

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:

Allison E.	Kelly & Josh H.
Andrea R.	Lea M.
Andres F.	Lisa J.
Ari B.	Luniece O.
Byron C.	Mary R.
Cathy E.	Melissa K.
Denver M.	Michael D.
Diane L.	Phillip C.
Esmeralda L.	Richard M.
Gerry K.	Robert C.
Glee I.	Sara C.
Glen M.	Sherlynn G.
Hayden S.	Stephanie C.
Jane L.	Susan G.
Jennifer M.	Susan M.
Julie H.	Tara C.
June P.	Tim S.
Kathryn L.	Veronica L.
Katie S.	

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

QUESTION OF THE MONTH

I've always heard that it's better to use clippers to trim toenails instead of pulling them off with your fingers. I never use clippers and have never run into any problems. Is there a reason why clippers are so important?

— Sloan D., Austin

Just about everyone at one time or another has had to use their own fingers to fix a fingernail or toenail that is unruly. However, for optimal results, there is simply no substitute for clippers. Not only does this allow you much more control in the depth and direction of the cut, but it also helps prevent ingrown nails, brittle nails and other conditions that may result from improper maintenance techniques. Using clippers can actually save you some time, and the end result will be a more attractive and healthy set of nails.

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!



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

Scenes from
Three Lakes Physical Therapy & Wellness Center
and *Mod Pod Shoes*

GRAND OPENING EVENT



TAILGATING DIET TIPS FOR DIABETICS

With the kick-off of high school, college and professional football now underway, families will spend the fall season getting together with friends to enjoy time outdoors socializing, throwing the pigskin around and indulging in some not-so-healthy tailgate fare.

While it's hard to top the fun of supporting your favorite team and wearing your colors with pride, tailgating functions can also wreak havoc on your diet, especially for those with diabetes who must manage their blood glucose levels regularly.

Here are some diabetes-friendly suggestions for maintaining a healthy nutrition program during the fall football season:

- Avoid going to gatherings such as tailgates overly hungry. This is a recipe for overeating. It's better to eat a small snack beforehand to help pace yourself during a gathering that may last several hours.
- Attempt to stick to a meal and snack schedule to keep your blood sugar, energy and moods stable.
- If you are traveling, pack a cooler for a better and healthier selection of foods rather than relying on convenience stores and roadside restaurants.
- Prepare meals in advance that are balanced to sustain your energy. This includes adequate lean protein and other protein-rich dishes to keep you fuller longer, as well as healthy carbohydrates from starchy vegetables. Fresh fruits and vegetables with your favorite seasoning can also be a great solution.
- Stay well hydrated, as heat exposure can result in dehydration. This leads to hunger, increased blood sugar levels, headaches and fatigue. Keep plenty of water and low-calorie drinks on hand.
- Limit your intake of high-sodium foods like hotdogs and chips, which cause water retention and affect your blood pressure.

It's always a good idea to pack your blood glucose meter with you at all times, but be sure to treat it with special care in extreme hot or cold temperatures. Above or below-average conditions may result in meter malfunction and an inaccurate reading.

Watching your diet and taking necessary precautions is a sure fire way to enjoy fall festivities while focusing on what's most important – having fun!

SHOE SHOPPING IS AS EASY AS 1•2•3



The fall season often marks the perfect time of year for parents to pick out new shoes for their children, whether due to the change toward cooler weather or for athletics that require specialty footwear.

Whether in the classroom or on the playing field, a properly constructed and well-fitted pair of shoes can drastically reduce a child's risk of injury, from conditions such as blisters to more serious injuries such as tendonitis, sprains, strains and even fractures.

One easy way to determine if a child's shoe is foot-friendly is to perform the **1, 2, 3 Test**:

First, press on both sides of the back of the shoe's heel. Make sure that it does not collapse when pushed on.

Second, check toe flexibility. The shoe should bend with your child's toes, but should not be too stiff or bend too much in the toe box area.

Third, grab the shoe by the front and back and twist gently. A foot-friendly shoe should never twist easily in the middle.

Here are several more shoe shopping tips to help start the school year off on the right foot:

- Take your child shoe shopping. Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.
- Examine the heels. Children often wear through the heels of shoes faster than outgrowing the shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.
- Look for the APMA Seal of Acceptance. The Seal program recognizes products that set the benchmark for footwear and foot care industries, and have been evaluated by a team of podiatrists to guarantee proper foot function.
- Remember socks when shopping. Make sure to have your child try on shoes with socks or tights, if that is how they will be worn, in order to ensure a proper fit.

Austin Foot and Ankle Specialists offers numerous well-regarded brands and models of shoes, and our team would be happy to offer recommendations before you head out for some fall footwear shopping.