

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:

Amy D.	Julie S.
Barbara C.	Leanne G.
Cheryl H.	Katie G.
Dawn E.	Linda W.
Earlie A.	Lisa H.
Frank P.	Marjorie T.
Heidi B.	Megan G.
Heidi C.	Nedra H.
Hilary R.	Polly L.
Holly L.	Sharon H.
Jacob H.	Stacey F.
Jeff M.	Stephanie K.
Jeff W.	Tom B.
Jessica R.	Tracy R.
Joshua L.	Tracy S.
Julie G.	Claire M.
Julie H.	Trish A.
Julie M.	

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

QUESTION OF THE MONTH

After rigorous exercise, such as running or playing soccer, I develop painful blisters on my feet. Should I pop them or leave them alone?

- Mike B., Central Austin

If you are experiencing blisters regularly, that is a warning sign that your sock wear is not well suited for physical activity, or that your shoes do not fit properly. Knowing the right steps to take when it comes to the care of your feet can help you heal a blister and prevent another one. If you have a small blister, you can disinfect the area and just pop it and let the fluid drain out. Or you can leave it intact and let the body reabsorb the fluid. If you have large blisters, or there is evidence of infection, you will want to open the blister up and cleanse the area before treating it with a topical antibiotic.

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.

Austin Foot and Ankle Specialists Introduces THREE LAKES SURGICARE



Austin Foot and Ankle Specialists is pleased to announce the creation of Three Lakes SurgiCare, the only accredited office-based surgical facility for podiatric surgical service and outpatient foot surgery in Texas.

Three Lakes SurgiCare, led by Dr. Craig Thomajan, DPM, will offer minimally invasive soft tissue corrections of the foot and ankle. A sampling of the areas of focus includes:

- Ganglionic cyst
- Lipoma and Adipose Tumors
- Ingrown Toenails
- Correction of Contracture Deformities of Hammertoes
- Verruca Excision
- Plasma Rich Protein (PRP) and AminoCell Injections
- Interdigital Neuroma
- Extracorporeal Shockwave Therapy (ESWT)
- Ultrasound Guided Partial Plantar Fasciotomy

Prior to opening Three Lakes SurgiCare, Austin Foot and Ankle Specialists applied for and received accreditation from The Joint Commission, formerly the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). The renowned organization is an independent not-for-profit entity that accredits and certifies more than 19,000 health care organizations and programs across the U.S. It first introduced office-based surgery standards in 2001 to provide oversight for small practices performing invasive procedures. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

"It is a tremendous honor to gain accreditation from The Joint Commission for our office-based surgical facility," said Thomajan. "As the only facility of its type in the state to also provide podiatric services, we are eager to serve the many individuals throughout Central Texas who are seeking everyday treatment and potential surgical solutions for their foot and ankle issues."

Three Lakes SurgiCare earned The Joint Commission's Gold Seal of Approval™ for accreditation by demonstrating compliance with the organization's national standards for health care quality and safety for office-based surgery.

FOR MORE INFORMATION ON THREE LAKES SURGICARE AND THE SURGICAL OFFERINGS AVAILABLE, CALL AUSTIN FOOT AND ANKLE SPECIALISTS AT 512-328-8900.



Teen Foot Health A GROWING CONCERN

Springtime not only signals the beginning of prom season for teens across the country, it's also prime time for young adults to be plagued by foot pain. Yet it's not just limited to a month where high heels and strappy shoes take center stage.

Consider a few alarming statistics from a new nationally representative survey commissioned by the American Podiatric Medical Association (APMA):

- Six out of 10 teens suffer from foot pain at least some of the time
- Sports are the number one cause of foot pain among teens
- Two out of 10 teens suffer from pain due to wearing high heels and other uncomfortable footwear
- Less than two out of 10 teens have ever seen a podiatrist

Foot health is incredibly important to a person's overall health and wellbeing, especially in the teen years when feet are still growing. Only about half of teens see feet as important to their overall health, but many are living with foot pain. It's vital that teens become educated on how to properly care for their feet and when to visit a podiatrist.

In the survey, sports were found to be the number one cause of foot pain in teenagers. Nearly half of those surveyed (46 percent) reported that playing a sport was the cause of their pain. Additionally, 75 percent of high school students play a school or recreational sport, and nearly 40 percent of that group has injured their feet while doing so.

Gender differences were also found to play a role in how teens care for their feet. Two out of every 10 teens suffer from pain from uncomfortable shoes, girls more than boys. When it comes to teen girls, shoe choices are causing pain. High heels are the most painful, reported by 64 percent of girls who took the survey.

It is important for teens to understand that foot pain of any kind is not normal, except when it results from an accidental misstep on the dance floor during one's school prom.

If you have a teenager in your family who is experiencing foot and ankle issues that may be cause for concern, contact Austin Foot and Ankle Specialists today to schedule a visit.

Don't Let Foot Pain Handicap You

on the

GOLF COURSE!



If you are like the thousands of other golf lovers across Central Texas, Saturdays and Sundays are spent on the links enjoying time with friends or family members. This is especially true in the springtime, when the weather is mild enough to play 18 holes no matter the time of day.

While golf provides a number of recreational and social benefits, it's also worth keeping in mind the potentially serious foot problems that can result from just a few rounds of playing the game.

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. The movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments.

When golfers follow through on their swing, they can overextend the big toe joint on the back foot. Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle specialist for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure also can precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Don't let pain stop you from enjoying your regular or occasional golf outing. If you experience any pain when on the course, schedule a visit to Austin Foot and Ankle Specialists for an assessment of your condition. The only thing you should talk about after your round is birdies and pars, not a foot or ankle issue that could keep you off the links for months 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 brochures, *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!