

MEET **YOUR TEAM**

Dr. Craig H. Thomajan

Rhiannon Torrez  
*Practice Manager*

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*Medical Assistant*

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*Patient Coordinator*

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*Patient Scheduler*

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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 V.       | James K.     |
| Bethany M.   | Jan W.       |
| Brogan L.    | Juanita B.   |
| Carol K.     | Julie H.     |
| Carolyn C.   | Ken H.       |
| Jennifer S.  | Mary M.      |
| Christina A. | Miranda G.   |
| Christina M. | Nedra H.     |
| Christine W. | Nicole B.    |
| Danny L.     | Rachael C.   |
| Deborah S.   | Sarah Ann W. |
| Emily S.     | Stephanie S. |

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



**TIPS FOR A FUN AND SAFE Halloween**

Before your little princess or pirate heads out the door for some trick-or-treating on Halloween, here are a few tips from Austin Foot and Ankle Specialists to help ensure that your family enjoys a stress free, entertaining evening of fun:

- Help your children select a costume that makes it easy for them to walk, see and be seen by others.
- Be sure their costume is short enough to avoid tripping and that any props such as swords or even wands are soft edged.
- Use reflective tape on your child's costume as an added safety measure to ensure that passing vehicles can see them.
- Encourage them to carry a flashlight throughout the evening.
- Opt for make-up rather than a mask to complement the costume.
- If a mask is necessary, make sure your children remove them before crossing the street.
- Plan your trick-or-treat route ahead of time, picking streets that are well lit.
- Make sure younger children have a parent or older sibling with them at all times, or that they join another group that is supervised by an adult.
- Trick-or-treat as early in the evening as possible to take advantage of the remaining daylight.
- Make sure your children know the proper safety measures for crossing streets and never cross in the middle of the street or between cars.
- Eat before you head out to trick-or-treat, so that your children will be less inclined to eat candy before they return home, where it can be properly sorted and inspected.
- Never eat any candy that does not have a wrapper or that is flattened.

**AUSTIN FOOT AND ANKLE SPECIALISTS EXPAND OPERATIONS WITH NEW Heel Pain Center of Central Texas**



While foot problems such as bunions, corns and dry, cracked skin affect many Americans on a daily basis, one particular ailment – heel pain – stands out as one of the most commonly experienced, yet least treated, of all foot disorders. According to the American Podiatric Medical Association (APMA), heel pain affects 16 percent of the population regularly.

Whether you hit the trails and visit the gym as part of a daily regimen or consider yourself an occasional athlete, keep in mind that heel and arch pain can become a debilitating injury impacting all aspects of your daily lifestyle.

Dr. Craig Thomajan, DPM, the founder of Austin Foot and Ankle Specialists, has opened the new Heel Pain Center of Central Texas

to provide an ever-increasing number of patients with the highest level of specialized podiatric medical care. The Heel Pain Center will operate within the same medical office space where Austin Foot and Ankle Specialists is located, at 5000 Bee Caves Road, Ste. 202.

In most cases, heel and arch pain are caused by overpronation, or rolling in, of the foot when we walk. A dropped or fallen arch is now an overpronated foot, which eventually leads to an inflammation of the fascia, muscles and ligaments on the bottom of the foot. This condition is diagnosed as plantar fasciitis. If the patient continues to exercise, the inflammation worsens and will lead to calcaneal bursitis, which can be detected by extreme pain upon rising in the morning that tapers off during the day when the body is in a weight-bearing position.

Depending on the severity of the heel pain, treatment options at the Heel Pain Center may include custom orthotics, the new non-invasive EPAT Pressure Stimulation therapy using acoustic pressure waves, Prolotherapy with healing plasma, or in extreme cases, surgery.

The Heel Pain Center has launched a new website to provide helpful information regarding the issue of heel pain, [www.heelpaincenterofcentraltexas.com](http://www.heelpaincenterofcentraltexas.com). Those experiencing foot pain may call 512-328-8900 to speak with a podiatrist or to schedule an immediate appointment at the clinic.



**PODIATRISTS**

**SAVING LIMBS AND PROVIDING SAVINGS TO PATIENTS**

According to the Centers for Disease Control and Prevention (CDC), nearly 26 million Americans live with diabetes. Diabetes is a leading cause of non-traumatic lower-limb amputation. However, amputations can be prevented.

Podiatrists receive the education, training, and experience necessary to provide quality foot and ankle care to patients, and at the same time present cost-containment solutions to our health-care delivery and financing systems.

Two recent national studies evaluated care by podiatrists for patients with diabetes. These studies demonstrated that compared to other health-care professionals, podiatrists are best equipped to treat lower extremity complications, reduce hospitalizations – all of which result in significant savings.

Providing access to podiatrists is an important component in ensuring quality of care. The growing epidemics of diabetes and obesity and their concurrent complications, along with the aging of the population, are among the many reasons podiatrists are necessary and important members of the physician community and demand for their services is increasing.

Diabetes is currently one of the ten leading causes of death in Texas. Recent estimates indicate that approximately 1,675,000 Texans may have diabetes and the disease was predicted to affect the health of 9.5 percent of the adult population. Not only does diabetes cause detriment to the wellbeing of Texas citizens, but it also puts a tremendous financial burden – with estimates exceeding \$12.5 billion – on the state.

**Care by Podiatrists Offers a Positive Return on Investment:**

According to the same study published in the Journal of the American Podiatric Medical Association:

- Among patients with commercial insurance, each \$1 invested in care by a podiatrist result in \$27 to \$51 of savings.
- Among Medicare eligible patients, each \$1 invested in care by podiatrists result in \$9 to \$13 of savings.

If you are living with diabetes, please visit your foot and ankle specialist. It will not only increase your chances for a healthy lifestyle, but may also result in significant health care savings for your family.

**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](#).



**A SPECIAL OPPORTUNITY FROM DR. THOMAJAN: HEEL PAIN: Very Common, Yet Often Untreated**

If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues associated with heel pain, please take advantage of our complimentary new book, HEEL PAIN.

The book was written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists. [CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPY!](#)

**This is your last chance to win an**

**iPad2**



It's not too late to participate in our Family Rewards Program and earn a chance to win our grand prize—an iPad 2! For each referral you submit by November 1, you will gain one entry into our drawing. Stay tuned, as we will be announcing the winner in our November Family Rewards update!

To enter the drawing today, **[SIMPLY CLICK HERE](#)** to share the names of friends, family or colleagues you have referred to Austin Foot and Ankle Specialists, and we'll happily welcome them to our family. In addition to **ONE ENTRY INTO THE IPAD DRAWING**, we will also reward you with a **\$20 VISA GIFT CARD** for every two referrals.

**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 RUNNERS AND DIABETICS**



If you know of a friend, family member or colleague that may be interested in learning how to prevent foot issues resulting from running or diabetes, please take advantage of our complimentary books, *Diabetes and Your Feet* and *Keep Running! Identify and Prevent Common Running Injuries*.

Both were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

[CLICK HERE TO REQUEST YOUR COMPLIMENTARY COPIES!](#)