



# OCTOBER 2014 NEWSLETTER



## Enjoy a Spooky and Safe HALLOWEEN!

Halloween is one of the most exciting occasions for children of any age, combining costume wearing, running around the neighborhood with friends, collecting as much candy as possible and staying up past bedtime.

While ghoulish fun is the first order of Halloween evening, it's important to consider safety precautions that will help your family enjoy this festive October tradition to the fullest. Below are 10 helpful trick-or-treating tips to consider from the National Safety Council:

### HELPFUL TIPS

- **Purchase or make Halloween costumes from flame-resistant materials.**
- **Pick brightly colored costumes or add your own reflective tape so motorists can see them.**
- **To avoid tripping, make sure your child's costume is not too long, and that shoes are the proper size.**
- **Make sure your children have flashlights, especially if they're staying out after dark.**
- **Attach your child's name, address, and phone number somewhere inside the costume.**
- **Provide your children with a healthy meal ahead of time, so they don't get hungry before returning home.**
- **Make sure your children don't eat any candy or food without checking with you first.**
- **Plan the route your children are going to take, especially if they're going out unsupervised. They should go in a group.**
- **Teach your children to stay on the sidewalks and cross only at corners.**
- **Teach your children to only go to houses with porch lights on and to never enter anyone's house.**

We hope your little gremlins and goblins enjoy a spook-tacular evening!



## Some Tips for HALLOWEEN TREATS IF YOU HAVE DIABETES

For adults with diabetes, even the most basic social gathering – eating out, tailgating or attending a wedding – can require advanced planning to manage one's blood sugar and prevent many of the complications associated with the disease.

For diabetic children, following a structured diet on a normal day can be challenging, but at Halloween time this task can be especially daunting. According to the Mayo Clinic, Americans purchase 600 million pounds of candy each year for Halloween and eat 1.2 pounds on the actual date. While there are greater risks of diabetes-related health concerns on an evening centered around the collection of sweet treats, it should not take away from your child's enjoyment of this memorable occasion. Following are a few helpful tips from the Juvenile Diabetes Research Foundation:

### A LITTLE CANDY ON HALLOWEEN IS OK –

Let your little one pick out a few pieces of their favorite candy and enjoy them at supervised times. Keep inventory of the candy received during trick-or-treating and be sure to serve as the keeper of the sweets in the household.

### DONATE CANDY OR EXCHANGE FOR CASH –

Once your child has enjoyed some of their favorite treats, consider taking the remaining haul to a local dentist or doctor's office that will offer a prize or cash in exchange for candy. You can also donate it to a food pantry or shelter.

### REFOCUS THE CELEBRATION –

Host your own Halloween celebration at home where you can control the types of treats served, or better yet, put the focus on fun instead of food.

### TRY ALTERNATE TREATS AT HOME –

There are a number of alternative treats that can still taste delicious for young trick-or-treaters, such as popcorn, sugar-free candy, low-carb candy or something else that's been homemade. You can also hand out stickers or glow-in-the-dark accessories.

### HELP YOUR CHILD LEARN TO COUNT CARBS –

While this may be a better game plan for older children, use this occasion to teach the appropriate insulin-to-carbohydrate ratio. This lesson will be invaluable for years to come.

On behalf of the entire team at Austin Foot and Ankle Specialists, we hope you and your family enjoy a safe, fun Halloween!



## 5 INJURIES TO AVOID While Running This Fall

For many runners, the fall season presents some of the most desirable conditions for running in Central Texas. Whether you plan to hit the road or tackle a trail, it's important to recognize the injuries that have the potential to sideline veteran and novice runners alike.

Here are five of the injuries most commonly experienced by patients at Austin Foot and Ankle Specialists:

### 1. ACHILLES TENDINITIS –

The Achilles tendon connects your two major calf muscles to the back of the heel, and when placed under too much duress, the tendon can tighten and cause irritation. Having tight or weak calves can make you especially vulnerable to this injury. This is not an injury to try and run through, and the best course of action is to apply ice multiple times per day and spend some downtime performing calf-strengthening exercises.

