



# January 2018

## News and Updates

### When does a sprain need attention?

We've all been there. You slip or bring your foot down on an uneven surface, and suddenly you have a wrenching pain in your ankle.

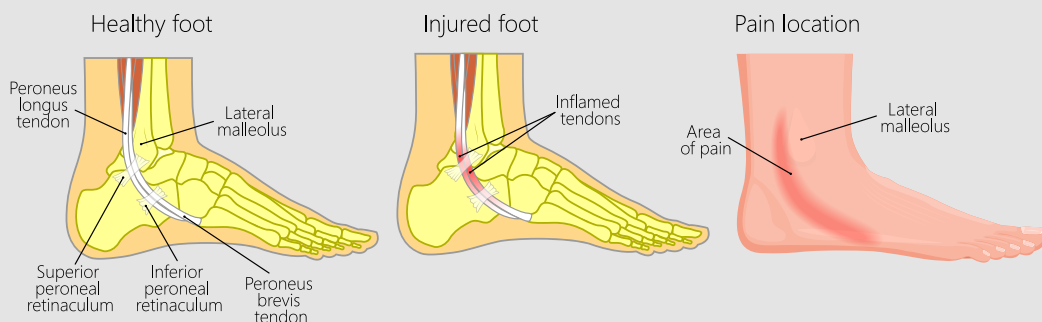
Sprains happen, and most of the time they are minor injuries that will recover with some rest. It is always wise to at least contact your podiatrist if you or a loved one has suffered an ankle sprain, just in case trouble develops. But what are the signs that you should be seeking medical attention sooner than later?

Seek urgent care if you experience:

- Swelling or bruising around the ankle
- An inability to stand or walk
- General instability in the ankle
- Increased pain that does not subside soon after the sprain, and sometimes becomes worse

There are two big reasons why severe sprains should be examined and treated promptly. First, it's best to ensure that the sprain is not actually a broken bone, as symptoms of both can be similar. Second, the more severe a sprain, the more likely it could increase the risk of sprains or chronic pain in the future if not treated properly.

Regardless of the signs, you should never be afraid to contact your podiatrist after an ankle sprain, no matter the severity. When it comes to risking the strength, comfort, and stability of your ankles, it's always best to be safe than sorry!



### Meet the Team



**DR. CRAIG THOMAJAN**  
DPM, FACFAS



**DR. SHINE JOHN**  
DPM, FACFAS



**DR. BRITTANY KALAPACH**  
DPM



**DR. RICARDO CHICA**  
DPM

**Alicia B.:** Practice Administrator  
**Christian G.:** Medical Assistant  
**Mary D.:** Medical Assistant  
**Jamie W.:** Medical Assistant  
**Kolbey G.:** Medical Assistant  
**Noelia M.:** Medical Assistant  
**Alyssa A.:** Clinical Coordinator  
**Vanessa G.:** Clinical Coordinator  
**Michael D.:** Clinical Coordinator  
**Sydney M.:** Patient Scheduler  
**Lindsey R.:** Surgical Scheduler, Trainer  
**Kelvin J.:** Billing Specialist



# Helping Foot Pain Get Off Your Nerves

When it comes to nerve damage and pain, the feet are a particularly susceptible area. The feet lie far from the blood pumping center of the heart, meaning it takes extra effort to provide nourishment via the blood. Conditions such as diabetes or vascular disease, or side effects from drugs and treatments may make it even more difficult to provide blood to the feet.

Complications can lead to the nerves becoming damaged over time, which can then result in tingling, burning pain as the nerves misfire. Nerve pain can become a part of life, but not to worry there are ways to manage the pain. The following tips can help provide more comfort:

- **Get walking.** Exercise promotes blood flow to needy nerves and can also release natural endorphins for lessening pain. Starting with a daily walk and gradually increasing the pace and distance within your comfort zone can have long-lasting positive effects.
- **Soak.** Warm water temporarily increases blood flow to the legs and reduces stress. A warm bath could be a ticket to reduced nerve pain.
- **Get spicy.** Capsaicin (the stuff that makes chilies hot) in cream form can potentially reduce nerve pain over time. However, the sensation of applying it can be painful in itself for some people, so don't continue if you can't stand it!

