurized)

Stay safe during the summer travel months, and ensure that your diabetes remains well under control whether you are near or far from home.

FREE EDUCATION REGARDING FOOT CARE

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running, diabetes or heel pain, please take advantage of our complimentary books, *Diabetes and Your Feet*, *Keep Running! Identify and Prevent Common Running Injuries* and *Heel Pain: Very Common, Yet Often Untreated*.

All were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

[CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!](#)

