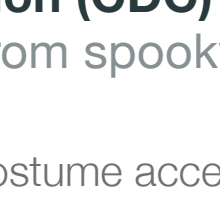




OCTOBER 2015 NEWSLETTER



MAKE SURE YOUR HALLOWEEN IS EQUAL PARTS SPOOKY & SAFE

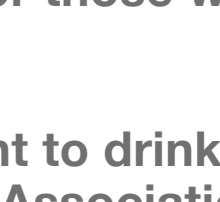


Halloween is just around the corner, featuring costumes, sweets, tricks and treats for all ages. Amid all of the fun, it's important to make safety a priority, especially since many Halloween-related activities will take place in the evening hours. Here are some helpful tips from the **Centers for Disease Control and Prevention (CDC)** to keep in mind so that the only scare you receive this year is from spooky costumes:

- S**words, knives and other costume accessories should be short, soft and flexible.
- A**void trick-or-treating alone. Walk in groups or with a trusted adult.
- F**asten reflective tape to costumes and bags to help drivers see you.
- E**xamine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H**old a flashlight while trick-or-treating to help you see and others see you. Always walk and don't run from house to house.
- A**lways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L**ook both ways before crossing the street. Use established crosswalks when available.
- L**ower your risk for serious eye injuries by not wearing decorative contact lenses.
- O**nly walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- W**ear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
- E**at only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E**nter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



TAILGATING TIPS FOR DIABETICS THE ALCOHOL FACTOR



Fall is in the air, and with it comes the excitement of football season. Weekend plans include game watching parties, barbecues and stadium tailgates as you gather with friends and family to cheer your favorite team on to victory. Good food is a must when you're tailgating, but you should also expect to encounter a sizable selection of alcoholic beverages. Deciding whether or not to drink can be a challenging issue for those who are watching their weight or managing diabetes.

If you have diabetes and want to drink alcohol, here are a few tips from the American Diabetes Association to make sure you stay safe on game day:

- Check with your doctor to determine whether it is safe for you to drink alcohol. For example, if you have neuropathy, drinking alcohol can worsen your symptoms.
- Always eat food if you plan to drink alcoholic beverages. Don't drink on an empty stomach. Alcohol is processed differently than food and can cause low blood glucose levels. Because of the calories in alcoholic beverages, many people try to cut back on their food intake. This is a mistake and can increase your risk of severe hypoglycemia, particularly if you take insulin or a pill that lowers blood glucose levels.
- Stick to no more than 2 drinks or less per day for men and 1 drink or less per day for women. For reference, a drink is 12 ounces of beer, 1.5 ounces of distilled spirits or 5 ounces of wine.
- To stay safe, check your blood glucose levels to see how alcohol affects you.
- Keep in mind that any alcohol you drink can cause you to make poor decisions when it comes to your diet. You can still enjoy a drink or two, but stay in control and do your best to make healthy choices.

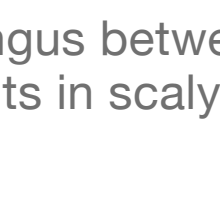
Alcoholic drinks can also be high in calories and they'll add up quickly when you have more than one drink. Stay away from sugary mixers and drinks like punch, margaritas and heavy beers. Lighter options include light beer or wine spritzers.

Be sure that non-alcoholic drinks are available. Whether it's Crystal Light lemonade or diet soda, bring your favorite zero-calorie drink so you have another beverage option.

Click here for more healthy tips from the American Diabetes Association.



STAY ON YOUR FEET RECOGNIZE THESE FOOT CONDITIONS



Did you know that the human foot has 26 bones, 42 muscles, 33 joints and at least 50 ligaments and tendons working together keep you in motion every day? The toes, heel and ball require precise coordination to perform optimally while carrying your weight around from task to task. Sometimes even the slightest disruption to this functionality can result in an injury.

Here are some of the most common foot problems that can take you off your feet, requiring rest, rehabilitation, medication and even surgery to regain your normal quality of life:

Athlete's Foot – caused by fungus between the toes or on the bottom of the foot. This condition results in scaly rashes on the skin, as well as, burning, itching and peeling.

Hammertoes – often the result of poor fitting shoes. This condition features the crossing, bending or awkward pointing of the second, third or fourth toe.

Blisters – also caused by ill-fitting shoes. This condition includes painful pockets of raised skin that fill with clear liquid that requires draining.

Bunions – caused by heredity, arthritis or trauma. This condition presents as a crooked big toe, joint that sticks out at the base of the toe, causing the big toe to point inward which leads to pain when confined in a shoe.

