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ATLANTIC  
 foot & ankle  
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# FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

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JANUARY 2013



With the New Year comes resolutions. Some of us want to learn a new skill, some to start a diet or workout regimen. If you are serious about getting fit in 2013, don't forget to take care of your feet. With an increase in exercise, your feet will be taking on these new challenges with you! Here are some tips to help make sure your feet help support the new you in 2013!

**1) No Weekend Warriors** - Don't try to pack an entire week's worth of exercise into one or two days. This makes you more prone to injury as well as confusing your metabolism. Make time throughout the week for shorter periods of regular exercise.

**2) Warm Up/ Strengthen** - It's important to realize that with increased activity you are putting increased stress and strain on muscles that are not yet accustomed to the new you. Take time to ask your podiatrist for helpful stretching and strengthening exercises for your feet.

**3) Proper Shoe Gear** - With ever changing trends in shoe gear coupled with sport specific styles it can be confusing to choose a shoe that is best for you. Speak to your podiatrist about your foot type as well as your type of activities to get the most out of your next pair!

**4) Proper Hydration** - Most think this means drink plenty of water, which is a fine idea. However, you have to take into mind the precious electrolytes depleted with rigorous exercise. If these are not replaced, it slows your body's muscle recovery, which includes your feet. So make sure to have plenty of sports drinks along with water to achieve maximum hydration!

**5) Compression** - Compression sleeves help increase oxygenated blood to energize your legs pre-workout, enhance athletic performance during workouts, and aid in recovery post-workout. Ask your podiatrist if you would benefit from graduated compression sleeves, then just pick your color, and your off and running to the new you!

## Diabetic and on Medicare?

If you are a diabetic and have Medicare, you need to be aware of services and preventative care options available to you through your insurance coverage. Diabetes affects the feet and slows blood flow to the extremities, so taking advantage of all your available options is a great idea. These guidelines are also generally followed by most insurance companies. Ask our doctors or staff about the great care available to all our diabetic patients, such as:

- Diabetic Shoes • Biomechanical & Physical Examination
- Vascular Studies • Regularly Scheduled Nail Care

# Diabetic Recipe of the Month

## Wild Rice and Turkey Salad



### Directions

Recipe from  
DiabeticGourmet.com

1. Cook the rice in the water until tender, about 50 minutes.
2. Cut the turkey into bite-size pieces.
3. Combine all the ingredients in a bowl and toss.
4. Cover and chill until ready to serve.
5. Sprinkle on the pecans just before serving.

Serves 4

### Ingredients

1/2 cup wild rice  
1/4 cup green onions, chopped  
1-1/2 cup water  
1/4 cup olive oil  
2 cups turkey, cooked and chopped  
2 tablespoons red or white wine vinegar  
1 cup celery, chopped  
1/4 teaspoon black pepper  
1/2 cup sweet red pepper, chopped  
1/4 teaspoon ground nutmeg  
2 tablespoons fresh parsley leaves, chopped  
1/3 cup raisins  
1 apple, chopped  
Chopped pecans, for garnish

Nutritional Information (Per Serving)

Calories: 422 Fat: 18g Carbs: 26g

Chol: 185 mg Protein: 24g

Exchanges: 3 Meat; 1 Bread; 1-1/2 Fruit; 2 Fat

## It Time to Think About Summer Feet!



January and summer feet don't go together you say? Wrong!

If you suffer from toenail fungus (about 1 in 4 Americans will in their lives) now is the perfect time to deal with them!

Our painless laser treatment for nail fungus works naturally, destroying the fungus at the root of the nail, allowing healthy beautiful nails to grow out and replace nasty old fungal nails. So if you want to have beautiful summer feet, now is the time to act.

Toenails take 4-6 months on average to grow out fully, so don't miss your chance! Talk to your podiatrist about our nail laser treatments today and have beautiful toes all summer long!

### Our Services

- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Laser Nail / Wart Treatments
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis ... and more!

# free book

on Diabetes and Your Feet

Call 888-572-2325

The number one reason diabetics are hospitalized in the United States is foot infections!

Know the risks and complications before it's too late!

**NO OBLIGATION!**

For a FREE COPY of **Diabetes and Your Feet** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**

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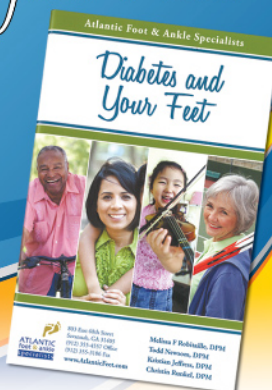
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