

**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:

- Karin J. Michael G.
- Keith P. Sara R.
- Shelley M. Sean-Paul W.
- Stewart T. Amy B.
- Wendy M. Karin J.
- Robin P. K. Murray
- Lucia G. Robert K.
- Marijo M. Kim and
- Chastity D. Bailey O.

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



*Don't Let Cold Weather*

**KEEP YOU OFF YOUR FEET**

**W**hen the weather turns especially cold during the winter months, it can deter even the heartiest among us from wanting to step outside and get some exercise. For those with access to a gym, jogging for miles on a treadmill can be tedious. Others may choose to walk inside the nearest mall, but with larger holiday crowds it can be tough to find your space and stay on pace.

Instead of packing away your fitness gear until spring or going through the motions indoors with less than inspiring workouts, consider these helpful tips from the Mayo Clinic to stay fit, motivated and warm when the conditions turn chilly:



**DRESS IN LAYERS:** One of the biggest mistakes you can make while exercising in cold weather is dressing too warmly. Exercise generates a considerable amount of heat, while makes you feel like it's much warmer than it really is outside. Once your sweat begins to dry, you become chilled. The solution is to dress in layers that can be removed and put back on when needed. Thinner synthetic materials are best as a base layer, as they can draw the sweat away from your body. Fleece or wool both provide great insulation as a next layer, to be capped by a waterproof, breathable outer layer. One material to leave at home is cotton, as it will stay wet next to your skin.



**PROTECT YOUR HANDS AND FEET:** Don't forget to bring your gloves or mittens, as they can help prevent frostbite and can always be removed if you begin to sweat. And for your feet, thick thermal socks are a safe bet for retaining heat while whisking away sweat.



**PAY ATTENTION TO THE WEATHER:** Even with all of the right gear, you can still be susceptible to conditions that are just not appropriate for exercise. Excessive rain can defeat the benefits of layering, and high winds can penetrate your clothing and remove the insulating layer.



**WEAR REFLECTIVE GEAR:** In the winter, it's often dark by the time you get home from work and decide to take a walk or jog. Make sure your outer layer or shoes have reflective qualities that will make you easily visible to passerby traffic.



**REMEMBER SUNSCREEN:** If exercising during the daytime, consider wearing sunscreen if it's especially sunny outside. You can become sunburned even when it's cold outside, and even more so if there is snow on the ground.



**HEAD INTO THE WIND:** When beginning your exercise, head into the wind so that the second half of your workout will have the wind at your back. This will help prevent you from getting chilled, especially if you've worked up a sweat.



**DRINK PLENTY OF FLUIDS:** Staying well hydrated is imperative to exercising in winter weather, as you can become just as dehydrated in the cold as in the heat. Even if you are not especially thirsty, drink water or healthy sports drinks before, during and after your workout.

If you have preexisting conditions such as asthma, heart problems or other issues that may be exacerbated by winter weather, please check with your physician before initiating a winter workout program. Otherwise, hit the trails and enjoy the cool air during these winter months. In Texas, it will be plenty warm before you know it.



**TIPS**

**FOR COLD WEATHER FOOT CARE**

Many of us tend to take extra care of our feet during the warmer months of the year, as they are often more visible in sandals and flip flops. After all, no one wants to display feet with corns, calluses, dried skin or ingrown toenails. When it becomes cold outside, however, and wearing socks and winter shoes become the norm, it's just as important to keep your feet in mind.

Winter weather can make feet more susceptible to problems, and the American Podiatric Medical Association (APMA) is offering some helpful tips to ensure that foot health is at the top of your mind during the holiday season.

**1 LET YOUR FEET BREATHE**

Did you know there are over 250,000 sweat glands in the foot? Be sure to keep your feet sweat-free by wearing warm weather socks made from natural or synthetic blends. You can also remove your socks and shoes a few times during the day to let your feet breathe.

**2 MOISTURIZE**

Winter air is dry, and moisturizing is a great way to keep your feet smooth and soft. After washing your feet, thoroughly dry your skin and then apply lotion or foot moisturizer. The only area to avoid is between your toes. Make sure your feet are dry before adding socks.

**3 CONTINUE TO TREAT YOUR FEET**

Just because your feet aren't visible doesn't mean you can stop pampering them. Each week you should soak your feet in lukewarm water, then buff away any dry skin with a stone or scrub before applying moisturizer.

**4 KEEP AN EYE OUT FOR FROSTBITE**

If you live in an area that experiences very low temperatures, it is important to know the warning signs of frostbite. Frostbitten skin looks pale and hard, and then becomes red and painful as it thaws. Do not put your feet in hot water if you think you have frostbite, as it can burn the skin.

*Treating your feet well during the colder winter months will set you on a path for attractive, healthy feet when it becomes time to show them off again in the spring.*



**Best Tips for Traveling & KEEPING YOUR FEET HAPPY**

With the holiday season upon us, families will be heading to the airport or hitting the highway to spend valuable time with friends and family.

When packing your bags, remember to keep your feet in mind. Travel can be stressful on your feet, as it often involves staying seated in a relatively small amount of space.

Here are a few tips to help ensure that your feet are happy and healthy when you arrive at your destination:

- **Choose Comfortable Shoes** – There is no single more important decision than the footwear you choose for your car or plane ride. There are numerous shoe companies that offer a wide variety of attractive yet functional and comfortable shoes from which to choose. Make sure they are the right size, and be sure to wear them in advance of your trip. You can also add orthotics if necessary for additional support and cushioning, if necessary.
- **Wear Socks** – If you may need to go through airport security, or would just like to remove your shoes in the car, it's always important to wear socks. This can prevent any potential shoe infection, such as athlete's foot. Also of importance is having shoes that are easy to slip on and off, making you more inclined to give them a break.
- **Keep Your Feet Moving** – Even in a confined space, it is helpful to keep your feet moving with small exercises such flexing and pointing your feet, wiggling your toes and taking time to walk around on occasion.
- **End of Day Routine** – If your travel day involved a good deal of walking through airports, it's a good idea at the end of a travel day, to sit back, elevate your feet and give them a break. Now that you've reached your destination, it's time to celebrate with loved ones.

Don't let foot issues put a damper on your holiday plans. Take the necessary precautions and ensure that your feet are happy and healthy whether at home or on vacation.

**QUESTION OF THE MONTH**

*I have heard that compression socks are one of the most helpful tools for keeping your feet happy during extensive airline travel. What benefits do they offer?*

Compression socks provide extra support and increase blood circulation in your feet. Gravity can cause blood to pool in the lower legs and feet, resulting in circulatory problems and potentially leading to cramps and leg fatigue. Compression socks use a graduated pressure application, with more tightness at the ankles becoming gradually less restrictive toward the knees. By compressing the surface veins, arteries and muscles, the circulating blood is forced through narrower channels. Arterial pressure is increased, causing more blood to return to the heart and less blood to pool at the feet.

**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!**



Price: \$12.99 FREE!

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

These great resources were written by the knowledgeable doctors of Austin Foot and Ankle Specialists and are available free for a limited time.

**CLICK HERE TO TAKE ADVANTAGE OF THIS OFFER!**