



NOVEMBER 2014 NEWSLETTER



AUSTIN FOOT AND ANKLE SPECIALISTS IS GROWING!

In what has already been an eventful year for Austin Foot and Ankle Specialists with the addition of new treatment protocols, surgical procedures and technological offerings, we are pleased to announce our biggest news yet – we're expanding!

To meet the demand of the growing number of children, adults and active seniors patients seeking podiatric services at Austin Foot and Ankle Specialists, we have opened a second practice location in Central Austin. Our new clinic is located at:

1600 West 38th Street (The Jefferson building)
Austin, Texas 78731
512-328-8900

The new central location will offer Austin Foot and Ankle Specialists' entire suite of full-treatment medical capabilities, including on-site X-rays. Other ancillary modalities, such as MLS laser therapy, EPAT radial pressure wave treatment and physical therapy, will only be available at the Westlake offices.

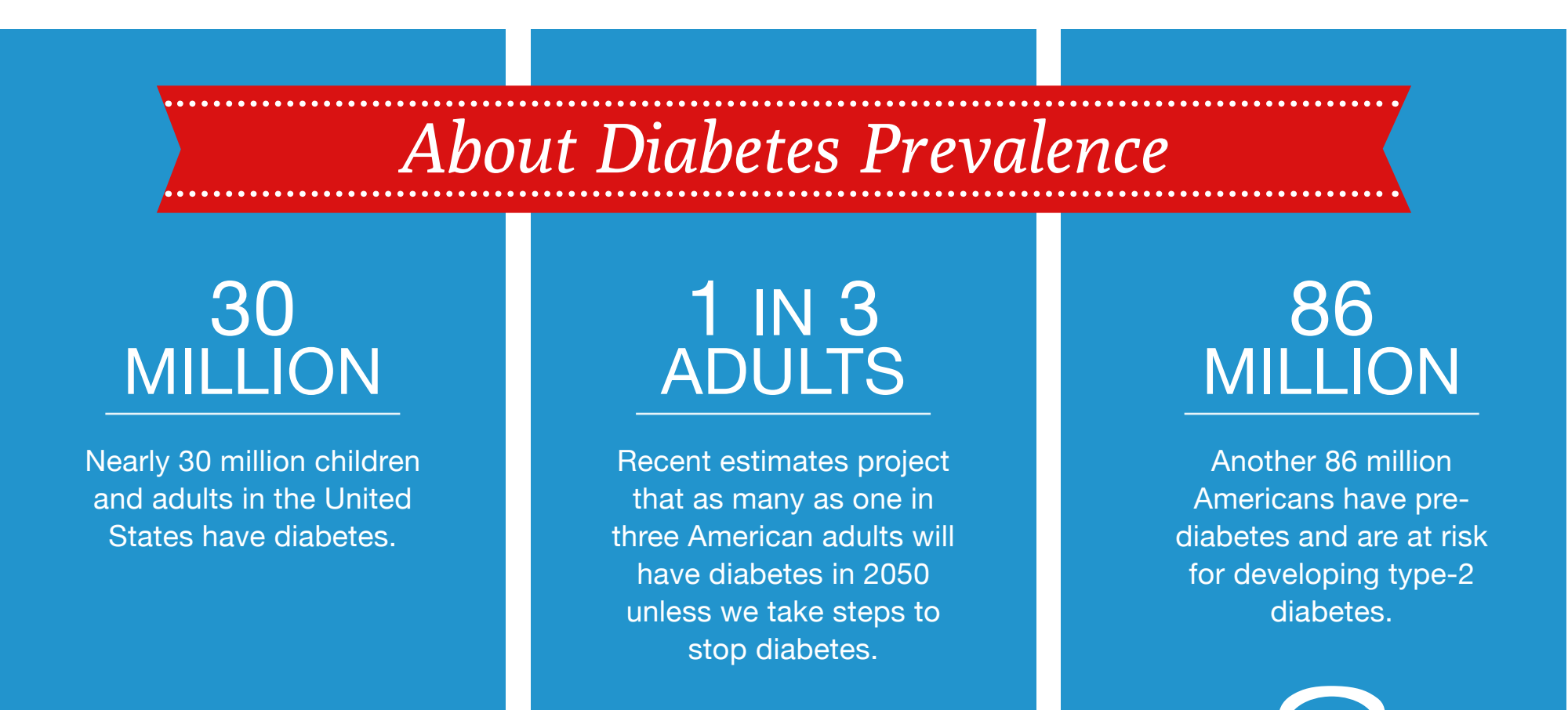
Austin Foot and Ankle Specialists' central offices will initially offer abbreviated hours, including:

1st & 3rd Tuesdays of the Month – 8 a.m. until 5 p.m.
2nd & 4th Thursdays of the Month – 8 a.m. until 5 p.m.