Corns – resulting from the repeated rubbing against a bony area of the foot or against a shoe, this condition leads to hard and painful patches of dead skin cells.

Plantar Fasciitis – often confused with heel spurs, this condition results from inflammation and irritation in the tissue connecting the ball of the foot to the heel.

Gout – caused by a build up of uric acid in the joint tissues. This condition results in heat and swelling in the big toe with pain experienced at the slightest touch.

Ingrown Nails – caused by improper trimming, fungus infection or poor foot structure. This condition results in the corners or sides of the nails painfully digging into the skin.

QUESTION OF THE MONTH



Q.

With the school year now in full swing, how do I keep my kids from hurting their back with all those books?

A.

Backpacks should be worn on both shoulders and with the straps pulled tight so the end of the pack sits above your student's waist. Wider and heavier books should be packed toward the back portion of the backpack and, if available, the cross strap should be buckled across the chest. After the pack is removed, students should squeeze their shoulder blades together to stretch and strengthen the muscles used when carrying the school load. Feel free to contact Three Lakes Physical Therapy if your student complains of pain.



THREE LAKES
physical therapy &
wellness center

MEET THE TEAM



DR. CRAIG THOMAJAN
DPM, FACFAS



DR. SHINE JOHN
DPM, FACFAS

Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Karin Jung: Medical Assistant

Esra Abu-Esba: Medical Assistant

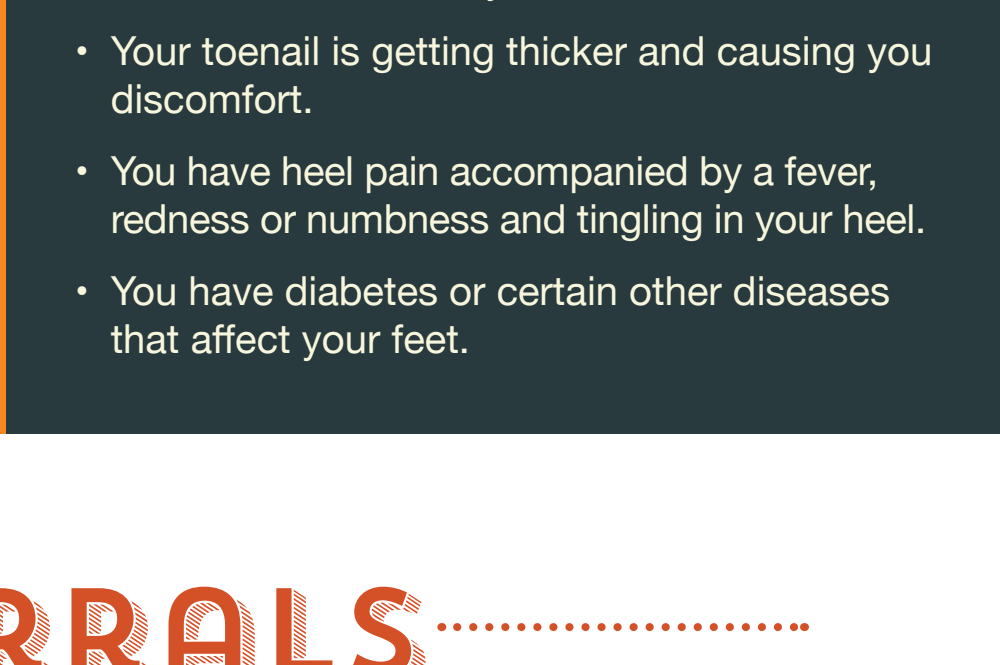
Lindsey Ryder: Medical Assistant

Joshua Hernandez: Clinical Coordinator

Frances Yule: Billing Specialist

Alexis Kirk: Patient Scheduler

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 affect your feet.

REFERRALS YOU MEAN THE WORLD TO US!

We cherish the friend and family referrals you send our way each month! We hope that you will continue to trust our team with managing the foot health of those that mean the most to you.

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!

FREE BOOKS FOR A LIMITED TIME!

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.

**CLICK HERE FOR YOUR
FREE BOOKS NOW!**

5000 Bee Cave Road, Suite 202 • Austin, TX 78746 • (512) 328-8900
www.austinfootandankle.com

If you do not wish to receive future emails from our office, please **Click Here to Unsubscribe** or send an email to thestaff@austinfootandankle.com with Unsubscribe as the subject line.

HEAL PAIN. [CLICK HERE](#)

HEEL PAIN
CENTER OF CENTRAL TEXAS