

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:

Ari B.
Brian C.
Brook M.
Holly L.
Ivan D.
Jason S.
Kelly D.
Lisa J.
Michael K.
Rita K.
Ross Y.
Stephen K.

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

QUESTION OF THE MONTH

It seems as though more and more of my friends and family members are being diagnosed with diabetes. Are there any symptoms I should look out for?

— Perrin D., Cedar Park

Diabetes is indeed one of the fastest growing diseases in the U.S. The symptoms of diabetes can develop gradually and may be hard to identify at first. Some of the most common symptoms may include fatigue, excessive thirst, frequent urination, sudden weight loss, blurred vision and slow healing of infections.

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.

FREE BOOKS for a limited time!



Price:
\$12.99
FREE!

Choose from three books offering helpful tips and treatments for diabetic foot care, running and heel pain.

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

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER NOW!

November is DIABETES AWARENESS Month

Diabetes awareness month is a time when national health organizations join forces to raise awareness of the disease while helping people better understand how to make the necessary changes in their day-to-day life in order to prevent or manage diabetes and to live healthier lives.

WHAT IS DIABETES?



Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production and/or insulin action. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

THE IMPACT OF DIABETES

There are numerous complications associated with diabetes, including:



HEART DISEASE AND STROKE

Adults with diabetes have heart disease death rates about two to four times higher than those without diabetes



HIGH BLOOD PRESSURE

As many as two-thirds of adults with diabetes have high blood pressure



BLINDNESS

Diabetes is the leading cause of new cases of blindness among adults ages 20-74 years



KIDNEY DISEASE

Diabetes is the leading cause of kidney failure, accounting for 44 percent of new cases



NERVOUS SYSTEM DISEASE

About 60-70 percent of people with diabetes have mild to severe forms of nervous system damage



AMPUTATION

More than 60 percent of lower limb amputations occur in people with diabetes

DIABETES BY THE NUMBERS

26 MILLION	79 MILLION	\$174 BILLION
Number of children and adults in the U.S. that have diabetes, representing 8.3 percent of the population	Number of Americans that have prediabetes and are at risk for developing type 2 diabetes	The total national cost of diagnosed diabetes in the U.S. according to the American Diabetes Association

DIABETES MYTHS

There are many myths about diabetes that make it difficult for people to believe some of the hard facts while at the same time creating harmful stereotypes and stigmas for those battling the disease. Here are a few of the most common myths, follow by important FACTS from the American Diabetes Association:

MYTH: DIABETES IS NOT THAT SERIOUS OF A DISEASE.

FACT: Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

MYTH: IF YOU ARE OVERWEIGHT OR OBESE, YOU WILL EVENTUALLY DEVELOP TYPE 2 DIABETES.

FACT: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

MYTH: EATING TOO MUCH SUGAR CAUSES DIABETES.

FACT: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

MYTH: PEOPLE WITH DIABETES CAN'T EAT SWEETS OR CHOCOLATE.

FACT: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes.

MYTH: IF YOU HAVE TYPE 2 DIABETES AND YOUR DOCTOR SAYS YOU NEED TO START USING INSULIN, IT MEANS YOU'RE FAILING TO TAKE CARE OF YOUR DIABETES PROPERLY.

FACT: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

DIABETES & FOOT CARE



Those with diabetes are more vulnerable to foot problems because the disease can damage nerves and reduce blood flow to the feet. The American Diabetes Association estimates that one in five people with diabetes who seek hospital care do so for foot problems. By taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

Below are some tips for diabetic foot health:

- 1 Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.
- 2 Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- 3 Be more active. Plan your physical activity program with your health team.
- 4 Consider special shoes designed to address foot issues associated with diabetes.
- 5 Wash your feet every day and dry them carefully, especially between the toes.
- 6 Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- 7 If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- 8 Wear shoes and socks at all times – never walk barefoot. Wear comfortable shoes that fit well and protect your feet.
- 9 Protect your feet from heat and cold. Wear shoes at the beach or on hot pavement. Never use hot water bottles, heating pads, or electric blankets – you can burn your feet without realizing it.
- 10 Keep the blood flowing to your feet. Put your feet up when sitting and avoid crossing your legs for long periods of time. Wiggle your toes and move your ankles up and down for five minutes, two to three times a day.

Visit Austin Foot and Ankle Specialists today to arrange your personal foot health assessment and to discuss your ongoing diabetes maintenance program.