We anticipate moving the new clinic to full time hours within the first six months of operation.

Austin Foot and Ankle Specialists looks forward to serving you and your family, and we hope that our locations in Westlake and Central Austin will make it easier than ever before to maintain your foot and ankle health.

Thank you for your continued support, and if we can be of assistance or if you have any questions regarding the announcement of our new offices, please call us at 512-328-8900.



November is Diabetes Awareness Month

If you are a regular reader of the Austin Foot and Ankle Specialists e-newsletter, you have come to expect ongoing stories relating to the management of diabetes. That's because individuals with diabetes are at risk for a number of serious health issues, including foot problems.

November is American Diabetes Month, and the American Diabetes Association (ADA) is making effort to further raise awareness and understanding of the disease, its consequences, management and prevention.

DIABETES BY THE NUMBERS

About Diabetes Prevalence

**30
MILLION**

Nearly 30 million children and adults in the United States have diabetes.



**1 IN 3
ADULTS**

Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to stop diabetes.



**86
MILLION**

Another 86 million Americans have pre-diabetes and are at risk for developing type-2 diabetes.



The Toll on Health

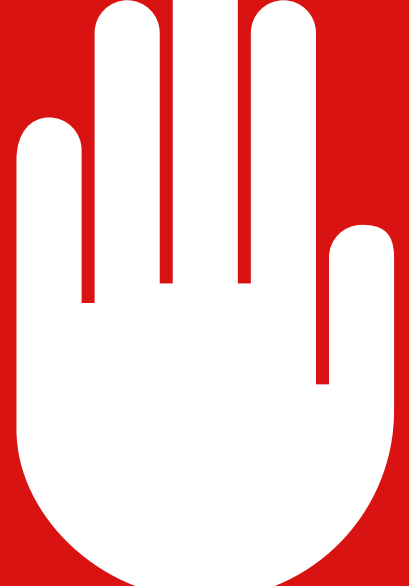
People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.



50%

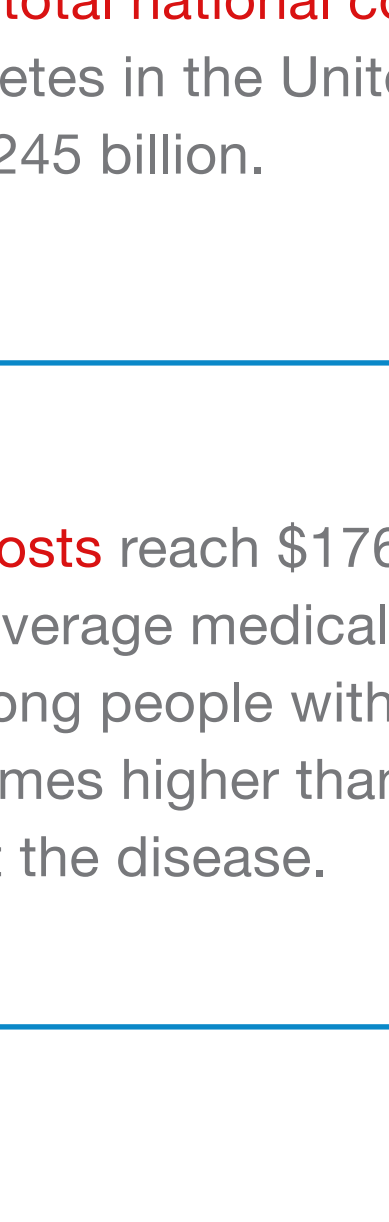
Diabetes causes nearly 50 percent of all cases of kidney failure.

More than half of all amputations in adults occur in people with diabetes.

