

## MEET YOUR TEAM

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## 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:

Virginia B. Patricia D. Jill B. Jacqueline E. Terese H. Melanie B. Billy P. Jonathan B. Lily R. Helen M. Debbie G. Norma V.

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

## BIRTHDAY ANNOUNCEMENTS

To view this month's birthdays, [please click here.](#)

Is your birthday coming up?

Go to our [contact page](#) to submit your birthday or announcement so we can be sure to recognize our patients' and friends' special day!

## QUESTION OF THE MONTH

*My husband is very active, and his feet are worse for the wear. What can he do to take care of them?*

- Jessica H., West Austin

Active feet tend to need more attention than most, but many men neglect their feet until a serious issue arises. There are a few things your husband can do to care for his feet and prevent painful problems in the future.

If calluses or corns are an issue, soak feet in warm water for 10 to 15 minutes to help soften the skin. Then gently remove the thickened skin with a pumice stone and follow with moisturizer.

Foot powders help ward off odor, as does wearing quality cotton socks. If possible, avoid wearing airtight shoes all day.

If fungus such as athlete's foot becomes a problem, use an antifungal product daily. Look for a medicated powder or spray for sweaty feet, or an antifungal lotion for dry feet.

The same fungus that causes athlete's foot can also invade toenails, turning them yellow and crusty. Bad toenail infections are tough to get rid of, and over-the-counter solutions generally don't work. It is best to prevent toenail fungus in the first place by keeping toenails trimmed to avoid hangnails and ingrown nails where fungus could enter the nailbed.

If any of these issues persist, don't hesitate to make an appointment for your husband with a podiatrist.

## 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:

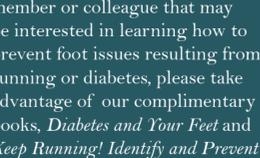
- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that effect your feet.

## 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 NEW YEAR. A New You.

IT'S THE NEW YEAR AND YOU'VE MADE A RESOLUTION to get back in shape. Not quite sure where to begin? These five tips will help you start and keep your New Year's resolution of creating a better you.

### SEE A PHYSICIAN

Before beginning a new exercise program, meet with your doctor to diagnose any conditions you may have that might prevent you from performing particular activities. If you have heart disease or other medical conditions, you should modify your exercise accordingly. Your doctor can let you know what your limits might be and suggest an appropriate amount of exercise for you.

important for those who plan on participating in strenuous activities and should include an adequate amount of carbohydrates, especially before an event or work out session.

### SET REALISTIC GOALS

An exercise routine should be just that – a routine. Schedule your workouts on your calendar, and stick with them. To prevent getting burned out, get to know your physical limitations and set realistic short- and long-term goals that you can track as you progress.

### PREVENT INJURY

When purchasing shoes for exercise, consider two things: the shape of your foot and the type of activity you will be doing. Properly fitted and appropriate footwear is key in preventing foot and ankle injury. Having clean, thick and absorbent socks is equally important and will help prevent blisters and calluses. Finally, stretching is always a necessity for preventing injuries. Make sure you are stretching targeted muscles before and after exercising.

### EAT & DRINK PROPERLY

Drink water before, during and after your exercise to avoid dehydration. It is also recommended that you eat about two hours before exercise and shortly afterward to give your body fuel. Proper nutrition is very

### HAVE FUN & MAKE IT SOCIAL

When starting out, it is much easier to stick with an exercise routine that you enjoy. Also, tell supportive friends and family about your exercise goals, find role models whom you can emulate and active people that will keep you going.

## HOW TO FIND YOUR Perfect Shoe



IF YOU HAVE SEVERAL PAIRS OF RUNNING SHOES, YOU MOST LIKELY BOUGHT THEM WITH COMFORT AND STYLE BEING YOUR MAIN GOAL. HOWEVER, CONSIDERING THAT ABOUT 25 PERCENT OF RUNNERS NEED SPECIALIZED SHOES, YOU MAY BENEFIT FROM KNOWING YOUR FOOT TYPE BEFORE YOU GO SHOE SHOPPING.

### COMMON FOOT TYPES

#### NEUTRAL FOOT TYPE

A neutral foot type is neither flat-footed nor high-arched. The footprint will have a slight inward curve from the ball of the foot to the heel.

footprint has a large curve with a skinny outer edge, or perhaps an actual gap between the ball and the heel.

