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ATLANTIC  
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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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## Common Winter Foot Woes

- 1. Dry or Itchy Feet** - Believe it or not, both of these complaints are often symptoms from the same problem! Warm, dark, humid environments create a delightful home for fungus! Dry skin can result from sweaty feet and sweaty feet are a precursor to fungal feet.
- 2. Wet, Cold Feet** - Temperatures are dropping, and while we don't usually have snow, wet winters are not unusual in the Lowcountry. Children leaving wet boots in the hall and walking around in wet socks leads to problems. Keep your feet dry and change socks often.
- 3. Heel Pain** - You're shopping, decorating, visiting family, and all the while your feet are taking a beating. Increased activity, weight changes, and improper shoes can all lead to serious, unmanageable foot pain. Be sure to wear great supportive shoes all through this activity packed season.
- 4. Ankle Sprains** - It can get icy and slippery out and you have so much to do...FAST. Decorating, shopping, sightseeing...all this activity in such a short amount of time can significantly increase your chances for sprained ankles. Again, be sure you're wearing the correct shoes for your activity, and slow it down.





## 3 Simple Ways to Give This Holiday Season

### 1. Donate your gently used shoes to a local homeless shelter.

We've teamed up with Fleet Feet Savannah and the Islands YMCA in order to make sure that those in need have shoes on their feet! If you would like to donate your gently used shoes, simply drop them off at Fleet Feet (3405 Waters Ave. SAV) the Islands YMCA (66 Johnny Mercer Blvd. SAV) or any of Atlantic Foot & Ankle locations. We will make sure they reach those in need.

### 2. Volunteer your time at a local Nursing Home.

Many nursing homes and assisted livings are home to the elderly who have no family to spend the holidays with. You can brighten someone's day just by spending the afternoon playing cards and engaging in conversation. Contact Azalealand Nursing Home (3000 Colonial Dr. SAV, 912-354-2752) in Savannah. We frequently visit Azalealand's residents to make sure their feet are happy. You might just have a doctor in common!

### 3. Send a care package overseas.

The holidays can be the hardest time of the year for the men and women serving our country. This year we've sent off a total of 8 holiday care packages to Afghanistan. We included items such as foot powder, holiday socks, pedicure kits, foot warmers, candy and lots and lots of snacks! Soldiers Angels ([SoldiersAngels.org](http://SoldiersAngels.org)) has a great program that allows you to adopt a soldier to send gifts to, if you don't already have one in mind.

### 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!

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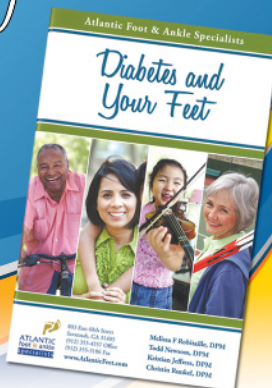
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