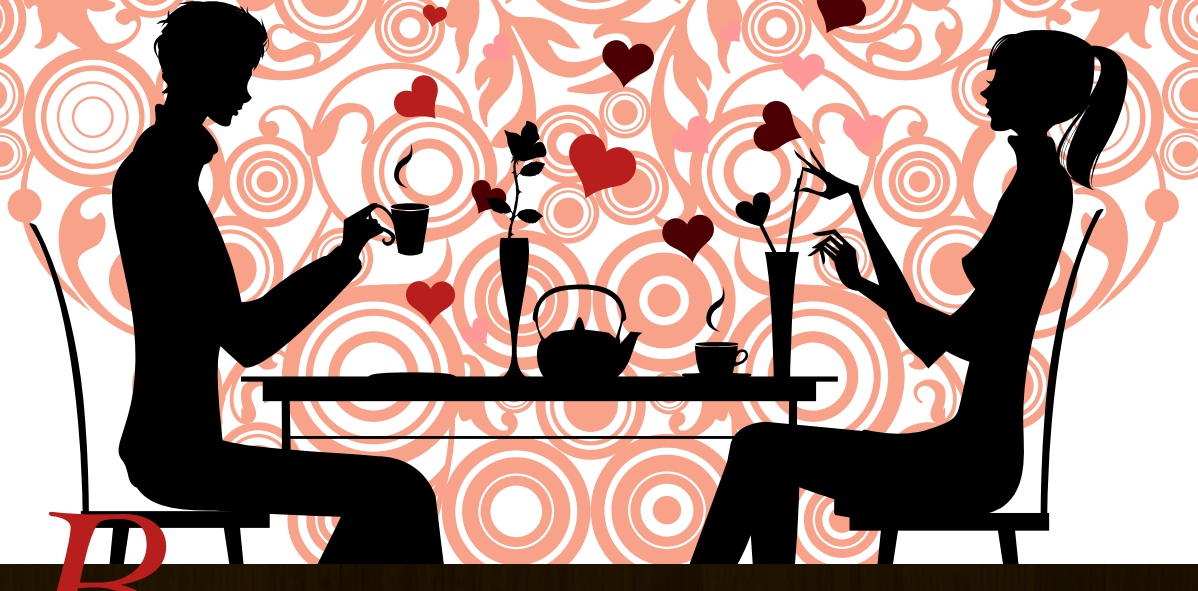


**10 AUSTIN SPOTS FOR A ROMANTIC Valentine's Dinner**



**B**y the time you read this article, it's just about time to start thinking about Valentine's Day and how you are planning to celebrate that special someone in your life. Some prefer chocolates, others flowers, but most everyone enjoys a romantic night out on the town.

Austin has an abundance of diverse restaurants to match your particular taste, but if you need a guide for some of the most talked-about venues that combine great fare with an ambiance to remember, here are a few suggestions.

**ROMEO'S - 1500 Barton Springs Road**  
A mainstay on any list of top Valentine's Day venues for its effortless charm

**DRISKILL GRILL - 604 Brazos Street**  
A five-star restaurant located at the classy, historic Driskill Hotel,

**HUDSON'S ON THE BEND - 3509 Ranch Road 620 North**  
Not many restaurants can match this Hill Country hideaway's diverse menu

**CHEZ ZEE - 5406 Balcones Drive**  
Dim lights, cozy seating and unforgettable desserts

**THE MELTING POT - 13343 Research Blvd. & 305 E. 3rd Street**  
Fondue style meals offer the perfect opportunity for conversation with that special someone

**FONDA SAN MIGUEL - 2330 W. North Loop Blvd.**  
Some of the region's best authentic Mexican cuisine with festive, beautiful surroundings

**UCHI - 801 South Lamar Blvd.**  
Look no further for intimate dining with a wonderful mix of traditional sushi and contemporary Japanese cuisine

**CHEZ NOUS - 510 Neches Street**  
Nothing says romance like a French bistro, and if you want to sample a bit of everything, go with the prix fixe

**MOONSHINE PATIO BAR & GRILL - 303 Red River Street**  
Sometimes down home fare is the best way to show how much you care

**EDDIE V'S EDGEWATER GRILL - 9400 Arboretum Blvd. & 301 E. 5th Street**  
On the short list of Austin's finest seafood venues, backed by equally impressive steaks

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**Valentine's Day Sweetness FOR THE DIABETIC IN YOUR LIFE**

The day for sweethearts is upon us, as Valentine's Day provides couples, friends and family members with a wonderful opportunity to express their love and affection for one another.