#### FLAT FEET

Flat feet have no visible arch and the footprint is completely visible, with no inward curve between the ball of the foot and the heel.

**OVERPRONATORS** Overpronators tend to roll their foot inward from heel strike to take off during every step. Those who pronate often need more stable running shoes.

#### HIGH ARCHES

There is a clear arch between the heel and the ball of the foot, and the

**SUPINATORS** Supinators tend to roll the foot outward from heel strike to take off during every stride and need a flexible, cushioned shoe to absorb road shock while running.

### FIVE TYPES OF SHOES

WHAT YOU BUY DEPENDS ON YOUR FOOT TYPE AND TRAINING NEEDS. USE THE FOLLOWING CATEGORIES AS A GENERAL GUIDE TO TYPES OF ATHLETIC SHOES AND WHAT THEY HAVE TO OFFER.

#### MOTION-CONTROL SHOES

are the most durable, control-oriented running shoes. These shoes are good for overpronators, those who wear orthotics and want a stable shoe, or those with flat feet.

least support. Buy these shoes if you underpronate, have a rigid foot (high arch) or don't need any extra support.

#### STABILITY SHOES

provide a good blend of cushioning, support and durability. If you are of average weight and don't have any severe pronation or supination, but do need good support and durability, then these are the shoes for you.

**LIGHTWEIGHT TRAINING SHOES** are designed for fast-paced running or racing. If you have no motion-control problems and are a fast, efficient runner, these shoes will work for you.

#### CUSHIONED SHOES

offer immediate comfort but provide the

**TRAIL SHOES** offer the best traction, with stability and durability. Buy these shoes if you run off-road or in inclement weather and need extra traction, more durable uppers and a thick-soled shoe.

## WORKING TOWARD Diabetic Wellness



Being diagnosed with diabetes is a life-altering event. It means your body will never correctly produce or use insulin – the hormone that converts sugar, starches and other foods into glucose – the main source of your body's fuel.

Managing your diabetes and living a healthy lifestyle can help your body digest and metabolize glucose so you get the energy you need to function properly and stay healthy.

### MONITOR YOUR BLOOD GLUCOSE

There are two blood glucose monitoring methods you should use – the A1C and self monitoring (SMBG). Your healthcare provider typically monitors the A1C twice a year to monitor long-term glucose control. Self monitoring means that you use your own meter to determine how your meals, physical activity and medications are affecting your blood sugar every day.

### MAINTAIN A HEALTHY DIET

Load up on fresh vegetables and fruit, poultry, fish, lean meats and whole grains. Avoid packaged foods – they generally contain unhealthy amounts of sugar, salt and fat. Follow your dietitian's meal-planning advice to limit portion size and calorie and carbohydrate intake.

### EXERCISE

Many diabetics rely on injections and medication to keep their blood sugar levels stable, but exercise is another effective way to help control diabetes. Before starting a new fitness routine, make sure that you schedule an appointment with your doctor to discuss safe activities and have your blood pressure, cholesterol, kidneys, eyes, and feet checked.

In addition, these tips from the American Diabetes Association will help ensure a healthy workout.

#### 1. PERSONALIZE YOUR WORKOUT.

Diabetes affects everyone differently, and you should tailor your workout to your specific health needs. For example, if you have nerve problems in your feet, swimming may be a better aerobic exercise than walking or biking. Talk to your doctor about which activities are best for you.

#### 2. WARM UP.

Stretching and light movement helps prepare the muscles for the work to come and prevents overexertion and painful injuries.

#### 3. TAKE IT SLOW.

Start with light activity, and pay attention to how easily you take breaths. If you're constantly out of breath, slow down. As your body gets stronger, increase your workout accordingly.

#### 4. PAY ATTENTION TO YOUR FEET.

Diabetics need to take special care of their feet. Wear the correct shoes for each activity to help prevent the nerve problems associated with diabetes. Be sure to check your feet after exercise, and call your podiatrist if you notice any problems.

#### 5. CHECK YOUR BLOOD GLUCOSE LEVELS.

Check your glucose levels before and after your workout to monitor how your workout affects your body. It's generally best to exercise 1 to 3 hours after a meal, and be sure you have some raisins or candy on hand to raise your blood glucose level if needed.

### TAKE PREVENTATIVE MEASURES

Austin Foot & Ankle Specialists offers a comprehensive diabetic foot exam – or CDFE – that includes an examination of the feet combined with an educational and counseling session to give you the information you need to stay on your feet.