



MARCH 2015 NEWSLETTER

Join Us on March 28 for the

TAKING CONTROL OF YOUR DIABETES

Conference and Health Fair

Approximately 1.8 million Texans are currently battling diabetes, and the need for accurate and insightful resources for diabetics, as well as their families and loved ones, has never been greater.

Austin Foot and Ankle Specialists, which provides treatment to a large number of patients with diabetes, is proud to serve as a sponsor of the upcoming Taking Control of Your Diabetes (TCOYD) conference and health fair, taking place Saturday, March 28 at the Convention Center in downtown Austin. Registration begins at 7:30 a.m., and the conference and health fair runs from 9 a.m. to 5 p.m.

TCOYD, a non-profit organization that has been educating and empowering the diabetes community since 1995, hosts these events across the U.S., with a focus on the importance of diabetes education and self-advocacy when it comes to your condition. The events bring together people with diabetes and those at risk with national and local medical professionals and diabetes-related experts for a day of highly informative and motivating programs that empower our participants to take control of their diabetes.

Here is what attendees can expect from the TCOYD conference and health fair:

- Inspiring and motivating lectures from renowned speakers
- Health screenings, such as glucose, cholesterol, A1C tests and foot exams
- One-on-one conversations with diabetes specialists including physicians, diabetes educators, dietitians, psychologists, exercise specialists, podiatrists, pharmacists and ophthalmologists
- Lively, one-of-a-kind health fair with exhibits from national and local diabetes-related companies and organizations and physical activities for everyone
- Morning snack and healthy, sit-down banquet lunch and dessert

"Anyone can experience everyday foot problems, but for those with diabetes, common foot issues have the potential to lead to infection and serious complications, including amputation," said Dr. Craig Thomajan, DPM, FACFAS. This event will provide diabetics with a wealth of information needed to help keep the disease from leading to foot-related complications, as well as other health concerns such as heart disease, stroke, kidney disease, eye damage.

For TCOYD conference and health fair ticket and parking information, as well as other helpful details, call 800-998-2693 or visit www.tcoyd.org.



Foot Health Alert

THE MOST COMMON FOOT ISSUES WOMEN SHOULD NOT IGNORE

Americans are busier than ever before, fitting business, family and personal responsibilities into a window of time that seems to get smaller each day. Nearly a quarter of us spend a full six hours or more on our feet in a typical day, and a fifth of us log between four and six hours standing.

The impact of standing for extended periods of time can be exacerbated by our choice of footwear, which can be ill fitting or designed for style instead of comfort and support. According to research by the American Podiatric Medical Association, far more women than men have suffered due to painful footwear and report a number of associated foot problems in greater numbers than their male counterparts.

Heel pain is by far the most popular affliction, representing nearly half of all foot-related ailments. It is also the condition most likely to interfere with our daily activities. Heel pain is most often caused by plantar fasciitis, an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. The fascia becomes irritated and then inflamed, resulting in pain on the bottom of the heel and in the arch of the foot.

Heel pain isn't the only issue of concern for women. Some of the other most commonly reported problems include:

BUNIONS – Appears as a bony lump on the outer edge of your big toe and happen when your lowest joint becomes misaligned, causing the end of the bone to jut out.

HAMMERTOES – This condition causes the joint of one of your toes to point upward instead of lying flat. It results from a bunion, flat or high arches or too narrow shoes cause your big toe to butt up against the second toe, putting pressure on the digit and causing it to contract.

CORNS AND CALLUSES – Corns and calluses look like raised layers of thick, dead skin. When on your toes they are called corns and when on the bottoms or side of your feet they are known as calluses. It is caused by excessive friction being placed on the feet, often due to ill-fitting shoes

NEUROMA – Neuroma feels like tingling, burning or numbness in the foot and makes the bottoms of your feet very sensitive. It happens when the bones of two toes run against one another, pinching the nerve in between.

Don't let foot pain impact your lifestyle or get in the way of your everyday activities. If you are experiencing any of these conditions, or other problems that are resulting in foot pain, please contact Austin Foot and Ankle Specialists to schedule an assessment. Not addressing these issues in a timely manner can lead to larger foot problems and possible long-term damage to your feet.



Do Your Feet Itch?

YOU MAY HAVE ONE OF THESE CONDITIONS

If your feet seem to feel itchy all the time, and especially during the colder winter months, you are not alone.

The skin on our feet, more so than many other places on our body, is subject to a number of conditions that cause itchiness. On any given day, our feet experience significant temperature extremes – from hot water in the shower to cold toes inside of boots – numerous sock fabrics and diverse footwear that are compounded by the weight of your own body. This all adds up to skin dryness and irritation.