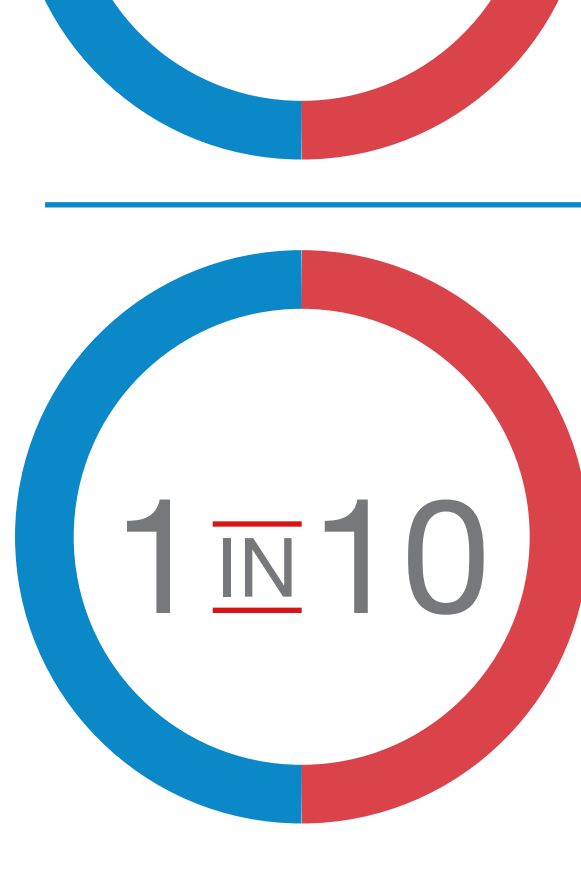


More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.

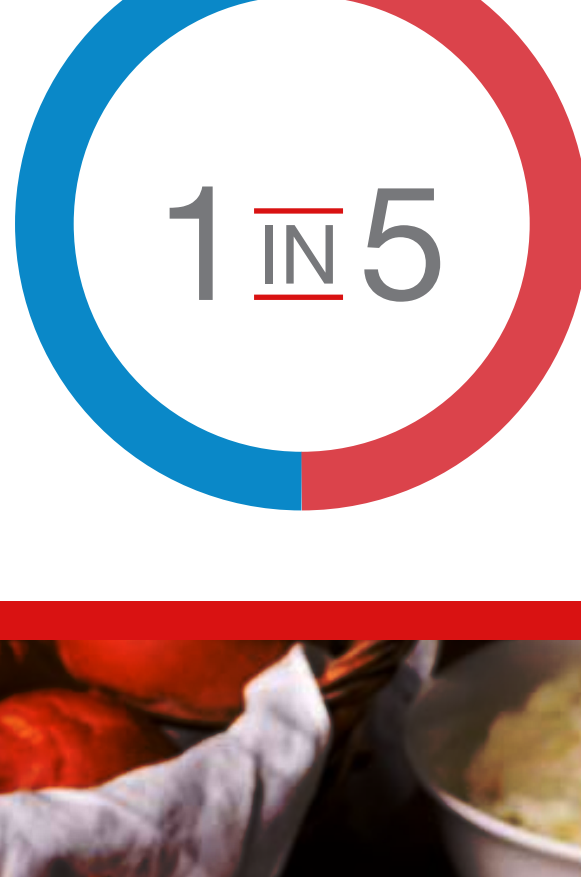
About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.



Cost of Diabetes



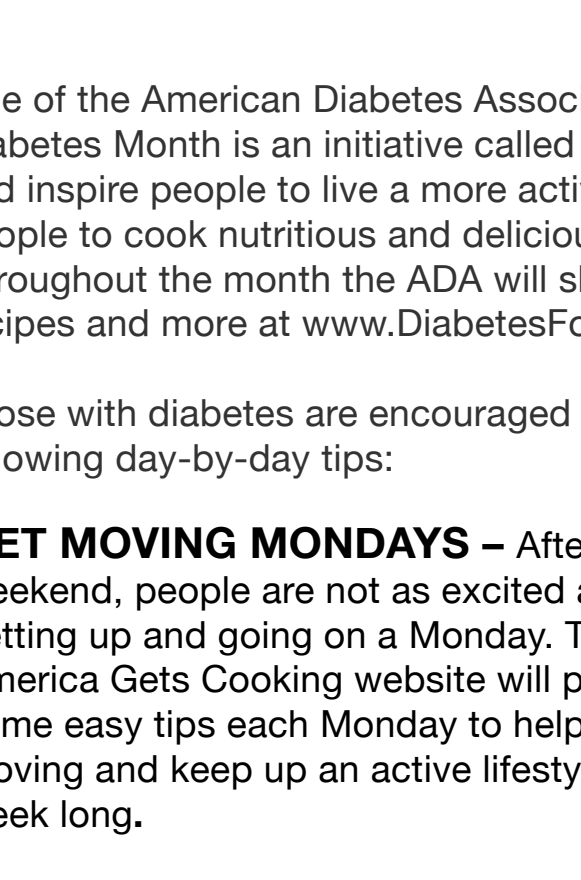
The American Diabetes Association estimates that the **total national cost** of diagnosed diabetes in the United States is \$245 billion.



