

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:

- | | |
|-------------|-------------|
| Ana R. | Jeanne G. |
| Barbara C. | Kyla M. |
| Carleton S. | Lisa M. |
| Carmen G. | Nicole B. |
| Dawn K. | Nicole F. |
| Edward S. | Noah M. |
| Edward W. | Rachelle V. |
| Erica G. | Seamus Q. |
| Hayden S. | Steven C. |
| Janie B. | Steven H. |

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



Knock Your Socks Off

FOR DIABETES AWARENESS MONTH

The number of Americans diagnosed with diabetes continues to rise toward record levels, with an estimated one in three adults predicted to have the disease by the year 2050, according to the Centers for Disease Control. Because many serious complications from diabetes present themselves in the lower limbs, proper foot care for those with the disease is a vital step to keeping the disease in check. In fact, a new Thomas Reuters study on foot care confirms that care by a podiatrist can drastically reduce the incidence of diabetes-related hospitalizations and amputations.

"During November's Diabetes Awareness Month, it's important to realize that simple lifestyle changes can go a long way toward staying healthy with diabetes. These include eating right, being active, monitoring blood glucose and checking your feet daily," said Dr. Kathleen Stone, president of the American Podiatric Medical Association (APMA). "Diabetic foot complications are the leading cause of non-traumatic, lower-limb amputations in the U.S. Remembering to 'knock your socks off' at every doctor's visit will help to catch any potential lower limb complications early."

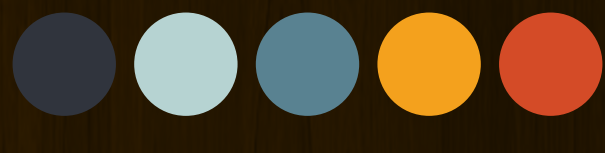
According to preliminary results from the Thomas Reuters study, those with diabetes who received care from a podiatrist had a nearly 29 percent lower risk of lower limb amputation, and 24 percent lower risk of hospitalization, than those who did not. APMA's "Knock Your Socks Off" campaign, running during Diabetes Awareness Month, aims to encourage everyone with diabetes and those at risk for the disease to remove their shoes and socks and inspect their feet and visit a podiatrist for a foot exam.

Feet should be checked regularly for signs and symptoms of diabetes to help prevent serious complications. Symptoms in the feet such as redness, tingling, and cuts that are not healing can lead to diabetic ulcers and even possible amputation without prompt medical care.

"The Thomson Reuters study results show that just one visit to a podiatrist can drastically reduce the chance of a tragic diabetes-related amputation. There is now no question that a podiatrist must be a part of everyone's diabetes management team," Dr. Stone said.

Courtesy of the American Podiatric Medical Association

Diabetes FOOT FACTS



PREVALENCE OF DIABETES

- 23.6 million people
- That's nearly eight percent of the U.S. population.
- Diagnosed*
- 17.9 million people
- Undiagnosed*
- 5.7 million people

PREVALENCE OF DIABETES AMONG PEOPLE 20 YEARS OR OLDER

- Age 20 years and older*
- 23.5 million—nearly 11 percent of all people in this age group
- Age 60 years and older*
- 12.2 million—almost 23 percent of all people in this age group
- Men*
- 12 million—close to 11 percent of all men, age 20 years or older
- Women*
- 11.5 million—nearly 10 percent of all women age 20 years or older

PREVALENCE OF DIABETES BY RACE OR ETHNICITY AMONG PEOPLE 20 YEARS OR OLDER

- African-Americans*
- Nearly 15 percent, or close to four million, of all non-Hispanic blacks.
- Hispanice/Latino-Americans*
- Nearly 11 percent of Hispanic/Latino-Americans .
- Caucasian-Americans*
- Nearly 10 percent, or close to 15 million, of all non-Hispanic whites.

DIABETES AND COMPLICATIONS SUCH AS AMPUTATIONS

About 60-70 percent of people with diabetes have mild to severe forms of diabetic nerve damage, which can lead to lower-extremity amputations

More than 60 percent of non-traumatic lower-limb amputations in the United States occur among people with diabetes.

The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

PREVENTING DIABETES COMPLICATIONS

Comprehensive foot care programs can reduce amputation rates by 45 percent to 85 percent.

6 TIPS FOR DIABETIC FOOT CARE



Foot problems are not an inevitable consequence of diabetes, and proper diabetic foot care can prevent foot loss. The risk can be lessened significantly by following a few simple precautions:

- Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems
- At least once a day, examine your feet for cuts and other small wounds you may not feel
- Never walk barefoot, outdoors or indoors
- Cut nails carefully and never trim corns and calluses yourself
- Wash your feet every day in lukewarm water and dry carefully
- Choose comfortable shoes with adequate room for the toes

QUESTION OF THE MONTH

If I have been diagnosed with diabetes, what are the most common foot complications that I should be on the lookout for?

- Mindy P., Central Austin

As numbness often makes it difficult to feel sensation in the limbs, waiting for pain in the feet to detect problems is not an option if you have diabetes. Chief warning signs to look for include irritation, redness, cracked and dry skin (especially around the heels), and drainage on socks. You may also watch for any change in the shape of your feet or foot ulcers or sores that do not heal properly.

Keeping your blood glucose (sugar) in good control, taking care of your feet every day, and visiting your foot and ankle specialist regularly can help you avoid serious foot problems.

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:

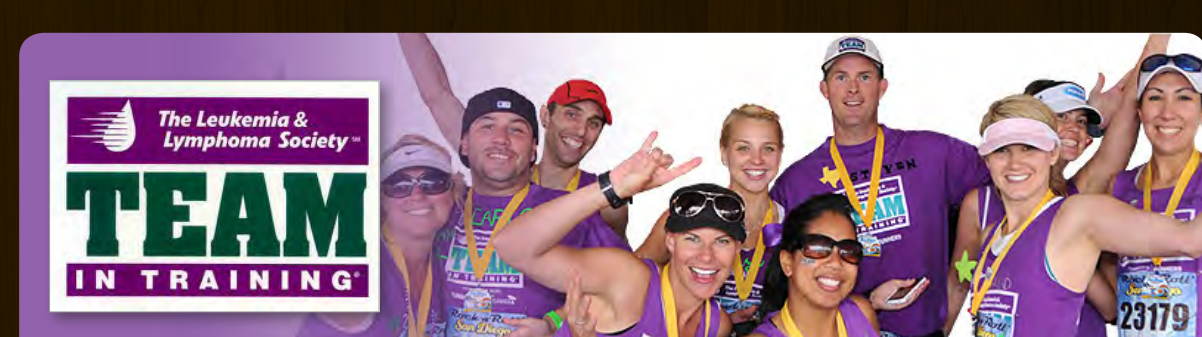
- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that effect your feet.

FREE EDUCATION REGARDING FOOT CARE FOR DIABETICS

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from diabetes, please take advantage of our complimentary book, *Diabetes and Your Feet*. Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPY!

TEAM THOMAJAN RACING TO SAVE LIVES



Join Dr. Craig Thomajan and his wife, Wendy, in the fight against blood cancer. They are part of a Team in Training to run the Rock and Roll San Antonio Marathon on November 13, 2011.

➔ To learn more about The Leukemia & Lymphoma Society's Team in Training program or donate to the cause, please **CLICK HERE**.