



MARCH 2014 NEWSLETTER



Let Walking Lead the Way to BETTER HEALTH

Already having trouble sticking to your fitness-related New Year's resolution? You're not alone.

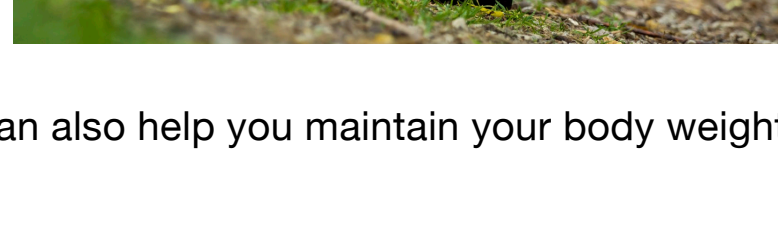
It's very common for well-intentioned health regiments to begin wearing off a few months after the start of a new year. Between work responsibilities and school and extracurricular activities involving family members, it can be tough to make time for a healthier diet or lifestyle.

Even if you can't adhere to all of your resolutions, it's well worth making an effort to focus on just one goal-start walking.

Walking has the lowest dropout rate of any physical activity, and presents the simplest, most cost effective means of improving your heart health on a daily basis, according to the American Heart Association.

If you can carve out just 30 minutes each day for walking and even moderate physical activity, the benefits are numerous, including:

- Reduced risk of Type 2 diabetes
- Improved blood pressure and blood sugar levels
- Reduced risk of breast and colon cancer
- Enhanced mental well being
- Reduced risk of osteoporosis
- Improved blood lipid profile



Building time for a walk into your schedule can also help you maintain your body weight and lower your risk of obesity.

For such a simply activity, walking can make a big difference in your overall health.

MARCH MADNESS HEALTHY SNACK RECIPE

BASIL PESTO CREAM DIP

Now that a new month is upon us, so too is the most exciting time of the college basketball season—March Madness.

Whether you're a fan of the Longhorns, Aggies, Bears or Bobcats, or if you don't know the difference between a Spartan and a Terrapin, chances are that you will be invited to a game-watching party.

Sports-related social events are a haven for less healthy food options, which can be especially tough for those with diabetes. This year, take charge of your snacking game plan and bring a flavorful dip recommended by the American Diabetes Association that is sure to be a hit for diabetics and non-diabetics alike.



BASIL PESTO CREAM DIP THIS RECIPE SERVES 20

INGREDIENTS

- 1 cup fresh baby spinach
- 2 cloves garlic, minced
- 1 tablespoon minced shallot (about 1 large)
- 1/4 cup grated Parmigiano-Reggiano
- 1/2 cup fresh basil
- 1 cup nonfat cottage cheese
- 2 teaspoons extra virgin olive oil
- 2 tablespoons skim milk

INSTRUCTIONS

- Place spinach, garlic, shallot, Parmigiano-Reggiano, and basil in food processor. Process to a paste.
- With motor running, add cottage cheese and oil. Process until smooth. Add milk to achieve the desired consistency.
- Pair with raw vegetables, baked chips or baked tortilla chips for a slam dunk snack.

For more diabetes-inspired, healthy recipes, visit www.diabetes.org/mfa-recipes

Want to prevent COMMON FOOT PAIN?

According to a survey by the American Podiatric Medical Association, eight out of every 10 respondents reported having at least one foot-related comment in the past year. Over half complained of heel pain issues while others commented on problems associated with blisters, corns, pinched nerves and ingrown toenails.

The natural aging process can certainly present challenges that would not be evident to those who are younger, but it's important to remember that no matter your age, any type of pain in the feet and ankles is not normal and should be taken seriously.

Here are a few tips on the best ways to sail through life with pain-free feet:

Mind Your Hygiene

Steps as simple as trimming your nails evenly and moisturizing dry skin regularly can play a key role in warding off bacteria and infections.

Know Your Age

Your cushioning with age, and so too should the care you give them. When padding and cushioning are gradually lessened, it requires a change to sturdier footwear to compensate. Also, arthritis can lead to a stiffening of the toes and hardening of the nails, resulting in ingrown toenails. Bunions and hammertoes are additional conditions to have on your radar. As you age, your feet tend to get longer and wider, so it's a good idea to regularly measure your feet when buying new shoes to ensure a proper fit.

Find The Right Shoe For Your Activity

Shoes have become more specialized than ever before, and each brand seems to have its own sizing standard. Be sure to match your footwear with the activity you had in mind, be it walking, running, cross training or specialty sports. You can even pick out shoes that help address your specific foot conditions. Most importantly, don't assume your shoe size will be consistent from one brand to another.