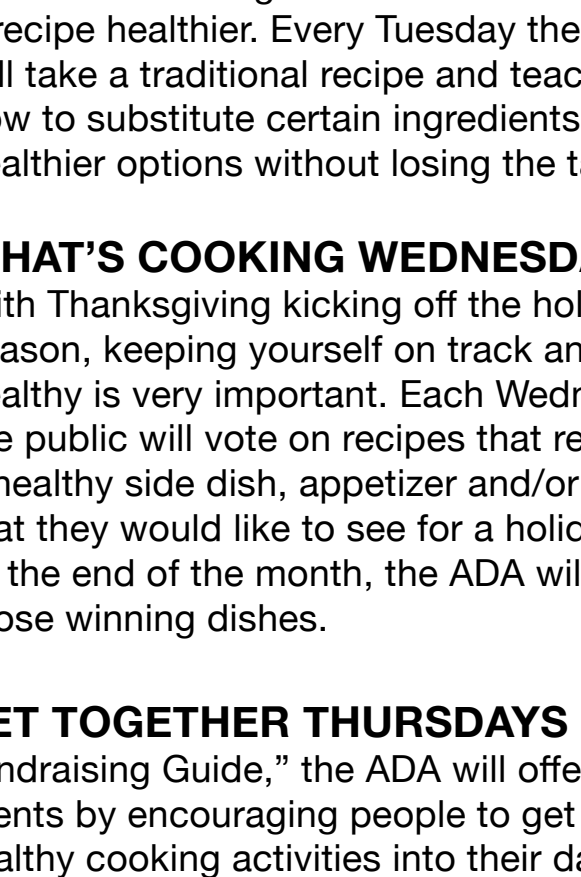
Direct medical costs reach \$176 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.



