

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:

- | | |
|-------------|-------------|
| Andrea T. | Julie S. |
| Ann C. | Kate N. |
| Austin S. | Lisa M. |
| Barbara C. | Louis M. |
| Benjamin C. | Marilyn B. |
| Brian R. | Mark B. |
| Briana N. | Michelle G. |
| Cindy H. | Millie S. |
| Dana W. | Neva L. |
| Darrel D. | Robert B. |
| David B. | Robert C. |
| Diane D. | Stephen C. |
| Gerald K. | Stuart T. |
| Jackie E. | Tara C. |

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 have enjoyed a very normal pregnancy thus far, but am somewhat concerned about my suddenly swollen feet. Is this normal?

- Katherine D., East Austin

What you are experiencing is edema, a condition that occurs when excess fluid collects in your tissue. It's absolutely normal to have a certain amount of swelling during pregnancy because you are retaining more water. In addition, changes in your blood chemistry can cause some fluid to shift into your tissue.

Edema is most prevalent in the third trimester, especially toward the end of the day. You can try and minimize the puffiness by putting your feet up whenever possible, avoiding crossing your legs or ankles when sitting and avoiding any socks or stockings that have tight bands around the ankles or calves. Stretching your legs frequently while sitting helps, as does taking regular breaks from sitting or standing. And surprisingly, drinking plenty of water actually helps your body retain less water. The good news is that once the baby is born, the swelling will disappear fairly rapidly as your body eliminates the excess fluid. 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.



Introducing New Laser Treatment FOR VARIOUS FOOT CONDITIONS

Many people face challenges daily resulting from unsightly, and often painful, toenail fungus, infections and warts in feet. To date, the most common treatments for these issues included prescription topicals and oral drugs.

If you are searching for relief from toenail fungus and related problems, the most current FDA-approved technology is now available at Austin Foot and Ankle Specialists, led by Craig Thomajan, DPM.

- ☞ Safe, painless treatment performed by board certified physician
- ☞ No side effects or drugs
- ☞ No recovery time – just walk in and walk out
- ☞ Quick and easy 15-minute procedure
- ☞ No harm to nail or surrounding skin
- ☞ Visible clearing occurs as nail grows out

Laser treatment is effective in nine out of every 10 patients, and proven successful for over five years in Europe before being introduced as treatment option in the U.S.

HOW DOES LASER TREATMENT WORK?

Toenail fungus laser treatment involves the shining of a focused beam of light in a narrow range, more commonly known as a laser, into a toenail infected with fungus. The laser penetrates the toenail and destroys fungus embedded in the nail bed and nail plate where the fungus may exist. The laser treatment targets only those cells that are associated with the infection.

HOW LONG IS THE TREATMENT?

The laser procedure takes less than 15 minutes to treat both feet. There is no recovery period, and many patients have their nails polished immediately after the treatment.

IS THERE ANY ASSOCIATED PAIN OR DISCOMFORT?

The laser treatment does not result in any discomfort during or following the treatment. Some patients report a slight warming sensation.

HOW SOON WILL I SEE RESULTS?

The toenail will not become instantly clear after treatment, as it takes time to grow out. On average, toenails replace themselves every six to nine months, and healthy new growth will be visible within the first three months as the new nail replaces the damaged nail.

During a follow up visit, your podiatrist can make recommendations of preventative maintenance techniques to reduce reoccurrence of an infection.

HOW MUCH DOES IT COST?

If you have a Health Savings Account or Medical IRA, 100 percent of the cost can be covered. However, in most situations, this procedure is considered aesthetic and therefore health insurance plans do not provide coverage.

Laser treatment begins with a consultation with your foot and ankle specialists, followed by the procedure and any prescribed follow-up visits

CONTACT AUSTIN FOOT AND ANKLE SPECIALISTS TODAY FOR A FREE CONSULTATION TO SEE IF YOU ARE A CANDIDATE FOR LASER TREATMENT.