### 2. PLANTAR FASCITITIS –

The repetitive pounding on the foot during running can create small tears of the tendons and ligaments that run from your heel to the toes. The result is a bruising or dull ache on the bottom of your foot that can be especially bad first thing in the morning. Runners will often continue their schedule while battling this nagging injury, but if it becomes chronic taking a complete break from running is advised. Making sure that your running shoes fit properly is one of the first steps to avoid this injury. Also helpful is regular stretching and spending time strengthening your core through planks and back extensions.

### 3. SHIN SPLINTS –

This injury, also referred to as medial tibial stress syndrome, results from small tears that appear in the muscles around your shinbone. This injury is common for new runners or those that have taken an extended break. Shin splints do not require a complete stoppage of your routine, but you may want to lower your intensity while treating the injury with a combination of rest, ice and ibuprofen.

### 4. STRESS FRACTURE –

As opposed to acute fractures, stress fractures develop as a result of cumulative strain on the bones of the lower extremity such as the shin, foot or heels. This injury is among the most serious of athletic injuries, and requires a complete break from running. Avoid any impact exercises during recovery and listen to your body to determine when the time is right to return to action.

### 5. RUNNER'S KNEE –

Officially known as patellofemoral pain syndrome, runner's knee is caused by irritation of the cartilage on the underside of the kneecap. This is especially common with distance runners or anyone with biomechanical factors that place additional strain on the knee. Reducing your mileage and taking a few extra days rest is the recommended course of action. To help prevent the injury, consider exercises to strengthen your hips and gluteus muscles.

Any pain experienced during casual or hardcore running is not normal, and should be taken seriously. If your recovery is taking longer than expected or if your injury is becoming chronic, please make an appointment with Austin Foot and Ankle Specialists to have a personal assessment. Getting you back on your feet and enjoying the many healthy benefits of running is our number one priority.

## QUESTION OF THE MONTH

Q.

I am considering buying a new pair of athletic shoes, and am wondering whether to purchase running shoes or cross trainers. What's the difference?

A.

Running shoes are truly meant for running. The toes are slightly lifted and the heels are thicker and firmer to absorb shock and to compel forward motion. Cross training shoes, on the other hand, provide lateral support and are great for multiple athletics such as gym workouts, tennis, aerobics, etc. They are also very durable and designed to provide added support to the heels and legs. If running is part of your plan, then running shoes are the way to go, but if you are needing a shoe for multiple sports, then cross trainers are a great choice.

## MEET THE TEAM



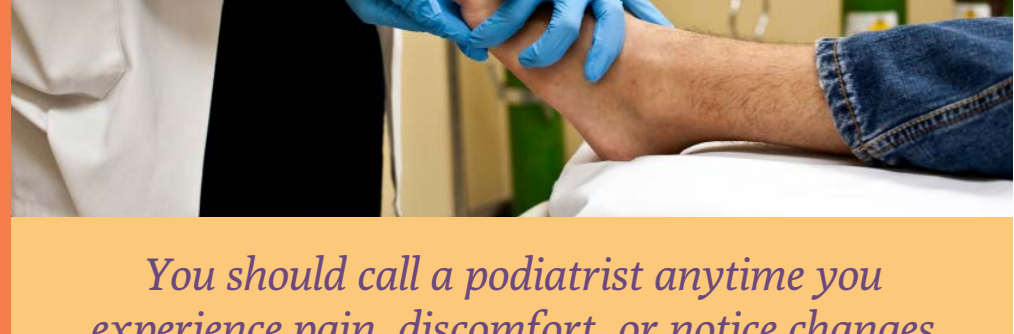
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Lindsey Ryder: Medical Assistant  
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Kelly Dyer: Clinical Coordinator  
Frances Yule: Billing Specialist

## 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:

Cindy K. • Melanie S. • Emily P. • John A. • Daniel B. • Guadalupe Z. • Joseph G. Denise D. • Spencer M. • Mary B.

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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