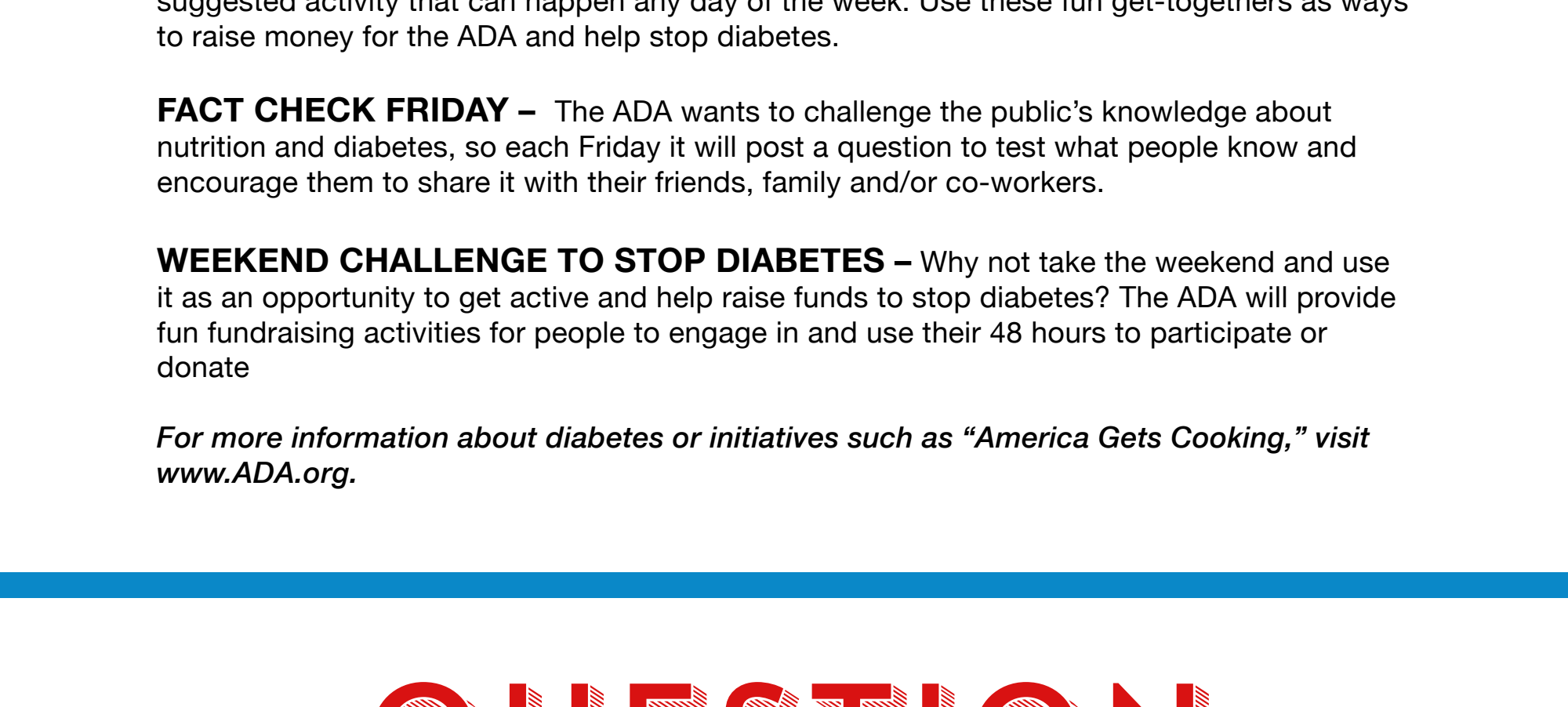
Indirect costs amount to \$69 billion (disability, work loss, premature mortality).



One in 10 health care dollars is spent **treating diabetes** and its complications.



One in five health care dollars is spent **caring for people with diabetes**.



November is Diabetes Awareness Month

AMERICA GETS COOKING To Stop Diabetes

One of the American Diabetes Association's (ADA's) key outreach efforts for American Diabetes Month is an initiative called "America Gets Cooking," which is designed to engage and inspire people to live a more active and healthier lifestyle. The initiative will empower people to cook nutritious and delicious food and encourage them to be more active. Throughout the month the ADA will share healthy cooking tips, diabetes and nutritional facts, recipes and more at www.DiabetesForecast.org/ADM

Those with diabetes are encouraged to participate throughout the month by following the following day-by-day tips:

GET MOVING MONDAYS – After the weekend, people are not as excited about getting up and going on a Monday. The America Gets Cooking website will provide some easy tips each Monday to help you get moving and keep up an active lifestyle all week long.

TASTY TIP TUESDAYS – Many people are afraid of losing the taste when they make a recipe healthier. Every Tuesday the ADA will take a traditional recipe and teach people how to substitute certain ingredients for healthier options without losing the taste.