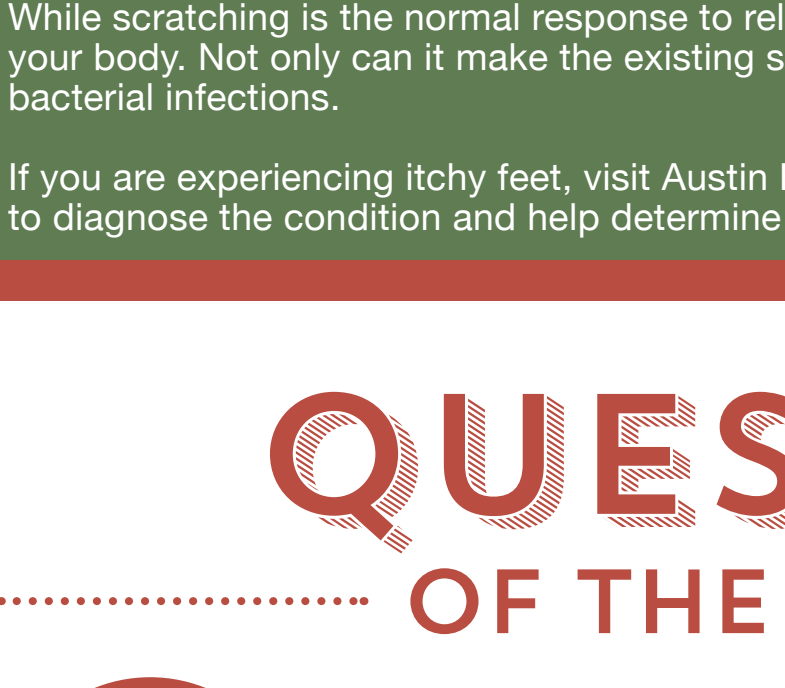
Some of the most common causes of itchy feet include:

FUNGAL INFECTIONS SUCH AS ATHLETE'S FOOT

This occurs on the soles of the feet or between the toes, presenting as a red, inflamed rash with blisters. When the blisters are scratched open greater irritation is experienced.

ECZEMA

Eczema can be present on any part of the foot, showing as small, circular areas of scaly skin or as larger lesions. This condition can be common in individuals with a history of allergy or asthma.



CONTACT DERMATITIS

Typically caused by the skin coming into contact with an irritant or allergen, this condition causes red, blistering rashes on all parts of the foot.

DRY SKIN

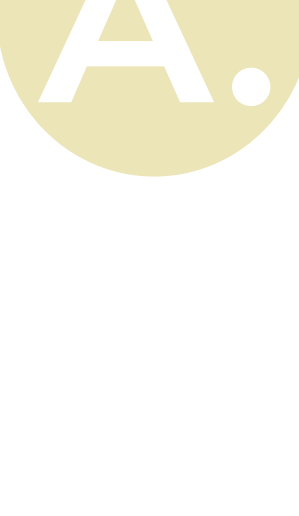
Most everyone has experience dry skin, which can result from other medical conditions or from any number of external conditions. This includes weight bearing stress, aging, diet or household chemicals.

While scratching is the normal response to relieve itchiness, you can actually do great harm to your body. Not only can it make the existing skin problem worse, but it can also lead to new bacterial infections.

If you are experiencing itchy feet, visit Austin Foot and Ankle Specialists and allow our team to diagnose the condition and help determine the appropriate treatment plan.

QUESTION

OF THE MONTH



WHY DO PHYSICAL THERAPY?

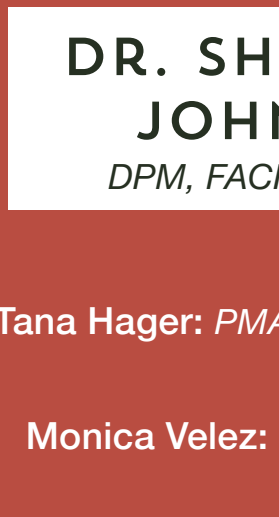


In physical therapy, the goals should be to resolve your specific physical problem and restore or improve your function to the level you desire. Each person's injury and etiology are a bit different so a comprehensive evaluation is performed to discover where your specific restrictions, limitations or weaknesses exist and a personalized program is developed to address each of those, not just temporarily relieve it. Although medication and other forms of treatment can be helpful in relieving symptoms, physical therapy produces a long-term result. Your physician may still prescribe meds or other treatments as tools to enable better success, but ultimately success in physical therapy is achieved by doing what is necessary to resolve your body's deficits. Your physical therapist will need your help in assuring the success of your program. They should educate you in what is the root of your symptoms and how or what you can do outside of the clinic to help ensure full recovery. Be sure to follow their instructions and be compliant with your prescribed visits and home exercise program throughout your treatment time. Once your goals have been met, your therapist will provide you instruction on what to do to maintain the gains you have achieved. Three Lakes Physical Therapy looks forward to helping you to achieve the active lifestyle you desire.

