

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:

Marilaura F.	Susan G.
Christian S.	Janet D.
Charles M.	Erin G.
Michael F.	James B.
Irene O.	Lindsay M.
Don C.	Shannon B.
Lalitaben P.	Susana C.
Gloria C.	Lorraine S.
Thomas H.	Caroline M.
Laura M.	Jean Haverty
Addison M.	Chase Meyer
Virginia C.	Valerie S.
Tami B.	Zoey T.
Jennifer M.	Robert M.
Don L.	Robert W.
Doug M.	Susan S.
Nathan B.	Cynthia B.
Rachel M.	Helena M.
Scott R.	Larry H.
Julianna L.	Vincent C.
Nancy R.	Susan C.
Cynthia M.	Lilianne B.
Angela G.	Betsy G.
Jennifer T.	Alura T.
Janice F.	Kathy S.
Christina M.	Jacob M.
Chris K.	Misty M.
Belinda M.	Zach T.
Ross B.	Alex W.
Colleen O.	Monica P.
Amy G.	Alan B.
Brad C.	Dan C.
Amanda W.	Barby O.
Amy B.	

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

WIN A PRIZE!

Our referral promotion is back! Tell a friend about Austin Foot and Ankle and earn a chance to win a great prize such as a **GOOGLE CHROME COMPUTER, AN E-BOOK READER, OR A GIFT CARD TO SWIFT'S ATTIC RESTAURANT**

The promotion runs through the end of **JUNE**, click here for more details.

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.

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!

NEWS & UPDATES

JUNE 2013

GETTING YOUR FEET READY FOR POOL & VACATION SEASON



With the school year wrapping up and families gearing up for vacation and pool season, sandals and flip-flops will become the standard for daily footwear. Colorful nail polish is certainly a plus, but if your feet are not healthy, other issues may be more difficult to disguise.

Some of the most common foot problems that women experience are easy to remedy with over the counter treatment or support provided by your foot and ankle specialist.

Ingrown Toenails – This issue occurs when the nail grows into the flesh instead of over it, usually affecting the toenails and particularly the big toe. It is often exacerbated in runners and athletes when their toes rub up against their shoes. Over the counter medication can aid this issue, but it is also recommended that you seek a professional consultation to determine the severity of the situation and the best course of treatment.

Plantar Warts – These unsightly blemishes occur on the sole of the foot in the form of a thickened, callus-like growth. Some of the

most common causes of plantar warts include the use of public showers, skin trauma and a weakened immune system. The warts can be treated through basic surgical freezing performed by your foot and ankle specialist.

Calluses and Corns – These problems are caused by the friction between loose shoes and toes, resulting in an unattractive accumulation of dead skin cells. Your foot and ankle specialist can cut away corns and calluses and advise the proper footwear and padding necessary to prevent them from reoccurring.

Athlete's Foot – This fungal infection develops in the moist area between your toes and other parts of your foot. It causes cracking, peeling and a smelliness of the feet, and if left untreated, can lead to more serious bacterial infection. It can be treated with over the counter medication, but it is advised that you see a foot and ankle specialist to ensure that no further treatment is necessary.

If you are experiencing any of these issues, visit Austin Foot and Ankle Specialists for an assessment, so that a treatment plan can be put in place to get your feet healthy not just for summer, but for all seasons.



DIABETES FOOT CARE CAN BE AS EASY AS 1-2-3

For individuals living with diabetes, a significant amount of advice relates to maintaining a proper diet and staying active. Of equal importance is proper foot care. Diabetic foot problems are a significant health concern and are a common cause of hospitalization.

Most foot problems faced by diabetics arise from nerve damage and poor circulation, both common complications of the disease. The lack of feeling and poor blood flow can allow small, common issues can lead to serious infections in a matter of days. One of the most common tips is to avoid walking barefoot whenever possible, but that is just one of many ideas that can benefit your foot health.

Establishing a preventative foot care routine can be one of the most effective ways of staving off significant issues in the future. Here are a few tips that can be exercised on a daily, weekly or monthly basis, depending on the amount of time you are willing to spend:

DAILY

- Apply moisturizer to your feet after you shower, while they are still damp.
- This helps to retain moisture in your skin.
- Keep foot balm by your bedside and apply to your heels and any cracked skin on your feet every night before you go to sleep.

WEEKLY

- Use a file to remove dead skin and calluses from your feet. Be careful not to file too often, though, as this can actually leave you prone to more calluses forming.
- Massage your feet, or have a loved one assist you. Foot massage maintains and improves circulation in your feet.
- Keep your toe nails as smooth and even as possible, to prevent any cuts or nail issues that could result in infection.
- Use an intensive moisturizer on your feet, which can also help with exfoliation, leaving your skin soft and healthy. Some experts recommend putting plenty of lotion on your feet before bed and slipping them into socks. In the morning you will awaken to significantly softer feet.

MONTHLY

- Invest in a professional pedicure whenever possible. Most treatments include exfoliation of dead cells, smoothing of the foot surface to stimulate regeneration, removal of calluses and dead skin, special cuticle treatments, moisturizer therapy and massage to stimulate blood flow. And leaving with an attractive coat of nail paint is icing on the cake!

Following all or even a handful of these foot care practices can be vital to maintaining ongoing foot health, especially for those at greater risk of serious issues due to diabetes. Set up an appointment to visit Austin Foot and Ankle Specialists if you would like to receive a diabetes specific foot care assessment and treatment plan.



HITTING THE ROAD THIS SUMMER?

HOW TO PREVENT FOOT DISCOMFORT

Like millions of Americans, you and your family will likely hit the road or head to the airport this summer for a fun family getaway. Whether your trip lasts a few hours or the better part of a day to reach your destination, chances are that you will experience some form of foot discomfort caused by poor circulation from sitting still for extended periods of time.

Leg swelling is typically temporary, unless you are older, overweight, have a history of blood clots or have recently undergone surgery. Thankfully, it is also preventable with proper planning.

TIPS

- Wear loose-fitting, comfortable clothing.
- Select shoes that can easily be slipped on and off during the trip.
- Rub your feet every so often to encourage circulation.
- Get up and move at least once an hour, or use restroom stops during car trips to stretch your legs
- Flex your toes, rotate your ankles and lift your legs to keep the blood flowing throughout your ankles and legs.
- Avoid crossing your legs, which decreases circulation.
- Drink as much water as possible, as dehydration can cause swelling.
- If you are experiencing any foot or ankle issues, it is recommended that you visit your foot and ankle specialists before embarking on any form of extended travel. Foot issues, however minor, can become much more serious if not handled in a timely manner, and the impact of long road trips or airplane travel can put you at event greater risk.