

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:

- | | |
|------------------|--------------|
| Amanda H. | Lori S. |
| Amie V. | Madeline A. |
| Bill & Helene M. | Manola N. |
| Bret M. | Nancy Y. |
| Colleen T. | Rosie Lee T. |
| Cynthia P. | Shaun D. |
| Danielle L. | Stacie C. |
| Denise N. | Suzanne T. |
| Erin B. | Suzie D. |
| Erin O. | Tara G. |
| Ernesto O. | Jennifer C. |
| Jeanne G. | Tristen |
| John P. | Sabrina T. |
| Leslie L. | Wilma S. |
| Lisa B. | |

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



Barefoot Running

GOOD OR BAD FOR YOUR FEET?

Barefoot running is one of the most talked-about trends in the fitness world today. Take a look around when you're on your regular walk, hike or jog, and you'll see a handful of early adopters sporting these distinctive shoes that allow freedom of movement with minimal material.

The barefoot running movement was started by author Chris McDougall, whose book, "Born to Run," describes the amazing running abilities of northern Mexico's indigenous Tarahumara Indians, who have been running virtually barefoot for hundreds of years. Tribe members are renowned for their athletic and running prowess, which occasionally requires them to run up to 120 miles at a time.

Proponents of barefoot running point to the 26 bones, 33 joints, 20 muscles and hundreds of sensory receptacles, ligaments and tendons that make up the human foot, and the importance of stimulation that is made possible by wearing the most minimal footwear possible. With these special shoes, some runners feel they can better protect their feet from chronic injuries often caused by repetitive stress through heel striking. Others point to the exhilaration and interaction that is made possible with the ultra-light, airy models now made by running companies ranging from Nike and Vibram to New Balance and Merrell.

For many podiatrists, however, the barefoot running trend should include a note of caution. In modern society, there is not an abundance of grassy fields that double as walking, hiking or jogging trails. Many people run on asphalt, which is not only physically demanding on bare feet, but can also lead to injuries from loose concrete and unexpected debris such as glass and nails.

The American Podiatric Medical Association's stance is that while anecdotal evidence and testimonials proliferate on the Internet and in the media about the possible health benefits of barefoot running, research has not yet adequately shed light on the immediate and long-term effects of this practice.

The Association strongly recommends that patients consult with their foot and ankle specialist before using barefoot running shoes, so that an informed decision can be made based on their personal foot health and exercise habits.

QUESTION OF THE MONTH

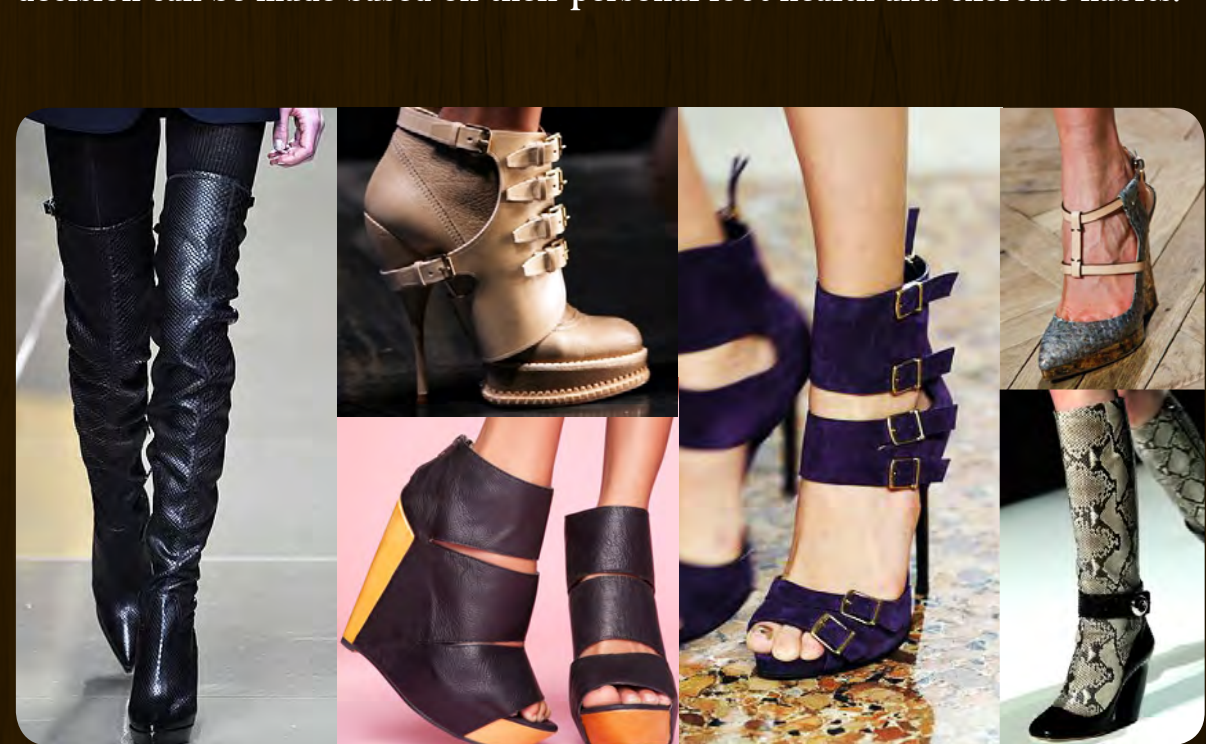
When buying women's shoes, is it normal that your standard shoe size does not remain consistent between varying styles of footwear, such as running shoes, casual shoes and formal wear?

