

# AUSTIN FOOT AND ANKLE SPECIALISTS

AUSTINFOOTANDANKLE.COM

## 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:

Alex W.	Jeanne G.
Patricia W.	Jeff M.
Amber B.	Judy L.
Ann J.	Julie D.
Audrey P.	Julie M.
Barbara C.	Karina F.
Christopher J.	Keith M.
Christy S.	Kristin R.
Clifford P.	Linda M.
Dana W.	Marjorie T.
Cathi P.	Mary Alice M.
Denise O.	Patricia R.
Greg W.	Patsy R.
Holly L.	Shari C.
Jack M.	Silver G.
Jackie E.	Victoria L.
Jacob H.	Wanda T.

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

## QUESTION OF THE MONTH

*I am an avid exerciser, but have heard that it's important to give your body, and specifically your feet, a break. Will this undo all of the gains that I've made?*

- Matt B., Lakeway

While exercising on a consistent basis is important for your overall health, taking a break can be just what the doctor ordered in providing you with the opportunity to rest, recover and rejuvenate. It can take at least a few days or a full week to undo all of your hard work. Taking a break doesn't mean you have to sit on the couch. Try taking a long walk, sampling a yoga or Pilates class, working on your stretching routine, enjoying a casual bike ride or simply visiting your nearest park. Clearing your mind while enjoying the outdoors can help you refocus and begin your workout routine with renewed vigor. Good luck!

## 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.

## Diabetes & HISPANIC FOOT HEALTH



AS ONE OF THE FASTEST GROWING DISEASES TODAY, diabetes currently affects approximately 24 million Americans of every race, gender and ethnicity. Some racial and ethnic groups, particularly the Hispanic population, are at an even higher risk for developing diabetes due to a variety of genetic and environmental factors.

While Native Americans have the highest per capita incidence of diabetes, the statistics are equally daunting for Hispanics. Diabetes is about 1.4 times more prevalent among Hispanics than among non-Hispanic whites, with this troubling trend rapidly on the rise.

According to Dr. Carlos Campos of the Institute for Public Health and Education Research, there are a number of reasons why diabetes is more prevalent among and often poorly controlled by Hispanics, such as language barriers, poor health literacy, dietary preferences and, of course, genetics.

Here are some recent statistics showing the impact of diabetes on Hispanic Americans:

- Nearly eight percent of the U.S. Hispanic population, or about 3.7 million people, have been diagnosed with diabetes.
- The prevalence of diabetes has increased by 25 percent in the past 10 years among all Hispanics, driven predominantly by those ages 65 and up.
- As recently as six years ago, Hispanics were 1.7 times more likely to start treatment for end-stage renal disease, and 1.5 times more likely to die from diabetes, as non-Hispanic whites.

Preventing or delaying the onset of diabetes often begins with a healthy lifestyle. Changing your diet, becoming more active and maintaining a healthy weight are three positive steps to staying healthier longer and reducing your risk of diabetes.

Diabetes can impact many parts of the body, including nerve and vascular damage, which can result in a loss of sensation in the feet. Poor circulation can lead to hard-to-heal ulcers, which if not treated in time, could result in lower-limb amputations.

Regular visits to a foot and ankle specialist should be part of every diabetic's treatment program, and can lower your risk of lower-limb amputation by as much as 85 percent.

Contact Austin Foot and Ankle Specialists today to schedule an evaluation of potential diabetes warning signs and symptoms, and to discuss your diabetes foot care plan.



## Your Workout IS ONLY AS GOOD AS YOUR SOCKS!

You have read countless articles on the importance of choosing the right footwear for various activities, but few of us take the same consideration when it comes to purchasing athletic socks.

Choosing the wrong sock can completely wreck a workout. Sagging, bunching up or rubbing of the fabric against your skin not only causes a loss of concentration, it can cause serious damage to your feet.

Here are some tips for buying your next pair of athletic socks:

**CHOOSE THE RIGHT SIZE** - One-size-fits-all is never the right path when selecting your athletic socks. If your socks wiggle down into your shoe or bunch up during exercise, they are likely too big for your feet. Check the sizing chart on the back of the packaging to ensure that you are getting the right fit in relation to your shoe size.

**CHOOSE THE RIGHT FABRIC** - If you are still wearing traditional 100 percent cotton socks, you'll be pleased to know that a world of other options await you. Sock materials are now incredibly diverse, with acrylic and acrylic blends among the most popular in wicking away moisture and maintaining temperature control.

**CHOOSE THE RIGHT CUT** - Some athletes prefer socks that rise up to shin level, while others prefer mid-calf and still others choose those that barely peek over the top of their shoe. Determine how your sport will impact your movement, and pick the most appropriate sock for your needs.

**CHOOSE THE RIGHT SPORT** - Major athletic brands now offer socks suited for specific sports. Various socks offer cushion where you may need it most, and can help you avoid injuries and discomfort.

Don't let blisters and other discomfort caused by ill-fitting socks keep you on the couch. Instead, reward yourself with a properly fitted pair of new athletic socks and enjoy your next workout.

## Color Me Stylish

### 2012'S HOTTEST NAIL POLISH TRENDS



In Central Texas, where the thermometer can hit the mid-90's by April, sandals and open-toed shoes are part of a woman's attire nearly year-round. And if you are going to show off your toes, it always helps to be in the know when it comes to the season's freshest polish hues.

Here are some of the top picks for 2012, according to fashion, beauty and shopping website, Refinery29:

#### PISTACHIO

This year is all about the color green, especially polishes with creamy undertones and lots of opacity.

#### TANGERINE

Offbeat orange and retro mod brights are big, as are corals.

#### MODERN NEON

Can't get enough of the 80's? You're not alone. This year old school 80's neon is getting a makeover, resulting in neon mixed with pure white pigment to create beautiful looks that are bright and fun, yet sophisticated and subdued.

#### FOUNDATION NAILS

Mannequin nails are making a return, but the focus is on matching your skin tone. Think of beige as the new sheer pink.

#### THE NEW BLUES

Shades of blue will rule, ranging from baby blue to turquoise to navy, all the way into fall.

#### FIERCE FUCHSIA

Hot pink and fuchsia replace light pink and the girly girls shade of the season, complemented with glitter, undertones and opaques.

If you want to give your toes a treat this summer, try Dr.'s Remedy Nail Polish. It is the only over-the-counter enriched polish, created by doctors, designed to be free from harmful toxins and enriched with tea tree oil and wheat protein. Dr.'s Remedy Nail Polish can be purchased in the Austin Foot and Ankle Specialists office or online at [www.austinfootcare.com](http://www.austinfootcare.com).

## 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 diabetes, diabetes and 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!

