

## 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:

Robert B. Hien D. Jana D. Nicole F. Jeanne G. Brogan L. Jonathan S. Pat S.

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

## BIRTHDAY ANNOUNCEMENTS

To view November 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

What is the difference between a podiatrist, podiatric physician, and podiatric surgeon?

- Matt B., Southeast Austin

Podiatrists, podiatric physicians and podiatric surgeons are all terms used to describe doctors of podiatric medicine (DPMs). All are uniquely qualified among medical professionals to treat the foot and ankle based on their education, training, and experience. The amount and type of surgical procedures performed by podiatrists may vary based on each individual's training, experience and personal choice within their practice.

DPMs receive education and training comparable to medical doctors or doctors of osteopathic medicine. Craig Thomajan, DPM, completed four years of post graduate training in podiatric medicine and surgery and is Board Certified in Foot Surgery and Reconstructive Rearfoot and Ankle Surgery by the American Board of Podiatric Surgery. Dr. Thomajan is also Board Certified by the American Board of Podiatric Orthopedics and Primary Podiatric Medicine and is a Fellow of the American College of Foot and Ankle Surgeons.

Visit our [Contact Page](#) to submit your question and receive your gift of Miracle Foot Cream if yours is chosen.

## 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 tingling in your heel.
- You have diabetes or certain other diseases that effect your feet.

# NOVEMBER IS Diabetes Awareness MONTH



If you have diabetes, taking good care of your feet can truly be a step in the right direction. Many Americans afflicted with diabetes don't know that the disease can damage nerves in the legs and feet, which, without treatment, can lead to amputation.

Taking a minute or two every day to inspect your feet and observing a few simple rules can make the difference in sparing diabetes patients from a this preventable outcome of the disease.

An estimated seven in 10 diabetes patients have nerve damage that impairs feeling in their feet.

Fifteen percent eventually will develop a foot ulcer. Among those with ulcers, one in four will lose a foot. Each year more than 86,000 amputations are performed as a direct result of diabetes.

"If you have diabetes or are at risk for the disease, regular checkups by a podiatrist—at least annually—are a vital measure to ensure that your feet remain healthy," said Dr. Ronald Jensen, president of the American Podiatric Medical Association (APMA). "A comprehensive foot care treatment plan can reduce amputation rates by as much as 85 percent."

## 6 TIPS FOR DIABETIC FOOT CARE



Foot problems are not an inevitable consequence of diabetes, and proper diabetic foot care can prevent foot loss. The risk can be lessened significantly by following a few simple precautions:

- Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems
- At least once a day, examine your feet for cuts and other small wounds you may not feel
- Never walk barefoot, outdoors or indoors
- Cut nails carefully and never trim corns and calluses yourself
- Wash your feet every day in lukewarm water and dry carefully
- Choose comfortable shoes with adequate room for the toes

## DIABETES by the numbers

Diabetes is a disease that occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin being produced, causing the body to improperly use sugar.

3 Types of diabetes: Type 1, Type 2 and Gestational diabetes.

4 Diabetes is the fourth leading cause of death among Hispanic women.

5 Percentage of pregnancies diagnosed with gestational diabetes in the U.S.

6 How many millions of diabetics are left undiagnosed in the U.S.

7 Percentage of the American population that suffers from diabetes.

A simple foot exam can reveal the first signs and symptoms of diabetes, and identify more serious complications that could potentially lead to lower-limb amputations. Don't become a statistic; contact your podiatrist and schedule an exam now.

## WHAT YOU MAY NOT KNOW ABOUT Types of Diabetes

**TYPE 1:** There is not a specific known cause for Type 1 diabetes. Genetics, autoimmune deficiency and viruses could all contribute to a person's susceptibility to the disease.

### CHARACTERISTICS

- Usually first diagnosed in children, teenagers or young adults
- More common in Caucasians
- Accounts for 5 to 10 percent of all diagnosed cases of diabetes

### SYMPTOMS

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unexplained weight loss
- Extreme fatigue
- Irritability

**TYPE 2:** Ethnicity plays a large factor in one's risk for developing Type 2 diabetes. Being of African American, American Indian/Alaskan Native, Asian American, Pacific Islander or Hispanic American/Latino descent increases a person's risk. Additionally, being overweight or having a family history of Type 2 diabetes or gestational diabetes is a risk factor.



### CHARACTERISTICS

- Most common form of diabetes – about 90 to 95 percent of people with diabetes have Type 2 diabetes.
- Usually found in adults 40 years and older
- Becoming more common in young people as a result of inactivity and a rise in obesity
- Hispanic/Latino Americans are nearly twice as likely as non-Hispanic people to develop diabetes.

### SYMPTOMS

- Frequent infections
- Blurred vision
- Cuts and bruises that heal slowly
- Tingling or numbness in hands and feet
- Recurring skin, gum or bladder infections

## 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!

