



How do you know when foot discomfort is serious enough to visit a podiatrist?

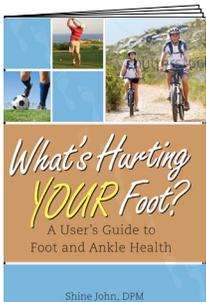


The most important counsel that a foot and ankle specialist can offer is that any type of foot pain, whether mild or severe, is not normal and should be taken seriously.

Your feet are critical to your livelihood and overall quality of life, and it is estimated that we put over 75,000 miles on them by the age of 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented.

- **Arthritis** – Inflammation and swelling of the cartilage and lining of the joints, and loss or defect in joint cartilage
- **Diabetes-Related Conditions** – Diabetic wound care and problems associated with high blood pressure and peripheral arterial disease and neuropathy
- **Foot & Ankle Injuries** – Sprains, strains and fractures
- **Muscle & Tendon Problems** – Haglund’s Deformity (pump bump), Achilles heel pain and tendonitis
- **Skin Disorders** – Athlete’s Foot, corns and calluses, psoriasis, skin cancers of the feet, sweaty feet and warts
- **Toe Joint & Nerve Disorders** – Bunions, hammer toes and neuroma
- **Toenail Discomfort** – Ingrown toenails, toenail fungus and toenail trauma
- **Flat Feet & High Arch Feet** – Heel pain, arch pain, ball of foot pain

If you are experiencing any of the common health issues listed below, Dr. Shine John, DPM, at Austin Foot and Ankle Specialists is ready to assist in creating a personal treatment program to ensure that your feet are happy and healthy for this year and many more to follow.



STOP IN OR GO ONLINE TO ORDER YOUR **FREE BOOK**

What's Hurting Your Foot?, written by Dr. Shine John of Austin Foot and Ankle Specialists, offers information and tips relating to many of the most common foot and ankle conditions.



5000 Bee Cave Rd., Ste. 202
Austin, TX 78746
512.328.8900
www.austinfootandankle.com