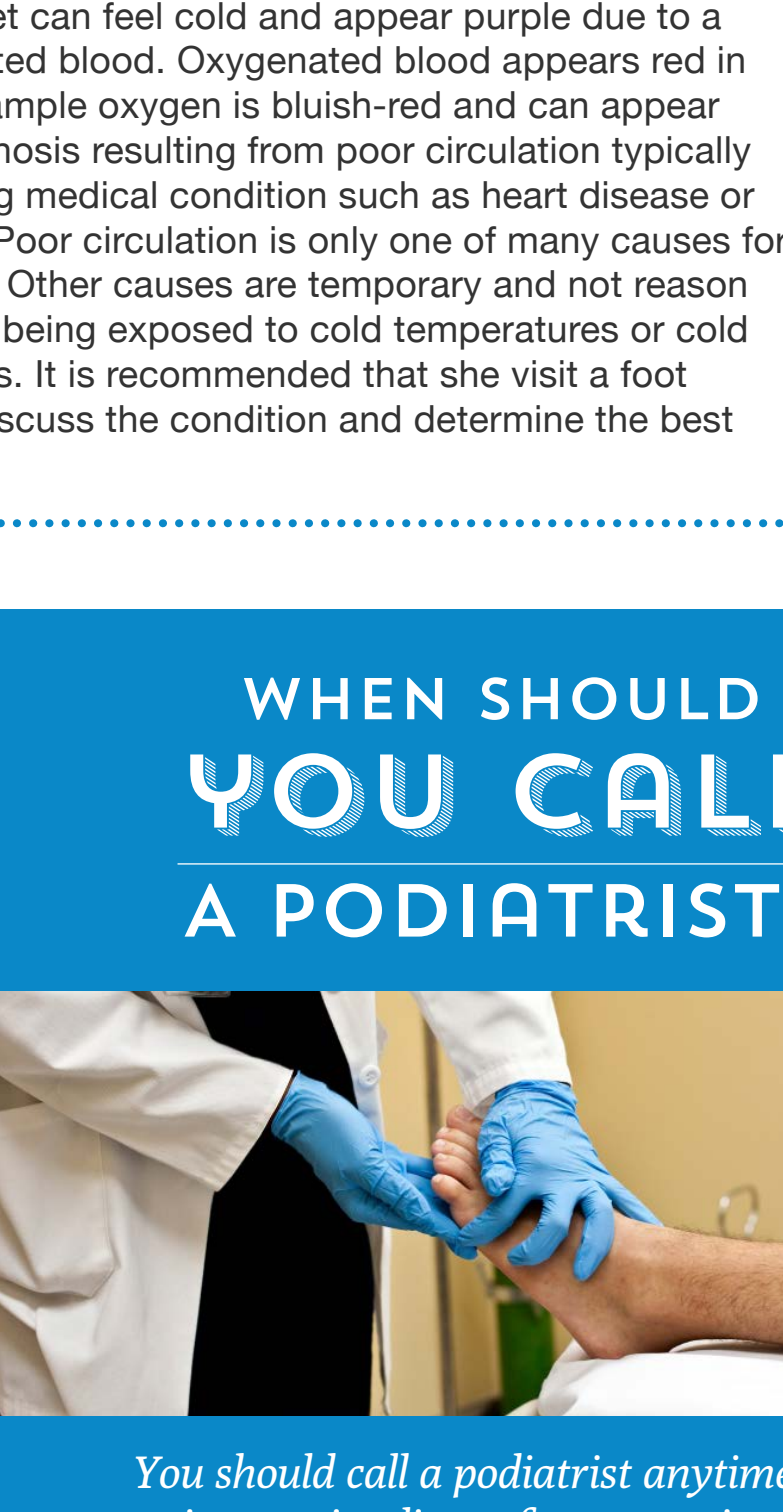
WHAT'S COOKING WEDNESDAYS – With Thanksgiving kicking off the holiday season, keeping yourself on track and eating healthy is very important. Each Wednesday, the public will vote on recipes that represent a healthy side dish, appetizer and/or dessert that they would like to see for a holiday meal. At the end of the month, the ADA will unveil those winning dishes.

GET TOGETHER THURSDAYS OR ANY DAY! – Through its "Do-It-Yourself Fundraising Guide," the ADA will offer ways for the public to host "Cook to Stop Diabetes" events by encouraging people to get together with their friends and family and implement healthy cooking activities into their daily lives. Each Thursday the ADA will highlight a suggested activity that can happen any day of the week. Use these fun get-togethers as ways to raise money for the ADA and help stop diabetes.

FACT CHECK FRIDAY – The ADA wants to challenge the public's knowledge about nutrition and diabetes, so each Friday it will post a question to test what people know and encourage them to share it with their friends, family and/or co-workers.

WEEKEND CHALLENGE TO STOP DIABETES – Why not take the weekend and use it as an opportunity to get active and help raise funds to stop diabetes? The ADA will provide fun fundraising activities for people to engage in and use their 48 hours to participate or donate

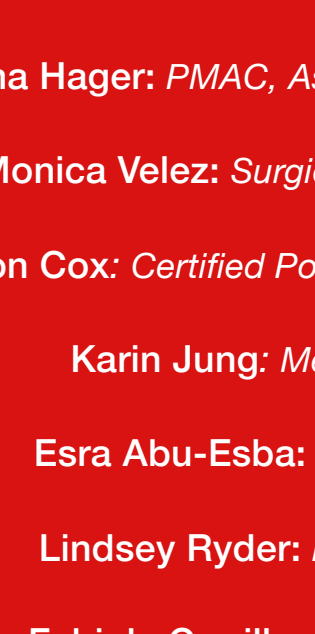
For more information about diabetes or initiatives such as "America Gets Cooking," visit www.ADA.org.



