

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:

- | | |
|-------------------|-------------|
| Amy C. | Kevin D. |
| Bruce K. | Leonardo C. |
| Cindy and Pete H. | Lorie M. |
| Clare M. | Maria S. |
| Cody B. | Mary E. |
| Irlene Z. | Michelle B. |
| Jeff B. | Paula A. |
| Jeff W. | Samantha S. |
| | Viro P. |

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

QUESTION OF THE MONTH

When I travel by plane for business, my feet swell up. Is there any way to help prevent this from happening?

- Janet D., Southwest Austin

This is a very common problem that results from prolonged sitting. The normal muscles that help pump fluid out of your legs are not active when you are seated, and as a result, blood may pool in your feet, leading to swelling.

To help prevent this, drink plenty of water and avoid salt in your diet in the days leading up to travel. It is also helpful to stow your bags overhead to allow as much foot room as possible. Selecting an aisle seat allows you easier access to the aisle, where you can take an occasional walk to work your muscles and get the blood flowing. Lastly, you may try to elevate your feet periodically, avoid crossing them, and even massage them every so often to prevent swelling.

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.



A Resolution FOR MANAGING DIABETES

The New Year presents a wonderful opportunity to assess everything in your life. Some of the most popular resolutions including losing weight, eating healthier, organizing one's home and spending more time with friends and family.

For many individuals, however, the changing of the calendar represents a very important opportunity to evaluate their diabetes management.

Following is a list of some recommendations spanning health, fitness and general management that may be worth considering as a means of keeping your diabetes in check through 2012:

OVERALL DIABETES MANAGEMENT

- Remember to check your blood glucose approximately two hours after a meal (goal is less than 180 mg/dl)
- If your meter is aging, consider an upgrade to ensure accurate results
- Sign up for a diabetes education class or program
- Take your diabetes medication as prescribed
- Keep your appointments with your healthcare providers

HEALTHY EATING AND WEIGHT MANAGEMENT

- Visit a dietitian to develop a plan to reach a healthy weight for you
- Include fruits and vegetables in your meals
- Consider bringing your lunch to work as a healthy alternative
- Consider drinking green tea as an alternative to soda or coffee
- Start off your supper with salad or a bowl of soup
- Keep a food record to assess what you are really eating

PHYSICAL ACTIVITY

- Get away from your desk or take a break from housework by taking a walk
- Sign up for a few sessions with a personal trainer to establish a fitness program that addresses your needs
- Take the stairs and park further away to burn additional calories each day
- Invite a friend to begin a fitness routine with you
- Set fitness goals and reward yourself for achieving them

Making changes in your lifestyle can be difficult, but the results are worth every ounce of effort you put into improving your overall health and wellness.



We're privileged to live in a city as beautiful, diverse and funky as Austin. The Capital City also happens to be one of the healthiest residential destinations in the U.S., thanks to our year-round sunshine and multitude of trails.

While many Austinites are openly passionate about running, there is an equally large number of residents who have always considered taking up the sport but are not sure where to start.

Running isn't for everyone, but it's certainly one of the best exercises you can do to support your heart, control your weight and contribute to your general health and wellbeing. It's also one of the most accessible and affordable activities you can pursue. All you need is a pair of shoes and an open road or trail.

If you are interested in becoming a runner, it is critical that you visit a doctor for a check-up to receive a clean bill of health. Once you have received the green light to begin, the next step is to visit a sporting goods store or specialty running store to find a pair of shoes that best matches your body type and fitness aspirations. There are numerous brands of shoes to choose from, but be sure to identify those models made specifically for running, versus those used for cross training and other specialty activities.

Once you've found the right shoes, you should determine where you are going to jog. Often it is easiest to use the streets in your own neighborhood, but keep in mind that dirt or gravel from a hike and bike trail can be gentler on the feet. And if you plan to run as part of your existing gym workout, treadmills are perfectly suitable as they offer a cushy surface. If you run outdoors, be careful to avoid high traffic areas and if exercising at night, use reflective clothing to help drivers see you with plenty of time to spare.

When you first start running, it's very common to spend a significant amount of time walking while building up your endurance. Each time out, try to increase the amount of time you are able to run and decrease the amount of time you walk. A comfortable pace should allow you to maintain a conversation with a friend. If you can't maintain your breath, slow your pace and walk instead. Running is a lifelong hobby and the focus should be on time, not intensity. Three days a week is a good routine for beginners, and by your fourth week you should be nearing 20 to 30 minutes of continuous running. Each person's health and fitness condition is unique, so don't get discouraged if you are not achieving the same results as your friends. Set a goal for yourself and work toward achieving new milestones each time you head out the door.

The most important goal is to have fun, spend time with friends and reward yourself for the calories you are burning and the healthy decisions you are making. Before you know it, you just may be training for the 5K race that you never imagined possible.

THE 5 MOST COMMONLY IGNORED foot problems



During the holiday season and especially at the start of the New Year, personal health often takes a backseat to the multitude of business deadlines, family obligations, miscellaneous errands and social outings that tend to overlap and create stress in our lives.

The good news is that the majority of foot conditions are treatable, and are indeed easier to treat when diagnosed by a foot and ankle specialist early. Here are some of the problems most often ignored, each of which can lead to significant issues down the road if not managed properly:

HEEL PAIN – Often caused by tissue inflammation, heel pain can also result from a broken bone, tight Achilles tendon or pinched nerve. Foot and ankle specialists can diagnose and treat the true cause of heel pain, and this condition is part of Austin Foot and Ankle Specialists.

ANKLE SPRAINS – Ankle sprains can happen on a morning job, during a pick-up basketball or even when walking down the hall at your office. No matter how it occurs, it is important to visit your doctor soon after. Ignoring ankle sprains results in repeated ankle injuries and chronic ankle instability.

BIG TOE STIFFNESS AND PAIN – This condition usually progresses over time, as cartilage in the big toe joint wears down and leads to arthritis. By visiting your foot and ankle specialist, a treatment plan can be put into place that will help prevent long-term ramifications.

ACHILLES TENDONITIS – This condition is often present in weekend warriors, as men and women hit the tennis court, soccer field or hiking trail. Sudden increases in physical activity can place unplanned stress on the foot or heel, resulting in pain and tenderness. By treating the symptoms early, you can prevent an Achilles tendon rupture, which can be a far more significant injury.

INGROWN TOENAILS – Many men and women try and address ingrown toenails on their own. When not handled properly, the nail can puncture the skin, allowing harmful bacteria to enter the body. A simple visit to your doctor will lead to a quick procedure that ends the pain and permanently cures the ingrown toenail.

Foot pain of any type is not natural, and it's important to contact your foot and ankle specialists anytime you experience these or other conditions. While making time to visit the doctor can be time consuming, the damage of a foot issue left untreated can last a lifetime.

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, 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!

