

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 A. | Marialice M. |
| Cara L. | Mary Fran L. |
| Consasion R. | Monica C. |
| Danielle R. | Nancy A. |
| Dave L. | Paige P. |
| Esperanza M. | Roxanne P. |
| Heather L. | Ruben O. |
| James K. | Ryma B. |
| Jeanne G. | Sabrina M. |
| Kerry G. | Scott S. |
| Lauren P. | Stuart T. |
| Lucey M. | Tara C. |
| Lynn Z. | William C. |
| Mala K. | Yufang C. |
| Margot T. | |

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



THIS YEAR'S BACK-TO-SCHOOL MUST-HAVE HEALTHY SHOES!

WITH FALL FAST APPROACHING, FAMILIES WILL SOON HEAD OUT TO FIND GREAT DEALS ON CRITICAL BACK-TO-SCHOOL ITEMS, including clothing, supplies and, of course, shoes. Shopping for healthy shoes should top the must-buy list for more important reasons than just a fashionable new look.

According to the American Podiatric Medical Association (APMA), well-fitting shoes not only reduce the instance of foot and ankle injuries in kids, but they also encourage physical activity, helping to decrease the likelihood of childhood obesity.

If a child's feet hurt, they will be far less likely to participate in outdoor sports and other activities that keep them moving and physically fit. With childhood obesity considered an epidemic today, it is vital that parents take just a few moments during this busy back-to-school shopping season to select a shoe that provides adequate support and fits properly. It is one of the easiest ways to keep a child pain-free and healthy.

Shopping for healthy shoes can be a daunting task without knowing what to look for, but the following tips can make any back-to-school shoe purchase an easy, smart, and safe one:

BEFORE BUYING A SHOE, PERFORM THE 1, 2, 3 TEST

First, squeeze the back of a shoe's heel and ensure that it does not collapse. Second, grab the front (toe box) of the shoe and make sure that the shoe bends where the child's toes would naturally bend in the shoe. Third, grab the shoe at both ends and try to gently twist. Shoes should never twist in the middle and should be rigid. If a shoe fails any of these three steps, it should not be purchased.

LOOK FOR THE APMA'S SEAL OF ACCEPTANCE

Many products, including select children's footwear models made by companies Pediped, Reebok, and Tsukihoshi, have been awarded the APMA's Seal of Acceptance for demonstrating proper foot health. Look for the APMA Seal on product packaging or on the manufacturer's website. And for a full list of children's footwear with the APMA Seal of Acceptance, visit www.apma.org/pediatricfootproducts.

NO "BREAK-IN" PERIOD REQUIRED

Your child's shoes should be comfortable to wear immediately and should not require a break-in period for comfort.

With these simple tips, your family can start the new school year with new stylish footwear and, more importantly, happy and healthy feet.



Fall Sports KEEPING YOUR FEET HEALTHY

For many sports enthusiasts, making contact is what real competition is all about. Youth football is an integral part of American culture, and the Super Bowl is the most watched annual event on television. Soccer, which fills huge stadiums the world over, is among the most popular youth sports in the United States. These and other sports such as lacrosse require miles of running – with quick stops and starts – per game.

Injuries are inevitable in contact sports. The lower extremities – an athlete's steering, accelerator, and braking systems – are particularly susceptible. But with proper conditioning, equipment, and technique, competitors in contact sports can have successful, healthy playing seasons.

PREVENTING "OVERUSE" INJURIES

The time an athlete spends in an actual game represents only a tiny fraction of time spent in practice, conditioning for competition. Practice involves hours of running, repetitive drills, and scrimmages every day. While conditioning exercises in practice will strengthen and improve flexibility in the lower extremities, the repeated stress of practice may bring on chronic, or "overuse" injuries. These injuries can nag at a player and hamper, if not end, a season of competition.

Proper stretching and warm-up before and after home workouts, practice, and before games go far to prevent overuse injuries to the supporting structures of the foot. Warm-up and cool-down exercises should take five to 10 minutes and should be conducted in a stretch/hold/relax pattern, without any bouncing or pulling. When muscles are properly warmed up, the strain on muscles, tendons, and joints is reduced.

CRASHES, BUMPS, AND BRUISES

The foot and ankle bear the brunt of the crashes, bumps, and bruises of contact sports. Impact or trauma injuries are more serious than overuse injuries and require recovery time away from the field. Immediate treatment should include the "RICE" formula: Rest, Ice, Compression, and Elevation.

Trauma injuries should always be treated by a medical professional such as a podiatrist and be fully healed before returning to the field.

FOOTWEAR

Cleats are the footwear of choice for all contact sports down to the youth leagues. Cleats are generally safe for young ankles, but should be light, flexible, and always fit properly. Uppers should be supple (no hand-me-downs, please), and there should be at least a finger's width separating the tip of the big toe and the end of the shoe. Laces should be tight.

When shopping for cleats, wear the same style of socks you intend to wear in competition. Investing in proper footwear for a young athlete is much less expensive than medical treatment later.