QUESTION OF THE MONTH

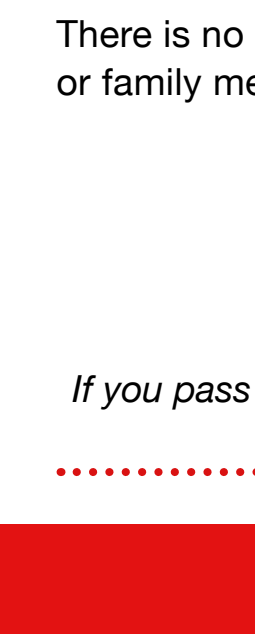


My mother's feet are continuously cold and at times appear purple in color. Is this a common condition?



The medical name for this condition is cyanosis and it often results from poor circulation. Feet can feel cold and appear purple due to a lack of properly oxygenated blood. Oxygenated blood appears red in color, but blood lacking ample oxygen is bluish-red and can appear purple through skin. Cyanosis resulting from poor circulation typically results from an underlying medical condition such as heart disease or congestive heart failure. Poor circulation is only one of many causes for cold and discolored feet. Other causes are temporary and not reason for concern, for example being exposed to cold temperatures or cold water can cause cyanosis. It is recommended that she visit a foot and ankle specialist to discuss the condition and determine the best treatment plan.

MEET THE TEAM



**DR. CRAIG
THOMAJAN**
DPM, FACFAS



**DR. SHINE
JOHN**
DPM, FACFAS

Rhiannon Torrez: CPPM, Practice Administrator

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

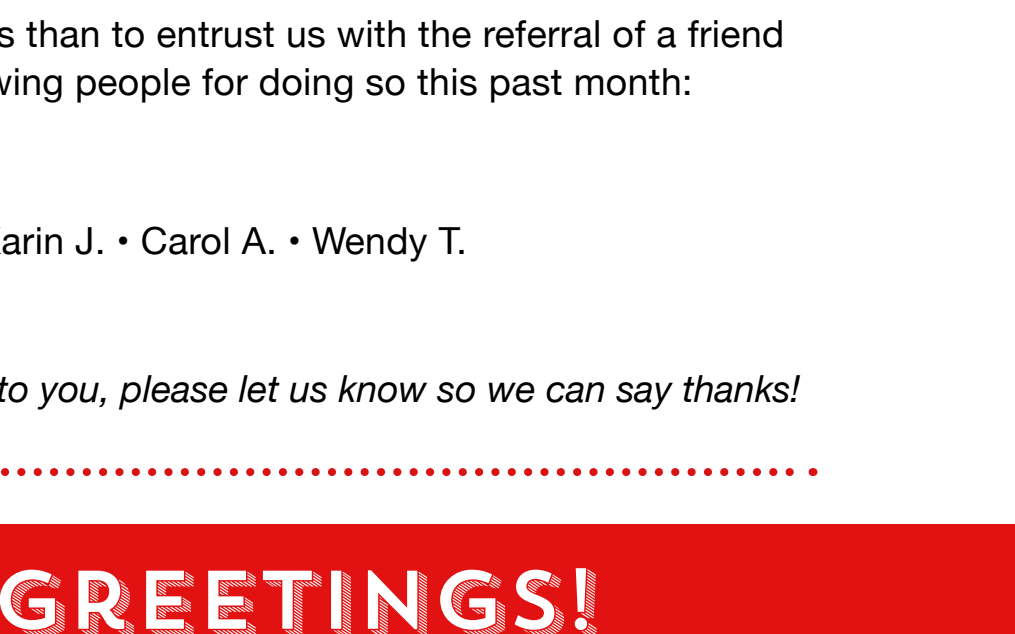
Lindsey Ryder: Medical Assistant

Fabiola Carrillo: Clinical Scheduler

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:

Sherry H. • Yvonne M. • Karin J. • Carol A. • Wendy T.

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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www.austinfootandankle.com

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