



# DECEMBER 2014 NEWSLETTER



## WHEN TAKING TO THE SKIES FOR HOLIDAY TRAVEL, DON'T FORGET YOUR FEET!

If you, like millions of others, plan to travel by plane this holiday season to visit friends, family and loved ones, you will no doubt spend ample timing planning your itinerary and packing your belongings before heading out.

Keep in mind that one of the most important to-do's of your upcoming travel experience involves taking care of your feet during the trip. Especially on longer flights, extended periods of sitting can cause your feet and ankles to swell, resulting in discomfort en route and well after you arrive at your destination.

**Here are a few ideas to consider that will make your travel experience as pleasant as possible:**

### DRINK PLENTY OF WATER

It is important to hydrate prior to departure as well as throughout your trip. You might consider bringing an empty bottle with you to the airport so that you can fill it up throughout your trip.

### WATCH YOUR DIET

It's easy to rely on snack foods at the airport and on the plane to sustain yourself during a trip. This may result in excessive sodium intake, which causes the body to retain fluid and promotes foot swelling.

### KEEP MOVING

While on the plane, keep your blood flowing by walking the aisles every hour or so. Trips to the restroom also serve as a great way to keep mobile and promote circulation to the feet.

### CREATE SPACE BELOW YOUR FEET

If possible, store any excess gear in your overhead compartment to make more room for your feet to move around, and consider an exit seat if you require more room to stretch out your legs.

### EXERCISE YOUR FEET

While on the plane, you can perform any number of light exercises to keep the blood flowing in your feet. Rolling the ankles and pointing your feet up and down are just a few examples. And try not to cross your legs, as this will cut off circulation over time.

### WEAR COMFORTABLE SHOES

Traveling is a great time to wear compression socks, which help generate circulation in the feet. You will also want to wear a comfortable, yet supportive pair of shoes, possibly slip-ons, which allow for easy removal when going through security and also on the plane when you want to massage your feet to promote blood flow.



## Winter Foot Care Tips FOR DIABETICS

While Texas is known for its blistering summer weather, those who have lived here for a while know that our cold temperatures in winter can be just as tough on the body. This certainly applies to Central Texas, where in the span of a few days or hours we can go from a beautiful winter day in the 60's to one that dips below freezing.

It is important to make the appropriate adjustments to your wardrobe during winter months, such as closed-toe shoes and thicker socks, but of equal importance are the changes that should be made to your everyday foot care routine. This is especially true of those with diabetes, who are at a greater risk for serious foot health issues.

Here are some important tips to remember this winter:

1

**KEEP YOUR FEET DRY** – After bathing or becoming wet from exposure, it is important to dry your feet thoroughly to prevent fungal or bacterial infections. And don't forget the space in between your toes, as this can be a perfect place for Athlete's Foot and other conditions to originate.

2

**WEAR PROPER FOOTWEAR** – When choosing the right shoes for cold weather, consider those with rounded toe box that will allow your toes plenty of room to maneuver while the fit remains comfortably secure. Leather and suede will allow for best circulation, though synthetic materials may afford better resistance to the elements.

3

**SOCKS ARE IMPORTANT TOO** – Feet can sweat in cold weather just like they do in warm weather. For this reason, it is best to wear socks that are thick and breathable, allowing for proper air circulation while also wicking away perspiration.

4

**MOISTURIZE MORE THAN EVER** – During the winter months, moisturizing your feet is key to preventing any cracking from dry skin that could cause infection.

5

**PRACTICE PROPER NAIL CARE** – When the cold weather makes feet prone to dryness and potential cracking, pay particular attention to your nail care habits. If helpful, have a friend or family member assist to ensure that they are clipped straight across, preventing sharp edges from causing a potential cut and subsequent infection.

6

**CHECK YOUR FEET** – The most important piece of advice is to be diligent in monitoring your feet during winter months. Inspect them daily to ensure that the nail are properly trimmed, that there is no peeling or dampness between the toes, or that any swelling, cracks, cuts, bruises, calluses or blisters are visible.

With proper foot care during the coldest time of year, your feet will remain healthy and happy in anticipation of getting out and about when warmer weather returns.

*Don't Forget: Austin Foot and Ankle Specialists'*

## NEW CENTRAL AUSTIN OFFICE

Last month Austin Foot and Ankle Specialists' announced the opening of our new clinic in Central Austin at 1600 West 38th Street, Suite 318 (The Jefferson Building).

As a reminder, 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.**

Austin Foot and Ankle Specialists hopes to have the new clinic open for full-time hours within the first six months of operation.

We look forward to serving you at our new Central Austin location!

## QUESTION

### OF THE MONTH

Q.

**I am considering buying my first pair of cowboy boots. Are boot sizes comparable to regular shoes or are there other factors to consider?**

A.

Buying your first pair of boots is a well-worn Texas tradition. Keep in mind that boots should fit snug to the foot, not too loose or too tight. The instep is especially key since it is the only thing that a boot has to hold it securely to the foot in lieu of laces. The ball of your foot should fit in between the widest part of the boot for maximum comfort. You can expect the heel to slip a bit in boot, but as the leather conforms to your foot the slippage will disappear.

## 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:

Joanna J. · Kathy M. · Janis A · Debbie E. · Sue P/Billy D. · Byron M. · Evan M.

Ken N. · John T. · Anne P/Michelle R. · Adrien W. · Denise D.

*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](http://www.austinfootandankle.com)

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