- Renee S., Southwest Austin

That is an extremely common phenomenon, and it reinforces the need to measure your foot on your next shopping trip. Our feet change shape and size over time due to ligaments and other soft tissue that relax and stretch out as we age. Most podiatrists recommend measuring your feet once or twice annually.

Here are some quick tips to help you find the best fit no matter what type of shoe you are purchasing:

- Wear appropriate socks/hosiery – the thickness of a sock will affect the fit of a shoe, so you would not want to try on high heels with your exercise socks, for instance.
- Fit shoes to the larger foot – you can always add pads or inserts to a large shoe, but you can't add space to a shoe that's too small.
- Stand when measuring – when you stand, your feet spread out, which can also impact shoe size.



FALL FOOTWEAR Fashion Preview

Though it may not feel like fall in Central Texas, a cooler season is just around the corner and it's never too early to begin scoping out the newest footwear trends. If there is one commonality to the runway patterns, it is the presence of bold heels, which may lack in comfort but compensate with a confident, powerful appearance.

Christian Dior, Dolce & Gabbana, Marc Jacobs, Etro, Louis Vuitton and Fendi are just a few of the designers whose lines feature chunky and stiletto heels, from platforms to wedges, carried over from last year. This time around, however, darker colors appropriate for the autumn and winter seasons are more dominant, highlighted by more unusual patterns. The most popular colors seen on the runway include black, white, stone, metallic, beige, burgundy, chocolate, deep violet and khaki, with brighter hues being much scarcer.

Pike and round toes are equally in vogue, meaning you'll be able to pick the shoes that fit your foot best and still be stylish. In terms of the options are equal parts classy patent leather, trendy suede and eye-catching reptile skins, with snake and crocodile patterns most abundant.

Two of the most striking elements of the fall season are the presence of lacing and plenty of buckles. Lacing, once considered delicate and feminine by the design industry, has become much more aggressive and functional, while buckles have made a comeback from a few seasons back.

When sampling new fall shoe styles at your favorite boutique, remember to take into consideration the comfort of your feet. While high heels may be most popular, there are plenty of attractive options for those looking to avoid foot damage caused by excessive pressure and lack of support.

This season, treat your feet to the best balance of style and functionality possible, so your time at the office or out and about town can be spent looking great while feeling pain free.

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.

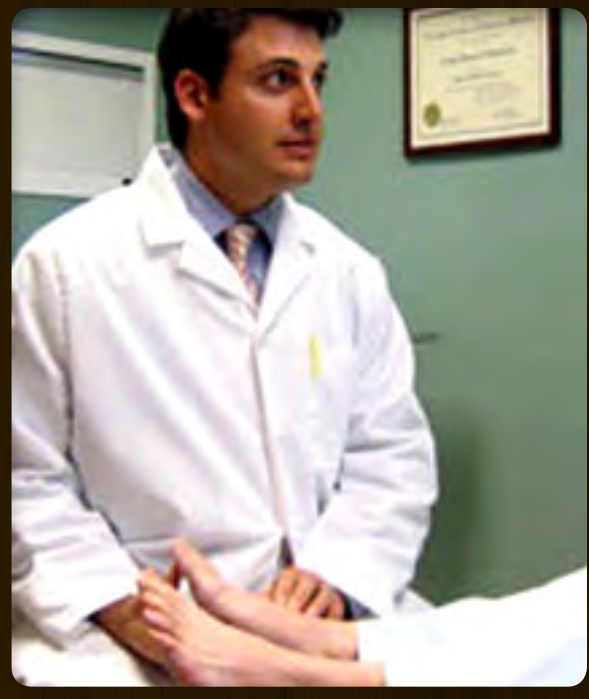
CHECKING THE HEALTH OF YOUR ORTHOTICS

Time and again, patients tell us that custom orthotics have made a huge impact on the health of their feet and overall quality of life.

For those not familiar, orthotics are shoe inserts that are intended to correct an abnormal, or irregular, walking pattern. Orthotics are not solely "arch supports," though some people use those words to describe them. They perform functions that make standing, walking, and running more comfortable and efficient, by slightly altering the angles at which the foot strikes a walking or running surface. Doctors of podiatric medicine prescribe orthotics as a conservative approach to many foot problems or as a method of control after certain types of foot surgery.

Did you know that your custom orthotics should be examined regularly by your foot and ankle specialist, even if they are providing comfort to your feet?

Just like your feet, orthotics can change over time. Some of the changes may be too slight to notice, but if not maintained properly, your orthotic may lead to difficulties with foot function. To avoid this situation, Austin Foot and Ankle Specialists



recommends checking your orthotics regularly, such as once or twice per year, for signs of excessive wear and to ensure the best fit possible.

During your visit, we'll offer a complete evaluation of your feet and orthotics, and will discuss with you any changes necessary for ideal biomechanical function. We'll also discuss your shoes and offer any recommendations to match your ever-changing lifestyle, such as new activities that may require special footwear.

Orthotic evaluations take place right in our office, and often we can take care of any adjustments or modifications during your visit. Contact us today to set up an appointment with one of our foot and ankle specialists, and we'll look forward to helping keep your feet healthy and happy for years to come.

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](#).

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!



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!