AUSTIN FOOT AND ANKLE SPECIALISTS
AUSTINFOOTANDANKLE.COM

MONTHLY NEWS & UPDATES APRIL 2012

MEET YOUR TEAM

Dr. Craig H. Thomajan

Rhiannon Torrez
Practice Manager

Byron Cox
Medical Assistant

Tana Hager
Patient Coordinator

Amanda Walkup
Patient Scheduler

Jeanne Gaida
Community Relations Director

BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

If you don't recieve 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:

Ann P.	Leann G.
Ari B.	Louise H.
Blasa T.	Mallory D.
Carolyn G.	Mary Ann A.
Cheryluan C.	Michelle W.
Daniele S.	The Pendletons
Debra S.	Robin D.
Donald J.	Robin L.
Donna M.	Ruth S.
Elinore S.	Susan H.
Frank D.	Tom H.
Jan C.	Vanessa J.
Janice D.	Verna M.
Jeanne G.	Walker D.
Johnathan H.	Wes M.
Kim T.	The Williams'

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

QUESTION OF THE MONTH

My husband insists on wearing Crocs as his casual shoe of choice, and says that they actually contribute to better foot health. Is this true?

– Jessica H., Austin

Crocs, which were born in 2002 as a shoe intended for boating, have turned into an international phenomenon. They are produced in just about every color imaginable, and can be seen on feet of all ages. Fans of Crocs swear by their comfort and light weight, and what the shoe may lack in aesthetic value, they make up for in therapeutic benefits. The company even created an Rx line of models specifically with healthy feet in mind. They offer plenty of room in the front, which helps those with bunions and hammer toe, and are lined with antibacterial material that will prevent fungal and bacterial 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 EDUCATION REGARDING FOOT CARE

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running, diabetes or heel pain, please take advantage of our complimentary books, *Diabetes and Your Feet*, *Keep Running! Identify and Prevent Common Running Injuries* and *Heel Pain: Very Common, Yet Often Untreated*.

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

CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!

Get Your Nails Ready for *Spring!*

Warmer weather is already upon us, and that means it's time to let your feet breath. Before long, sandals, flip flops and open-toe shoes will be an everyday fashion accessory across Central Texas. To make sure your toenails are polish ready, consider visiting Austin Foot and Ankle Specialists for a 15-minute laser treatment to take care of any fungus and related problems you may be experiencing.

FACTS ABOUT LASER TOENAIL TREATMENT

Laser treatment is effective in nine out of every 10 patients, and was proven successful for over five years in Europe before being introduced as a treatment option in the U.S.

- **Safe, affordable and painless treatment**
- **No side effects or drugs**
- **No recovery time – just walk in and walk out**
- **Quick and easy 15-minute procedure**
- **No harm to nail or surrounding skin**
- **Visible clearing occurs as nail grows out**

TOENAIL FUNGUS AND ITS IMPACT

Toenail fungus infection is usually caused by organisms that develop in a dark and moist environment. The infection can cause toenails to crumble, thicken and change in color.

The most common visual clues of toenail fungus include:

- **Yellow and brittle nails**
- **Distortion to the shape of the nai**
- **Dullness in the shine of the nail**

If left untreated, it can lead to numerous complications including infections in other parts of the body if you have a weakened or suppressed immune system. Other issues include permanent separation from the nail bed, and for patients with diabetes, severe complications as the nerves and blood supply to the feet are already strained.

The most common form of prevention against toenail fungus is the ongoing maintenance of healthy nails due to regular trimming and cleaning, while also avoiding walking barefoot in public areas where fungus may reside.

TREATMENTS & PRICING

Platinum Premier Package: 3 Treatment Protocol *Best Value. All 10 toes.*	$750
Gold Package: 3 Treatment Protocol *Treatment of 2-5 toes.*	$500
Silver Package: 3 Treatment Protocol *Treatment for 1 toe.*	$250
Maintenance 4th Treatment *Additional treatment for same location.* *Must be scheduled 12 months after first treatment.*	$250
Sterishoe *Germicidal ultraviolet shoe sanitizer.*	$130
Formula 3 *Topical anti-fungal for nails.*	$40

If you have a Health Savings Account or Medical IRA, 100 percent of the cost can be covered. However, in most situations, this procedure is considered aesthetic and therefore health insurance plans do not provide coverage.

CONTACT AUSTIN FOOT AND ANKLE SPECIALISTS TODAY FOR A **FREE CONSULTATION** TO SEE IF YOU ARE A CANDIDATE FOR LASER TREATMENT.

Foot Pain A MAJOR DETERRENT TO *Exercise*

A staggering 72 percent of Americans say they do not exercise because foot pain prevents them from doing so, according to a recent survey by the American Podiatric Medical Association (APMA).

Based on the continuously rising rates of obesity in the U.S. as reported by the Centers for Disease Control, scheduling routine visits with your foot and ankle specialist is more important than ever before.

The study surveyed 1,000 US adults, ages 18 and older, to gain public opinion on attitudes toward foot health and foot care. Results showed that Americans view their feet as the least important body part in terms of their health and well-being. However, feet were the number one body part to experience pain, even more so than the teeth or skin. As foot pain contributes to a variety of negative health consequences, it is important that Americans seek the care of a podiatrist immediately if problems arise.

Foot pain is very common among all ages, but is not normal. Too often we ignore the pain or assume that it will go away eventually. When an issue involving your feet or ankles keeps you from heading to the gym or even taking a stroll around the block, you are putting your overall health at risk.

Podiatrists should be part of everyone's health-care team, and it is critical that people pay attention to their feet and seek expert treatment for foot problems. A podiatrist can not only help get you back on track for regular exercise, but also help catch signs of diabetes, arthritis, and nerve and circulatory disorders, which can all be detected in the feet.

Contact Dr. Craig Thomajan, DPM, if you are experiencing any type of foot or ankle pain. By doing so, you'll be putting yourself in a position for long term good health.

Finding the Right RUNNING SHOE

The spring season makes for some of the best running weather of the entire year in Austin, and as you prepare to hit the trails around Lady Bird Lake or the streets throughout your own neighborhood, it's important to make sure that you having running shoes that are right for your feet.

One of the most important factors in avoiding the common foot and ankle injuries associated with running is the choice of a shoe that matches your foot's arch.

Feet are generally categorized into three types: low/flat arch, normal arch and high arch.

For feet with low/flat arches, choose a supportive shoe that is designed for stability and motion control. These shoes help to correct for overpronation.

For feet with normal arches, choose a shoe with equal amounts of stability and cushioning to help absorb shock.

For feet with high arches, choose a cushioned running shoe with a softer midsole and more flexibility. This will compensate for the poor shock absorption of a higher-arched foot.

When shopping for your next pair of running shoes, be sure to visit a store with a trained staff that knows running, and one that will take time to talk with you about your arch and any other special conditions that may impact your foot and ankle comfort. The extra time it takes to select a new pair of shoes will be well worth it when you are enjoying many pain-free runs this spring.

VISIT THE AUSTIN FOOT AND ANKLE SPECIALISTS' WEBSITE FOR A COMPLETE LINE-UP OF RECOMMENDED RUNNING FOOTWEAR.