There are more methods of nerve pain management that may work for you, as well as treatments that may improve nerve health and help reduce pain even further. Our office would be happy to discuss them with you!

## Mark Your Calendars

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|-------------------|---|
| <b>January 2</b>  | National Personal Trainer Awareness Day – As if we needed the reminder.           |
| <b>January 5</b>  | National Bird Day – Have you refilled your birdfeeder recently?                   |
| <b>January 8</b>  | National Winter Skin Relief Day – Don't forget your feet!                         |
| <b>January 11</b> | National Step in the Puddle and Splash Your Friends Day – Why is this in winter?! |
| <b>January 15</b> | National Hat Day – We tip ours to you!  |
| <b>January 21</b> | Squirrel Appreciation Day – Even if they drive you nuts.                          |
| <b>January 28</b> | Data Privacy Day – When's the last time you updated your password?                |
| <b>January 29</b> | National Bubble Wrap Appreciation Day – Relieve some stress!                      |





# How to Increase Activity Around the Home

Some places are prone to cabin fever in the winter, but anyone can find themselves just sitting around the home at times no matter the climate. If you are looking to increase your physical activity but don't necessarily have the time to get out there, why not consider customizing your in-home errands a bit?

- **Set time limits to up intensity.** Setting a time limit to finish the dishes or vacuum the living room can put some added spring in your errands. It doesn't have to be a stopwatch setting the pace; put on some music and finish by a certain number of songs!
- **Clean more often.** We're certainly not saying you don't keep up with the dusting, but tidying up can turn into quite a workout—especially with all the lifting, bending and stretching that can be involved.
- **Make the most of TV time.** Just because you're watching TV doesn't mean you have to be inactive. Put a treadmill or bike in view of the screen, or take commercial breaks to do some jumping jacks or push-ups (within your physical limits and comfort zone, of course).

As with any change in activity, be sure to consult with a medical professional before making any big changes. Even so, you might be surprised at what even just a little added movement per day can do for your health and mood.



## Soup's On in January!

January is Soup Month, so why not try a new recipe and curl up with a bowl of delicious warmth?

### Creamy Broccoli and Spinach Soup

#### Ingredients

- 2 leeks, chopped
- 4 tbsp. unsalted butter
- kosher salt and black pepper
- 6 cups low-sodium vegetable broth
- 1 bunch broccoli, chopped
- 1 small russet potato, peeled and chopped
- 5 oz. spinach
- sour cream (or Greek yogurt)

#### Preparation

In a large pot over medium heat, cook the leeks in the butter with  $\frac{3}{4}$  tsp salt and  $\frac{1}{4}$  tsp pepper, 4 to 6 minutes until soft.

Add vegetable broth, potato, and broccoli. Simmer 18-22 minutes until tender.

Stir in the spinach until it is wilted. Transfer everything to a blender and puree until smooth. Top with sour cream/Greek yogurt and pepper to taste.



Austin Foot and Ankle Specialists  
5000 Bee Cave Rd, Ste 202 • Austin, TX 78746  
(512) 328-8900 • [www.AustinFootAndAnkle.com](http://www.AustinFootAndAnkle.com)



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# Taking Care of Fungal Toenails

It's time again to think of our goals through the coming year and consider how well we did achieving what we had planned through 2017 (or, you know, perhaps not). Some may wish to lose weight or take on a hobby, but if you have a fungal toenail infection, why not consider clearing it up?

Toenail fungus can be notoriously stubborn, but there are a number of treatment options you may want to consider with your podiatrist. Oral medications can be effective in some cases, but are not an option for everyone based on their potential side effects. Topical medications are also a possibility, depending on how deep the infection lies.

In some cases, laser treatment for fungus is highly effective, quick, and virtually painless. Other times, however, the best option may be to remove the nail and eradicate the fungus directly. It all depends on your medical history, the severity of the infection, and whether it is causing additional problems such as pain.

Treating your nails may take a number of months, especially in the case that new, uninfected nails need to grow in. Taking action on your fungal nails now, however, will help you have a clearer look for the summer. We are happy to discuss your best fungal nail treatment options with you, as well as the best ways to help prevent the spread of fungus to others and even back to yourself. This year, kick toenail fungus's habit for good!