In addition to cards and flowers, often times expressing fondness for someone meaningful in your life on Valentine's Day is done through the gift of chocolate and other sweet treats.

If that special someone is living with diabetes, it may be worth some special consideration when determining the best gift to show how much you care.

There are numerous low-carb or sugar free treats perfectly suited for diabetics. Online stores such as [diabeticcandy.com](http://diabeticcandy.com) and [thecandyshop.com](http://thecandyshop.com) offer a wide array of delicacies spanning from chocolates and hard candy to cherries, toffee and even diabetic gift trays. The items can be shipped directly to your doorstep throughout the U.S. and Canada. Most grocery stores also offer an assortment of options from trusted brands such as Dove, Hershey's, Whitman's, Godiva and Ghirardelli.

As delicious as they may be, treats on Valentine's Day are to be enjoyed in moderation. Try not to overindulge, and remember that even if the sweets are low-carb or sugar-free, they can have an impact on your blood sugar levels. Please be sure to monitor your blood sugar levels closely.

It's also important to remember that Valentine's Day isn't only about enjoying sweets. Taking those most important to you out for a nice dinner or simply spending some quality time together can create memories to last a lifetime.

**High Heels Can Be a Real PAIN!**



Whether you're planning to dress up and spend a night on the town with your loved one this Valentine's Day or your everyday career requires a professional wardrobe, the odds are good that at some point you'll experience the discomfort associated with wearing high heels.

The problems caused by heels range from concerns such as bunions, corns and calluses, to more serious issues including hammertoes and severe pain in the ball of the foot. Still, many women are not willing to give up their high heels, as evidenced by a study by the American Podiatric Medical Association (APMA) showing that 42 percent of women admit wearing a shoe they liked even if it gave them discomfort. In the same study, 73 percent admitted already having a shoe-related foot issue.

If you simply must wear high heels, take a few precautions and treat the problem early on.

Anytime you wear shoes that are tight and constrict the normal shape of your foot, it will result in foot pain. Adding high heels simply makes matters worse. Feet also change with age, and some of the changes include a loss of fat in the bottom of the foot that normally act as a protective cushion. One solution is the use of a heavily padded insole, which serves as a buffer between your foot and the ground.

Prolonged wearing of high heels can also result in the shrinking of the Achilles tendon, running from the back of the heel to the calf. If you are experiencing discomfort in this area, you may try incorporating stretching exercises similar to the ones used by runners to maintain flexibility in the tendon.

For those not willing to give up their high heels, there are a number of recommendations from the APMA to keep in mind when you're heading out to purchase a new pair:

**Get the best-fitting heels possible**  
Look for heels with a snug but not tight fit to help avoid any sliding of the feet into the front of the shoe.

**Cushion is invaluable**  
Shoe inserts can certainly help, but if you plan to be on your feet for prolonged periods of time, consider silicone metatarsal pads which can really help with shock absorption.

**Wear thicker heels for stability**  
A thicker heel helps provide better balance and can also relieve pressure by distributing your weight more evenly.

**Pay attention to the slope of the heel**  
Some taller heels offer a straight heel down, while others have a more gradual slope. The less severe slope is ideal, making life easier on your arches.

**Wear open-toe heels to relieve pressure**  
This is key for taking pressure off inflamed areas caused by corns and calluses.

**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 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:

- Amy C.            Laura G.
- Barbara C.     Liliane D.
- Bruce R.        Margaret W.
- Claudio C.     Mark F.
- Colleen C.     Melissa S.
- Craig S.        Nick S.
- Derel C.        Ray F.
- Hope V.        Sandy H.
- Janice D.      Sara W.
- Jeanne G.     Sharin R.
- Katherine W. Tanner B.
- Kevin H.       Tiffany H.
- Larry B.

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

**QUESTION OF THE MONTH**

*If I don't have the luxury of running on a soft trail, what tips can help me avoid foot discomfort when running on the streets within my neighborhood?*

- John S., Central Austin

One of the most important steps is to choose the right running shoe, based on your specific foot contour. There are a number of Austin running stores that will watch your gait, recommend specific models and then have you try several different pairs to find the best fit.

Another quick tip for street runners is to avoid concrete whenever possible. This is most prevalent in sidewalks and curbs, versus the asphalt substance used to cover the road. Also, if you run on a road that has an obvious slope on either side, head out and return on the same side of the road to avoid putting too much pressure on one leg. This is especially helpful for those that commonly experience shin splints.

**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 Yet Often Untreated.*

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

**CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!**