DON'T LET INJURIES KEEP YOUR ALL-STAR Grounded



Ever since physical education instructor James Naismith nailed a peach basket to the wall of a YMCA gymnasium back in 1891, Americans of all ages have enjoyed the game of basketball. While the game has no doubt evolved, thanks to the high flying, fast paced play of modern stars such as Kevin Durant, Dirk Nowitzki, LeBron James and Kobe Bryant, so too have the foot and ankle injuries that can occur in even the most informal pickup game.

In basketball, tremendous pressure is exerted on the foot and ankle. Without proper equipment and preparation, injuries will invariably occur. Two distinct types of injury to the lower extremity can occur in basketball: acute injury from a sudden and forceful blow, or chronic injury, which develops slowly and becomes aggravated over an extended period of time.

While it is impossible to prevent these and other injuries, here are some precautionary tips that will allow your youngster to focus on their game:

STRETCHING - Podiatric physicians recommend stretching exercises and gradual warm-up before beginning vigorous play.

WEIGHT TRAINING - A separate weight-lifting regimen for both upper and lower body muscles helps minimize the impact of chronic injuries before they happen.

PROPER FOOTWEAR - Proper basketball shoes should offer plenty of ankle support and shock absorption. Do not try and get by with running shoes, cross trainers or shoes made specifically for other sports. Shoes should fit well and be replaced before the soles become smooth, or before the uppers begin to tear or come apart.

PROPER SOCKS - To prevent blistering, acrylic socks are recommended.

Acute injuries require immediate medical attention. After a bad fall or painful twist, the game's over. When an injury occurs, get off the court immediately and apply first aid. The best initial treatment for acute injury is ice, rest, compression, and elevation of the injured extremity. See your podiatric or family physician as soon as possible.

When bothered by a chronic injury, reduce activity level in accordance with the severity of the pain. If nagging pain gets worse in the course of a game, get off the court and apply ice and a compression bandage, and elevate the foot. Over-the-counter anti-inflammatory medications such as aspirin or ibuprofen can be taken at proper dosage for temporary pain relief.

Be sure to take the proper steps to prevent and treat and foot and ankle injuries this basketball season, so that your family can spend as much time as possible having fun on the court.

FIX FEET for Weight Loss SUCCESS



There are an estimated 70 million obese individuals in the U.S., and many are trapped in a life-threatening vicious cycle involving their weight management efforts and associated foot and ankle problems that may be preventing them from achieving their goals.

It is well documented that obesity aggravates foot problems, like heel pain and flat feet. When obese individuals experience sore feet, it can be difficult to exercise and thus lose weight. Without exercise, however, obesity worsens and exacerbates the progression of diabetes, heart disease and other serious health threats.

There is no reason foot or ankle pain should stop obese patients from exercising, and the first step toward breaking that vicious cycle is to have the problem evaluated by a foot and ankle specialists.

Many causes of foot pain can be relieved non-surgically through stretching exercises, orthotics and athletic shoes with good shock absorption and support. If a bunion, heel pain or other condition is severe enough to require surgery, patients can participate during their recovery in non-weight-bearing activities, such as riding a stationary bike, swimming or weight training.

For those moderately to severely overweight, a thorough physical examination is mandatory before beginning any exercise program. Once cleared by your physician to begin exercising, the most important tip is to not try and do too much too soon. Follow a gradual routine until your body adjusts to the stress of regular physical activity, and in the beginning, it may be best to avoid working out on treadmills or elliptical machines to minimize impact and stress on joints.

Shedding excess pounds will help diabetic patients control their disease, but it is very important that they take part in regular foot exams in the check for possible sore spots and to assess nerve sensation. Any changes in the condition of their feet should result in a visit to their foot and ankle specialist.

With proper foot care and the right footwear, individuals can follow an exercise regimen that is safe and appropriate for them with the added reward of better health for years to come.

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 *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!

