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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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Spring has sprung and while the pollen may be trying to keep you indoors it's a fact that many will be out and about to enjoy the beautiful weather. That means an increase in physical activity, which can lead to some common foot problems. Follow these simple tips to keep the Spring in your step.

### 1) New, Supportive Shoes

One of the easiest solutions to happy feet is commonly overlooked. New shoes can be an expensive, but it's an expense that will pay you back with better health. A good pair of supportive shoes should be changed out roughly every 500 miles, which for the average American is every six months. In addition, the foam padding in most shoes gets compressed all day long, and takes a full 24 hours to expand back to full size. The solution? Alternate shoes every other day for a comfortable ride. This way two pairs of shoes will last you one year!

### 2) Change Socks Often, Use Ones Made with Synthetic Materials

With an increase in physical activity you can expect a rise in perspiration, even in your feet. To prevent sweaty feet from causing common problems such as Athlete's Foot and Toenail Fungus, change socks between physical activities, or whenever you change shoes. Socks made with synthetic materials tend to wick moisture away from the body better. Fungus loves to grow in damp areas that are warm and dark, like your shoes. Remove your inserts at the end of the day and spray the inside of your shoes with anti-bacterial spray, such as Lysol, and allow to dry overnight. That fungus won't stand a chance! Toenail fungus already a problem? Ask about our new nail laser!

### 3) Don't "Play Through The Pain"

It's important to pace yourself when starting a new exercise routine, going full throttle right away is a sure way to injure yourself. Pain is your body's natural warning system that something is wrong. Pay attention to these warnings and see a podiatrist if pain persists after physical activities. When it comes to your feet, the sooner you seek medical care the more conservative the solution to pain is.





## Pooler Elementary Shoe Drive!

The Month of March marked Pooler Elementary Schools very first Gently Used Shoe Drive with Atlantic Foot & Ankle Specialists. With the help of school nurse Marla Danis and Principle Elijah West the school was able to collect 351 pairs of gently used shoes for both children and adults. For each pair of shoes collected Atlantic Foot & Ankle is donating \$1 to Pooler Elementary. For additional motivation teachers promised the class with the most collected shoes a pizza party!



Dr. Putnam presents the school with the donation check, surrounded by donated shoes

All shoes donated went to the Interfaith Hospitality Network which helps move families from homelessness to self-sufficiency. If you are interested in hosting a shoe drive at your local school email Brendan at [marketing@atlanticfeet.com](mailto:marketing@atlanticfeet.com)

Every  
Monday & Friday  
It's  
**COOLER**  
in Pooler!

Dr. Libby Putnam is now seeing patients at our new Pooler Office every Monday and Friday! Located at 114 Canal Street, Suite 403 in Pooler you can make an appointment by calling 912-355-4557 or online at [AtlanticFeet.com](http://AtlanticFeet.com)



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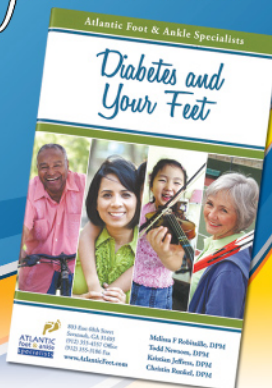
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