



JUNE 2014 NEWSLETTER



Jumpstart the Healing Process with NEW REGENERATIVE THERAPY OPTIONS

One of the most important roles of the team at Austin Foot and Ankle Specialists involves designing personal treatment plans that allow patients to return to their active lives as soon as possible following long periods of pain and disability.

Some of the most effective new treatment options involve the cutting edge trend of regenerative medicine, specifically the use of Platelet-Rich Plasma (PRP) Therapy and AmnioGenic Therapy, to accelerate the healing cascade.

While the human body has an amazing ability to heal wounds over time, there are some cases when the degree of injury or damage can make the process more difficult. Regenerative treatments assist the body in regenerating healthy, functional tissues at the site of an injury such as plantar fasciitis or Achilles tendonitis.

PRP THERAPY is a safe, non-surgical procedure that utilizes the platelets from a patients' own blood to rebuild damaged tendons or cartilage. The procedure takes place in an exam room and typically can be completed in less than one hour. Blood is drawn from the patient, placed in a centrifuge to separate out the platelets, and then is injected into the damaged portion of the tendon or cartilage with guidance from an ultrasound machine.

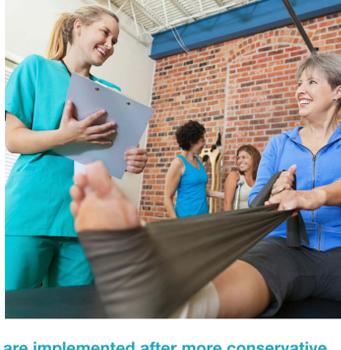
While some patients require only a single injection to resolve pain issues, others may require two to three procedures followed by traditional physical therapy before returning to most, if not all, normal activities.

AMNIOGENIC THERAPY involves the injection of a mixture of amniotic tissue and fluid to treat the damaged areas of the foot or ankle caused by tears or injury. The amniotic solution consists of a rich source of nutrients that already exist in the body, such as proteins, lipids and carbohydrates. Once injected, the amniotic tissue and fluids create a healthy environment for growth and rejuvenation.

This therapy offers an ideal non-surgical alternative for those suffering from pain caused by osteoarthritis, tendon inflammation, Achilles tears and muscle strains and sprains.

Both PRP Therapy and AmnioGenic Therapy are implemented after more conservative treatment options, including medication, have been exhausted.

Not everyone is a candidate for regenerative treatments, but if you are experiencing pain that is impacting your daily wellbeing, ask Dr.'s Craig Thomajan and Shine John for their professional recommendation on whether this treatment path may be right for you.



How to Avoid A

FLIP FLOP FOOT HEALTH FIASCO



Flip-flops are pretty much a year-round fashion accessory in Texas, but with the official start of summer taking place in June, now is the perfect time to think about the do's and don'ts for wearing this casual footwear while maintaining optimal foot health. Below are a few helpful suggestions courtesy of the American Podiatric Medical Association:

DO'S

- Do shop for a flip-flop made of high-quality, soft leather. Leather minimizes the potential for blisters and other types of irritation.
- Do gently bend the flip-flop from end to end, ensuring it bends at the ball of the foot. Shoes of any kind should never fold in half.
- Do ensure that your foot doesn't hang off of the edge of the flip-flop.
- Do wear a sturdy pair of flip-flops when walking around a public pool, at the beach, in hotel rooms and in locker room areas. Walking barefoot can expose foot soles to plantar warts and athlete's foot.

DON'TS

- Don't re-wear flip-flops year after year. Inspect older pairs for wear. If they show signs of severe wear, discard them.
- Don't ignore irritation between toes, where the toe thong fits. This can lead to blisters and possible infections.
- Don't wear flip-flops while walking long distances. Even the sturdiest flip-flops offer little in terms of shock absorption and arch support.
- Don't do yard work while wearing flip-flops. Always wear a shoe that fully protects feet when doing outside activities such as mowing the lawn or using a weed-eater.
- Don't play sports in flip-flops. This practice can lead to twisting of the foot or ankle, as well as sprains and breaks.

If you have any questions about the status of your flip-flops or other summer footwear, visit Austin Foot and Ankle Specialists and let your trusted experts take a look and offer an assessment.



5 DIABETES TIPS for a Safe Summer Trip

For diabetics, even the most mundane everyday activities can require advanced planning. From the food you eat to the care given to your feet, each day can present a new challenge.

Time spent away from the home, such as vacations involving extensive car or air travel, can be especially arduous for those with diabetes. Athletes and those who walk barefoot are at the greatest risk. It is a simple accumulation of blood underneath the nail, but in some cases can lead to pressure and tremendous pain. A black toenail will eventually fall off and regenerate on its own, but if there are signs of infection or any type of open or closed fracture, it is advised that you visit the Austin Foot and Ankle Specialists team.

Time spent away from the home, such as vacations involving extensive car or air travel, can be especially arduous for those with diabetes. If you are planning a summer getaway, it's important to take the necessary precautions to maintain your diabetes diligence. Following are five quick tips to help you prevent any disruptions to your daily care routine:

- KEEP YOUR SUPPLIES CLOSE AT HAND** – Keep all critical items in an easy-to-access tote bag and use a cooling device to keep your insulin at an ideal temperature. When packing, play it safe and pack extra supplies that will cover twice the length of your planned trip.
- STICK TO YOUR ROUTINE** – Make sure and pack snacks in case of travel delays, and try to be consistent with meal scheduling.
- CARRY DIABETES DOCUMENTATION AND ALERT APPROPRIATE AUTHORITIES** – It is important to carry a note (plus multiple copies) from your doctor stating that you have diabetes and need to carry medication with you at all times. When flying, place your diabetes supplies in a plastic container that is separate from other liquids you are bringing on board. You can also keep your insulin bottles or pens in their original packaging to demonstrate the validity of your prescription.
- RESEARCH YOUR FOOD** – Especially when traveling overseas, research local foods online so that you can be sure to take the appropriate pre-meal insulin. It's also a good idea to test your blood glucose before and after meals to determine how new foods are impacting your levels.
- TELL OTHERS ABOUT YOUR DIABETES** – It may not always be comfortable, but when traveling it's vital that those around you know about your diabetes. Help them understand your condition, what you do to stay healthy and what steps they should take in an emergency. If traveling alone, wear a medical ID bracelet and place a contact called "Emergency Contact" in your cell phone for others to use in an emergency situation.

QUESTION OF THE MONTH



I have been running quite a bit and the top of my toe now has a black bruise-like mark under the nail. How should I treat this?



A subungual hematoma, commonly know as black toe, is most often caused by some type of trauma. Athletes and those who walk barefoot are at the greatest risk. It is a simple accumulation of blood underneath the nail, but in some cases can lead to pressure and tremendous pain. A black toenail will eventually fall off and regenerate on its own, but if there are signs of infection or any type of open or closed fracture, it is advised that you visit the Austin Foot and Ankle Specialists team.

MEET THE TEAM



**DR. CRAIG
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Amanda Wilson
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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:

Venus C. • Laura R. • Helen D. • Lindsay T. • Amy B. • Mike K./Kim T. • Monica N. • Cliff H. Michelle W. • Faith V. • Alicia H. • Darren S. • Tracy S. • Charlene K. • Haitlin C. • Jessica C. Wendy M. • Pete D. • James H./Brad C. • Lisa A. • Paige H. • Amanda F.

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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