

MEET YOUR TEAM

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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!

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:

Amanda W.	Pat R.
Chase H.	Patsy G.
Daniel T.	Paul S.
Delk W.	Riis V.
Earline C.	Ryan B.
Larry B.	Sally A.
Leigh O.	Stefanie D.
Leslie H.	Tracy R.
Nikki M.	Valerie K.
Pamela T.	Yolanda R.

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

QUESTION OF THE MONTH

My diabetic husband refuses to trim his toenails regularly. How can I convince him that this natural grooming step is truly important?

- Maggie P., North Austin

It seems simple enough, but sometimes we all just forget, or put off, or just ignore the need to trim our toenails. More often than not, the biggest downfall is the unsightly appearance of overgrown or sloppily managed toenails. But there are actually a number of reasons that trimming one's nails is important to your overall health.

For diabetics, improper trimming of the toenails can lead to cuts or infections that may not be noticed and later cause severe foot health issues. Runners and athletes in general are another audience that prefer well maintained toenails, as a means of preventing ingrown toenails, which occurs when the nail becomes lodged in the skin instead of growing normally. The result is foot pain, potential infection and a break from everyday activity.

Keeping well-manicured toenails is simple and does not have to be time intensive. We recommend that patients use toenail clippers, cut straight across, leave nails a bit long, file as necessary so that they are smooth, and always cut when your feet are dry.

VISIT OUR CONTACT PAGE TO SUBMIT YOUR QUESTION and receive your gift of Miracle Foot Cream if yours is chosen to be featured in our newsletter!

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.



Summer Fun(gus)!

AS SUMMER SETS IN, MORE AND MORE FAMILIES TREK TO THE NEAREST SWIMMING POOL OR BEACH TO FIND SOME RELIEF FROM THE HEAT. Keep in mind that while these popular venues offer a wealth of fun for family members of all ages, they can also serve as a perfect breeding ground for bacteria and fungi that may lead to unpleasant foot issues.

Tinea pedis, better known as Athlete's Foot, is one of the most common forms of infection caused by fungus.

SYMPTOMS

The most common symptom of Athlete's Foot is cracked, flaking, peeling skin between the toes. The affected area is usually red and itchy. You may feel burning or stinging, and there may be blisters, oozing, or crusting. If the fungus spreads to the nails, they can become discolored, thick, and even crumble.

TREATMENT

Controlling the infection can be as simple as applying an over-the-counter antifungal powder or cream, and then continuing to use the medication for one to two weeks after the infection has cleared from your feet to prevent the infection from returning. In addition:

- Keep your feet clean and dry, especially between your toes.
- Wash your feet thoroughly with soap and water and dry the area very carefully and completely.
- Wear clean, cotton socks and change your socks and shoes as often as necessary to keep your feet dry.

Athlete's foot infections range from mild to severe and may last a short or long time. They may persist or recur, but they generally respond well to treatment. If you are experiencing continuous Athlete's Foot symptoms, it's time to visit your foot and ankle specialist to discuss other treatment options.

PREVENTION

Here are some tips to help prevent Athlete's Foot:

- Dry your feet thoroughly after bathing or swimming.
- Wear sandals or flip-flops at a public shower or pool.
- Change your socks often to keep your feet dry.
- Use antifungal or drying powders to prevent Athlete's Foot if you are susceptible to getting it, or if you frequent areas where fungus is common (like public showers).
- Wear shoes that are well ventilated and consider alternating shoes each day, so they can dry completely between wearings.

No matter your age, it's important to keep your feet well protected even when you're having fun.

Sunblock AND YOUR FEET

It seems that people are more aware than ever before of the damage that occurs to our skin due to excessive time spent outdoors without proper sun protection.

And while we are used to lathering sunblock on our arms, legs, chest, back and face, oftentimes we miss a critical part of the body that is most susceptible to over exposure and skin damage.

For those who enjoy outdoor activities, whether exploring in sandals, going barefoot at the beach or taking a dip in the neighborhood pool, too much of a even a good thing can be damaging to the skin of your feet.

Sunburn can be especially painful on the tops of feet and toes because skin is so tender there. You experience the same symptoms you do with any burn: pain, redness, swelling, and eventual peeling or blisters.

To treat the pain, run cold water over your feet (or soak in it) and apply a



cream or lotion that contains aloe, a plant substance that helps heal burns. To prevent future sunburn, wear sunscreen with a sun protection factor of 15 or higher.

You may be able to avoid the pain when wearing flip-flops or sandals, but when it's time to lace up closed shoes, you will quickly be reminded why putting sunscreen on your feet is worth a few extra minutes of time.

Summer Heat & Safety WITH DIABETES



Summer is the time of year to enjoy being outdoors, whether going on vacation, going to the beach or just relaxing in the sunshine. When summer arrives, so do high temperatures and humidity.

People with chronic conditions have to be even more careful in the heat than usual, especially those with diabetes. As a number of our patients at Austin Foot and Ankle Specialists are diabetic, we wanted to be sure and pass along some general health tips that don't apply just to feet, but instead to overall good health.

- Drink plenty of fluids throughout the day, especially water. Watch out for sugar-laden juices and sports drinks though -- they can just compound the problem. Caffeinated beverages in moderate amounts do not seem to affect blood glucose levels, but consuming large amounts of caffeine over a shorter amount of time appears to raise blood glucose.
- Exercise or do more strenuous activities in the early or later hours of the day when temperatures are cooler and the sun is not at it's peak.
- Check your blood glucose levels often. Both hypoglycemia and hyperglycemia can be a problem during hot weather.

- Know the signs and symptoms of heat exhaustion, too, since the risk is higher in people with diabetes. They include:

- Feeling dizzy or fainting
- Sweating excessively
- Muscle cramping
- Cool or clammy skin
- Headaches
- Rapid heartbeat
- Nausea

- Heat exhaustion that is not taken care of can quickly progress to heat stroke, which is a more urgent matter and is a medical emergency. Symptoms can include warm, flushed skin, little or no sweating, and an extremely high body temperature. Confusion, loss of consciousness, or seizures may also occur. A call to 911 is the best way to get help fast.
- Take extra precautions when carrying diabetes-related supplies such as insulin, meters and strips. Insulated bags with small freezable ice packs are good for keeping things cool. Keep equipment out of direct sunlight as much as possible.

Don't let summer weather keep you from being active and enjoying a wonderful summer season. By following these steps, and using common sense, weather won't have a chance to upset your plans.

TEAM THOMAJAN RACING TO SAVE LIVES



Join Dr. Craig Thomajan and his wife, Wendy, in the fight against blood cancer. They are part of a Team in Training to run the Rock and Roll San Antonio Marathon on November 13, 2011.

To learn more about The Leukemia & Lymphoma Society's Team in Training program or donate to the cause, please [CLICK HERE](#).



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!