

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:

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|--------------|--------------|
| Olga F. | Amy B. |
| Lene A. | Lisa P. |
| Sandy P. | Sara F. |
| Chris B. | Nicole M. |
| Logan R. | Sofia A. |
| Patty B. | Ralph H. |
| Jason S. | Alex H. |
| Rennekers | Catherine W. |
| Ferrars | Margaret P. |
| Lucy D. | Stacey K. |
| Patty R. | Shirley W. |
| Mary R | Kari B. |
| Tellmond R. | Molly P. |
| Alfred C. | Noah M. |
| Gordon M. | Cythea H. |
| Terri R. | Carolynn M. |
| Gwen K. | Olivia G. |
| Adam W. | Kathy P. |
| Daniel C. | Kathryn M. |
| Cristi G. | Arcia M. |
| Patricia H. | Gabe K. |
| Greg M. | Austin L. |
| Allyson S. | Thomas S. |
| Brie M. | Jen C. |
| Elizabeth W. | Alex D. |
| Stuart T. | Joanne T. |
| Eric T. | Karin J. |
| Betty E. | Tabetha J. |
| Henry M. | James D. |
| Steve H. | Kayla M. |
| Iris C. | Stephanie T. |
| Dana D. | Chris S. |
| Christine G. | Elena W. |

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

WIN A PRIZE!

Our referral promotion is back! Tell a friend about Austin Foot and Ankle and earn a chance to win a great prize such as a **GOOGLE CHROME COMPUTER, AN E-BOOK READER, OR A GIFT CARD TO SWIFT'S ATTIC RESTAURANT**

The promotion runs through the end of **JUNE**, click here for more details.

SEARCHING FOR THE PERFECT MOTHER'S DAY GIFT? CONSIDER A

pedicure



If you are searching for the perfect Mother's Day gift to show your loved one just how much you appreciate them, keep their feet in mind.

Women have long known the appeal of a professional spa pedicure, but in many cases it is considered a luxury outing versus a regular occasion for the good of their feet. And when you are tackling the day-to-day load of a typical mom, that can add up to 7,500 to 8,500 steps each day – many of which take place in uncomfortable shoes.

Pedicures, whether performed in a salon or at home, offer many valuable health benefits, including:

- Cutting, trimming and cleaning of nails prevents improper growth inward, which can lead to infection.
- Removing dirt, bacteria and other unwanted elements will help prevent nail diseases while also reducing or eliminating foot odor.
- Removal of the dead skin cells, known as exfoliation, prevents cells from accumulating and causing painful corns and bunions. This dead skin removal also promotes new skin cell growth, leading to a smoother, attractive foot.
- The pedicure massage is not only enjoyable, but the oils help moisturize the newly exfoliated skin and the massaging promotes circulation in the feet and calves.
- Last but not least, coloring of the nails offers a perfect opportunity to express your personality and fashion sense, especially with flip flop season rapidly approaching.

This Mother's Day, consider giving the gift of foot health, mixed with some delightful pampering and stress relief, to that special someone in your life.



LAWNMOWING ACCIDENTS

Shouldn't Be Part of Your Spring

With springtime well underway and temperatures on the rise, neighbors are already beginning the weekend ritual of lawn mowing and yard maintenance.

One thing to keep in mind when firing up the rotary blade lawn mower is the importance of keeping your yard from becoming a "toe-away" zone – both for yourself and your children.

According to the U.S. Consumer Products Safety Commission, each year approximately 25,000 Americans sustain injuries from power mowers. Although the number of accidents has steadily declined since the 1982 adoption of federal safety standards, too many foot injuries from power lawnmowers are still occurring. Rotary blades can whirl at 3,000 revolutions per minute, producing three times the kinetic energy of a .357 handgun. Yet foot and ankle specialists continue to see patients who have been hurt while operating a mower barefoot. Their injuries span from dirty, infection prone lacerations to severed tendons and amputated toes.

Even a minor lawn mower injury requires immediate treatment to flush the wound thoroughly and apply antibiotics to prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair tendon damage, deep clean the wound and suture it. Tendons severed in lawnmower accidents generally can be re-attached surgically unless toes have been amputated.

Children under the age of 14 and adults over age 44 are most likely to be injured, but anyone operating a mower can decrease their risk by considering these simple precautions:

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| <p>1. Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.</p> | <p>2. Mow slowly across slopes – never go up and down.</p> |
| <p>3. Never pull a rowing mower backward.</p> | <p>4. Keep the clip bag attached when operating a power mower to prevent projectile injuries.</p> |
| <p>5. Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.</p> | <p>6. Always keep children away from the lawn when mowing it.</p> |



a cure!

FOR SANDAL STRAP BLISTERS

If you are like most women, you've faced this dilemma on more than one occasion. When selecting footwear from your closet to match an outfit, an especially fun pair of sandals stands apart from the rest. They are very stylish and look great on your feet, with only one drawback...the straps cause serious blisters on the top of your feet.

offers a lubricating formula that glides on smoothly to instantly reduce rubbing on skin. Each application forms an invisible barrier that lasts for several hours and, best of all, putting it on is easy and non-messy since it dries quickly.

Thankfully, some of the medical world's sharpest minds have turned this frustrating situation, and the result is a product by BAND-AID® called Friction Block™. Priced at approximately \$8 and available at area drugstores and supermarkets, Friction Block™

Special Tip for Runners – though not promoted, Friction Block™ works equally well in more ways than advertised, including spots that are prone to rubbing raw during runs, such as your inner thighs and forearms.

It's time to say goodbye to wearing visible bandages on your feet during sandal and flip flop season. Click here for more information on Friction Block™.

FREE BOOKS

for a limited time!



Price: **\$12.99 FREE!**

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 and are available free for a limited time.

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER!