

AUSTIN FOOT AND ANKLE SPECIALISTS

AUSTINFOOTANDANKLE.COM

MEET YOUR TEAM

Dr. Craig H. Thomajan

Rhiannon Torrez
Practice Manager

Byron Cox
Certified Podiatric Medical Assistant

Ramiro Puga
Medical Assistant

Tana Hager
Clinical Coordinator

Amanda Walkup
Scheduling Coordinator

Brooke Richey
Patient Scheduler

Marco Mancillas
Community Relations Director

BIRTHDAY GREETINGS!

Look for a special email in your inbox when your birthday rolls around, created just for you!

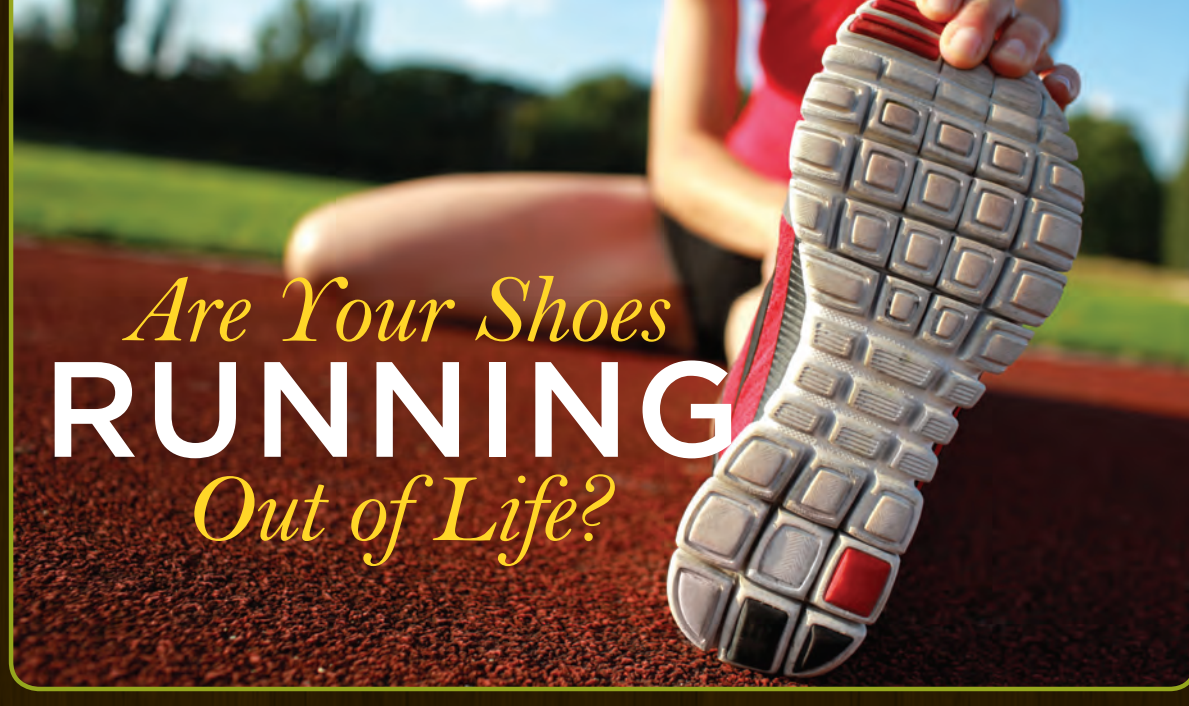
If you don't receive your birthday greeting but would like to in the future, please visit our Contact Page and let us know the date!

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:

Amber B.	Kelly H.
Amy B.	Kristen B.
Andrea P.	Kurt S.
The Bernowskis	Leaghan C.
Byron C.	Lee J.
Carlos S.	Lisa H.
Chris T.	Michelle B.
David B.	Mike B.
Doris C.	Naji S.
Elizabeth S.	Niccole C.
Freddie M.	Nicolas A.
Jaime P.	Rebecca D.
Jamison T.	Rebecca M.
Jana M.	Rita H.
Jeff A.	Rob R.
Jodi B.	Stuart T.
Jonathan S.	Stuart W.
Judy D.	Tara M.
Julia M.	Tom G.
Julie H.	Valerie A.

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



Are Your Shoes RUNNING Out of Life?

There is nothing like the feeling of a great pair of running shoes.

Whether on the trail, street or track, a properly sized shoe with adequate support and cushioning allows you to run pain-free while focusing your attention on the exercise task at hand.

Running in old or worn out shoes, however, can lead to an increase in running injuries. After enough miles of wear, running shoes lose stability and shock absorption capacity, thus leading to more stress being placed on your feet and legs.

The mid-sole layer of a shoe, which is responsible for support and cushioning, is often the first to wear out, though it may not be visible to the naked eye. In many cases, your shoe's outer sole may show minimal signs of wear.

Many experts identify 350-550 miles as the typical life span of a pair of shoes for an active jogger. There are many variables, including running style, body weight and the surface on which you run, but this is a helpful time frame for reference by novices and experts alike. For those who log 25 miles per week, for example, shoe replacement may be necessary every three to four months.

Here are some helpful tips to make sure you are replacing your running shoes at the right time:

- 1. Check for signs of wear on the sole by placing your old shoes on a table and looking at them from behind. If the soles are worn and leaning to one side, the mid-sole cushioning is probably worn as well.
- 2. Pay attention to how you feel. As your shoes begin to give out, you may begin to get some aches or pains in your bones and joints. You may also notice slight muscle fatigue, new tightness, or shin splints.
- 3. Look for creasing of the mid-sole material in areas of high load (under the heel or the ball of the foot). A worn out mid-sole will have wrinkles and creases there.
- 4. Try to twist the shoe. A worn out mid-sole will allow the shoe to twist more easily than a new shoe.
- 5. Try on a new pair of the model that you are currently wearing. Compare this to your current shoes. If the cushioning in your shoes feels lacking in comparison, it is probably time for a change.

Lastly, if you are a frequent runner, consider incorporating two pairs of shoes into your routine. This will help take some of the everyday load off of your shoes, though remember that each pair may need to be replaced once it reaches the 250-550 mile mark. Some joggers purchase two duplicate models at the same time for this purpose, while others purchase a second pair midway through the life of the first pair.

Don't let worn out shoes take away from the enjoyment of running. Keeping a rough tally on the numbers of miles you run each week and replacing your shoes as needed is the first step towards a lifetime of outdoor enjoyment.

QUESTION OF THE MONTH

If I stubbed my toe on the bed frame several weeks back, and it has not stopped hurting since, is there a chance that I have a more serious foot problem?

-Emma H., East Austin

Absolutely! Stubbing one's toe sounds extremely casual, but in many cases there is an actual toe sprain. This is caused by a partial tear of the ligaments that support the toe, and can occur when your foot runs into something while walking barefoot, when you stop suddenly after running and your toe jams into the end of your shoe, or when you land awkwardly from a jump. If you are experiencing continued pain and tenderness in the toe, or swelling and bruising, it is time to visit a foot and ankle specialists.



10 COMMON FOOT AILMENTS

According to the American Podiatric Medical Association, approximately 75 percent of Americans will experience foot pain at some point in their lives.

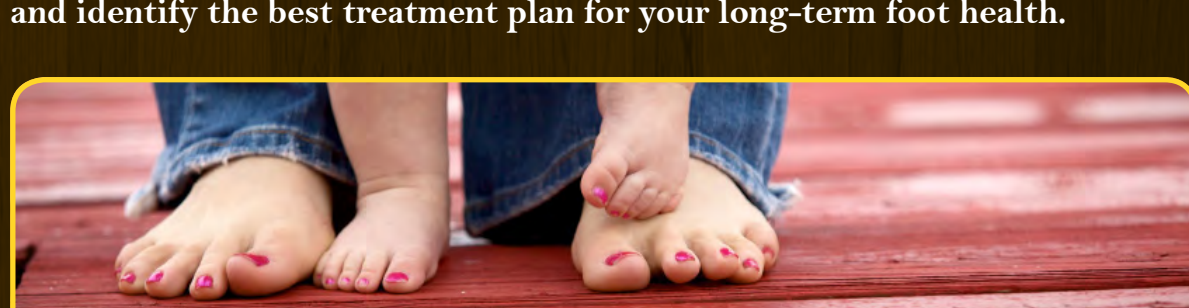
Austin Foot and Ankle Specialists treats patients of all ages, ranging from youth athletes to active seniors, for a wide range of issues that in many cases go unattended for far too long.

It's important to remember that foot pain of any sort is not normal. The longer you delay in addressing the issue, the greater chance that your condition may worsen.

Here are 10 very common foot issues that may be impacting your quality of life:

1. **ATHLETE'S FOOT** - Caused by fungus that enjoys the warm, moist environment found between the toes and at the bottom of the feet. Symptoms include itching, burning, peeling and odor, and when untreated, can migrate to other body parts.
2. **BLISTERS** - Most every person has experienced this condition at some point, and its often the result of shoes not fitting properly. Soft pockets or raised skin fill with a clear fluid, and if handled incorrectly, may cause added pain and even infection.
3. **BUNIONS** - Caused by congenital deformities, arthritis, trauma and heredity, a bunion is a crooked big-toe joint that sticks out from the base of the toe. The condition can be very painful when confined in a shoe.
4. **CORNS AND CALLUSES** - Caused by repeated rubbing against a bony area of the foot or against a shoe, these two conditions appear on the tops and sides of your toes most often. They can be very hard and painful, and can become infected if treated by someone other than a professional.
5. **GOUT** - A type of arthritis caused by a build up of uric acid in joint tissues and joint fluid. Toes with gout can be painful to the slightest touch, causing severe discomfort.
6. **HAMMERTOES** - If your middle three toes are bent in the middle of the joint, crossed or seem to be locked in an odd angle, you may have this condition. It is often caused by ill-fitting shoes, and can lead to other issues including corns and calluses.
7. **HEEL SPUR** - Often confused with plantar fasciitis when a patient reports heel pain. Heel spurs are pieces of bone that grow at the heel bone base and can develop following a bout with plantar fasciitis. Can be caused by constant stress to the foot bone, but typically has no negative impact on a person's daily life.
8. **INGROWN TOENAILS** - If cut improperly or simply too short, toenails can become ingrown and dig into skin, resulting in pain and even infection.
9. **PLANTAR FASCIITIS** - A painful disorder in which the tissue that connects the ball of the foot to the heel becomes inflamed. Often caused by overuse, and can be difficult to treat if not monitored properly by a specialist.
10. **TOENAIL FUNGUS** - If your nails are yellow or off-colored, unattractive and deformed in appearance, you may have this condition. This is a severe threat for individuals with diabetes, who are very vulnerable to the infections resulting from toenail fungus.

Contact Austin Foot and Ankle Specialists today if you are experiencing one of more of these issues, so that we may conduct a thorough assessment and identify the best treatment plan for your long-term foot health.



SPLINTER TIPS for Summer Trips

When you and your family are enjoying some rest and relaxation this summer, it is likely to involve walking barefoot. And whether you are walking on a house porch or on a pier alongside the beach, there is always the risk of getting a wooden splinter in your foot.

Aside from some pain and a small risk of infection, most splinters are not cause for alarm and can be treated at home. That doesn't mean that the experience will be pleasurable, especially for the youngest members of the family.

Here are some tips for removing wooden splinters from feet with minimum discomfort:

1. Wash your child's foot with soap and water to help prevent infection and to help soften the skin so that the splinter moves closer to the surface
2. Talk to your child about the splinter removal process so they know what to expect
3. Have an adult assist in holding the child, as any sudden movement could injure the skin of the foot, resulting in added pain or infection
4. Apply strong tape to the splinter, sticky side down, if at least one end of the splinter is sticking out of the skin
5. Lift the tape quickly, pulling it away from the skin in the direction the exposed splinter is facing
6. Sterilize tweezers using a cotton ball soaked in rubbing alcohol, if needed to remove a more deeply embedded splinter
7. Use a needle to break any thin layer of skin over the splinter, allowing it to be grabbed by the tweezers
8. Grip the splinter as close to the skin as possible and pull it straight out
9. Wash the area with soap and water again once the splinter is removed, and cover with antibiotic ointment and a bandage

For larger or more difficult to remove splinters that may require medical attention, please consult your foot and ankle specialists immediately to minimize the potential for infection or any added complications.

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.

FREE BOOKS for a limited time!

HEEL PAIN
Diabetes and Your Feet
KEEP RUNNING!
Identify and prevent common running injuries

Choose from three books offering helpful tips and treatments for diabetic foot care, running and heel pain.

All were written by Dr. Craig Thomajan, founder of Austin Foot and Ankle Specialists.

CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER NOW!