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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

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HEALTH RISKS AND DANGERS OF A PEDICURE!!!

Melissa Robitaille, DPM
Head Podiatrist
Atlantic Foot & Ankle
Specialists, Hinesville GA



As summer time approaches, every woman likes to wear cute flip-flops and get a nice pedicure. Would you be surprised if I told you that you were putting your health into risk when going to your local nail salon? Well trust me, you are!

While you are relaxing and getting pampered, you are also putting yourself at risk of multiple infectious agents. In fact, who knows if the lady that got a pedicure before you had bad nail fungus? Or in a worse -case scenario, who knows if the nail clippers being used have been previously exposed to Hepatitis C while accidentally clipping one's nail too short? My goal here is not to scare you to death, but to keep you from getting your oh-so-relaxing pedicure!

It is essential that you make sure the instruments used for your pedicure are properly sterilized before their use. This will prevent your nice red painted nails from becoming thick and yellow fungal nails!

Don't worry; you won't have to give up pedicures forever! In fact, our clinics offer completely sterile pedicures and our nail polish by Dr. Remedy has antifungal properties, meaning it prevents and treats fungus. In conclusion, you can get the best of both worlds: nice feet for summer without risking your health! How awesome is that?

NEW HINESVILLE LOCATION!

We have a new office location in Hinesville! Our new office is directly across the street from our old office. If you aren't familiar with our old office our new location is 610 East General Stewart Way.

This office will provide five new larger patients rooms compared to the three small rooms we had at our old location. The new office will feature Ultra- Sound, Digital X-Ray, and the Q-Clear Laser.



By providing our patients with the newest technologies patients will receive the most advanced medical treatment. Patients will be able to get all the services needed for their foot or ankle without having to go elsewhere. This allows Atlantic Foot and Ankle Specialists to be a one stop shop!

HELP A **WOUNDED WARRIOR**

Dr. Robitaille is out to be an Ironman! Or is that Ironwoman? She is participating in the Augusta Ironman® 70.3 on September 29th but that wasn't enough for her.

With the help of the Scott Rigsby Foundation Dr. Robitaille has set out to raise \$1,500 to pay for a Wounded Warrior to enter the Ironman as well! Not only that, but the money raised will also help to pay for that Wounded Warriors transportation to and from the event as well as stay and associated travel expenses.



No amount is too small, so make a donation today. You can simply visit AtlanticFeet.com and click on the link right on the homepage, it's that easy!

So let's all chip in and help send a hero to the Augusta Ironman® 70.3!

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!

FOOT MOBILE

Have you spotted our new FOOT MOBILE??!

Look for us and see if you can count how many feet are on our awesome new car?

If you think you have counted and found all of our feet write us on our Facebook page and we will let you know if you have found all the feet!!!



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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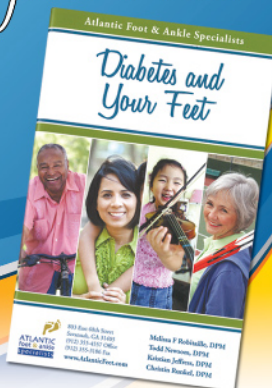
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