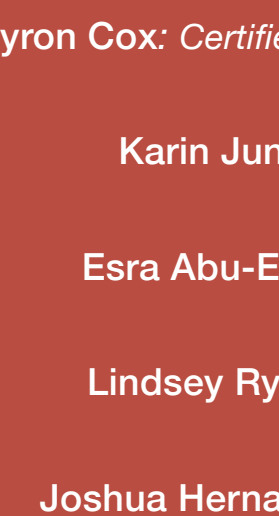


THREE LAKES
physical therapy &
wellness center

MEET THE TEAM



DR. CRAIG THOMAJAN
DPM, FACFAS



DR. SHINE JOHN
DPM, FACFAS

Tana Hager: PMAC, Assistant Office Manager

Monica Velez: Surgical Scheduler, Trainer

Byron Cox: Certified Podiatric Medical Assistant

Karin Jung: Medical Assistant

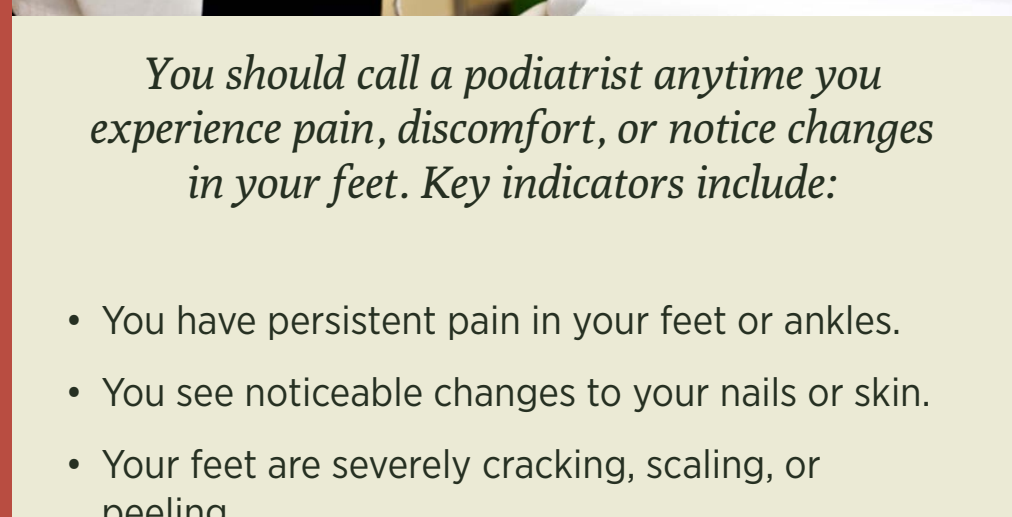
Esra Abu-Esba: Medical Assistant

Lindsey Ryder: Medical Assistant

Joshua Hernando: Clinical Coordinator

Frances Yule: Billing Specialist

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!

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:

Bill R./Peggy J. • Linda R. • Marnie N. • Nikakera B.

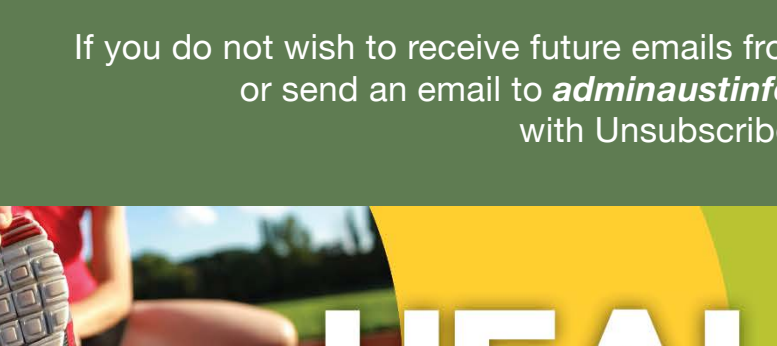
If you pass along our name to someone close to you, please let us know so we can say thanks!

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!**

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www.austinfootandankle.com

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HEAL PAIN.

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