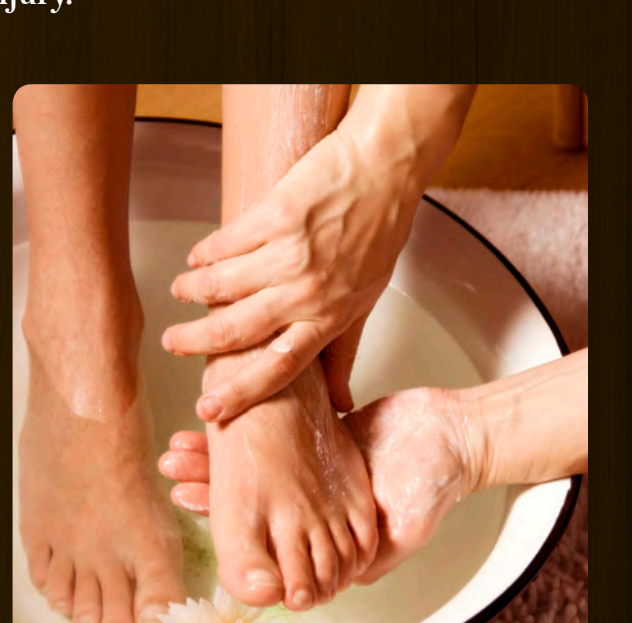
To help your child enjoy their time on the sports field to the greatest extent, remember to pay attention to injuries and prevent them from playing while hurt. With the proper footwear, conditioning and preparation, the season can begin and end with a lesser chance of injury.

Nail Salons HOW TO CHOOSE THE RIGHT ONE FOR YOU

In Texas, where open-toed shoes are acceptable for all but a few months of the year, regular pedicures are a vital part of keeping your feet healthy and attractive. Finding a salon that you respect and trust can be a timely process, but once you have found the right match, it is a relationship that can last for the long-term.

One of the first, and most important, steps in identifying a licensed nail salon is this: a facility that undergoes periodic inspections from a governing health authority to ensure that they are in compliance with sanitization standards. You can also check the Better Business Bureau to determine if there have been any negative comments regarding their business practices. The single best resource, however, is asking trusted friends and family members for referrals to the nail salon that they frequent.

When you enter the nail salon, take a look around to see if the facility appears clean and sanitary. If the manicurist or pedicurist keeps a tidy workstation, you can expect a professional job. On the other hand, if the area is unkempt and dirty, you can expect that they may not follow proper safety guidelines and could put your health at risk.

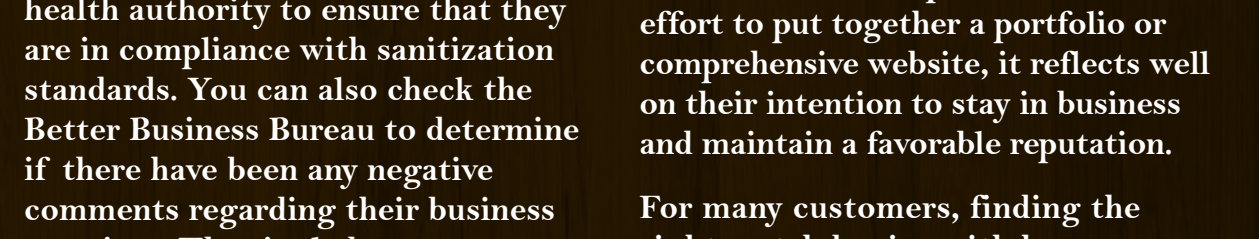


You can also ask the salon for photos of their work with other customers, or check their website for a gallery of images demonstrating their work. If a nail salon has spent the time and effort to put together a portfolio or comprehensive website, it reflects well on their intention to stay in business and maintain a favorable reputation.

For many customers, finding the right match begins with how you are greeted when you enter the front door. First impressions are often accurate, and the manner in which you are welcomed can often reflect on the service you will receive moving forward.

Shopping for the right nail salon is a personal experience, but thankfully there is a wealth of resources at your fingertips to help make the process easier. And when all else fails, you can save some money and give yourself a manicure and pedicure instead!

TEAM THOMAJAN RACING TO SAVE LIVES



Join Dr. Craig Thomajan and his wife, Wendy, in the fight against blood cancer. They are part of a Team in Training to run the Rock and Roll San Antonio Marathon on November 13, 2011.

To learn more about The Leukemia & Lymphoma Society's Team in Training program or donate to the cause, please [CLICK HERE](#).



QUESTION OF THE MONTH

When I am doing a greater than normal amount of outdoor activities and sports, I often develop blisters on the soles of my feet. Should I pop them or it is better to leave them alone?

- Jill C., Austin

That is a great question, and hopefully the cause of your blisters is not your socks or ill-fitting shoes.

The best approach is to not try to break the blister, but to instead leave it alone.

Apply a loose bandage over the blister, but be sure that the tape is not tight enough to prevent blood flow. You can also use special doughnut-shaped bandages that leave the area right above the blister open. Antibiotic ointments can be helpful in preventing infection during the healing process. One other helpful tip is to not wear the shoes or do the activity that caused the blister until it has fully healed.



A SPECIAL OPPORTUNITY FROM DR. THOMAJAN: HEEL PAIN: Very Common, Yet Often Untreated

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues associated with heel pain, please take advantage of our complimentary new book, HEEL PAIN.

The book was written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

[CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPY!](#)