Reconsider Heels And Flip Flops

While wearing heels can look glamorous, wearing of more than two inches can have a negative impact on your feet. Toes are forced into an unnatural shape and results in an improper weight distribution that strains the knees, hips and lower back and can trigger pain and numbness down to the feet. Flip flops, while suitable for any casual occasion, offer virtually no support or stability and can result in arch and heel pain.

Avoid Going Barefoot

The reason we wear footwear is to help protect our feet from cuts, abrasions and bruises that can be caused by objects on the ground, thus lowering the chances of picking up bacteria, fungal infections and viruses. This is especially important for diabetics, who may have nerve issues that keep them from feeling a minor injury and an impaired circulatory system that may prevent normal healing.

QUESTION OF THE MONTH

Q.

I heard that the feet contain nearly one quarter of the bones in your body. This seems hard to believe. Is it true?



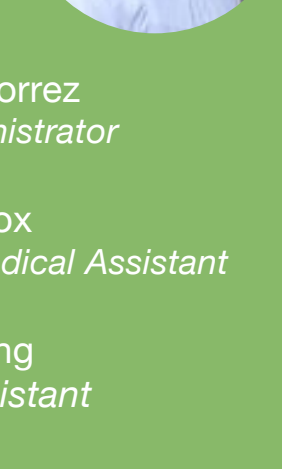
A.

The human foot is especially intricate, with 26 bones, 33 joints, 107 ligaments, and 19 muscles and tendons. The 26 bones include seven tarsal, five metatarsal and 14 phalanges representing the hindfoot, midfoot and the forefoot. Indeed, the 52 bones in the feet make up 25 percent of all bones in the body.

MEET THE TEAM



DR. CRAIG THOMAJAN



DR. SHINE JOHN

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Practice Administrator

Byron Cox
Certified Podiatric Medical Assistant

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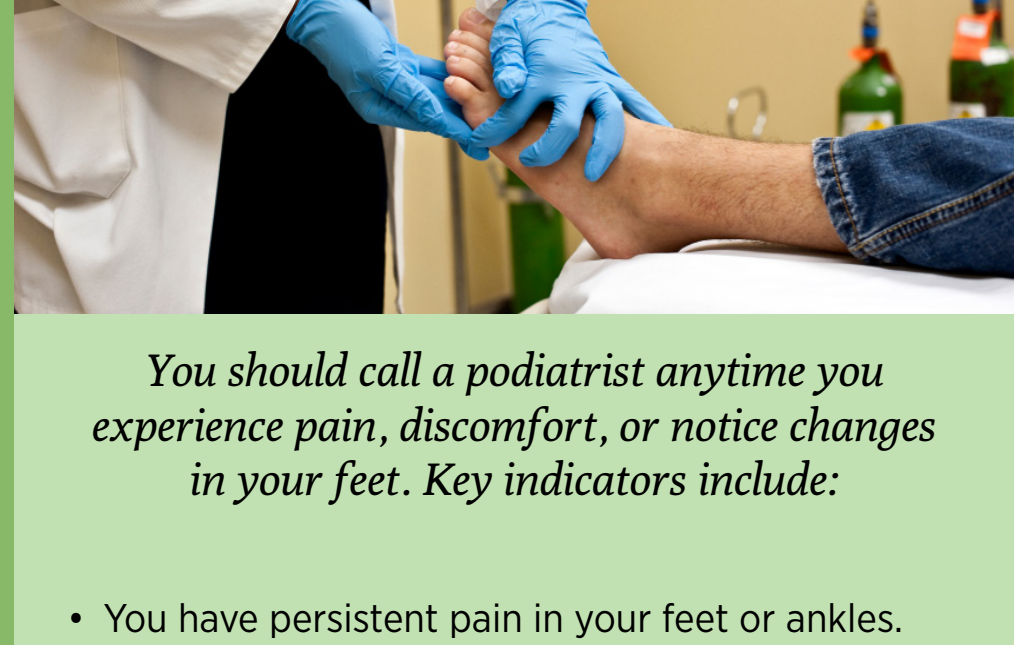
Tana Hager
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WHEN SHOULD YOU CALL A PODIATRIST?



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 or 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:

Jim M. • Kathy W. • Heather H. • Angela R. • Catherine G. • Kate B. • Farshid P. • Judy R. • Anne P. • Rolando S. • Susan / Conor M. • Courtney H. • Jessica A. • Rebecca S. • Dara P. • Byron C. • Veronica C. • Karen H. • Catherine C. • Collette S. • Michelle M. • Loida A. • Kay S. • Edna Y. • Ted M. • Holly L. • Walter B. • Allen D. • Gene W. • Karin J. • Christine M. • Ursula B. • Suzanne W. • Charles R.

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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