

Melissa Robitaille, DPM
Todd Newsom, DPM
Christin Runkel, DPM
Brian Fallon, DPM
Libby Putnam, DPM
Demon Thompson, CPED

Savannah

803 East 68th St.
Savannah, GA 31405
(912) 355-4557

Statesboro

110 Hill Pond Lane
Statesboro, GA 30458
(912) 489-3668

Hinesville

502 E General Stewart Way Suite C
Hinesville, GA 31313
(912) 463-4517

Claxton

200 North River St.
Claxton, GA 30417
(912) 489-3668

Hardeeville

300 New River Parkway Suite 21
Hardeeville, SC 29927
(843) 208-3338



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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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JUNE 2013



Simple Tips for Summer Feet



Summer is in full swing and odds are you will be more active. With the beach, family vacations, camping and amusement parks there is plenty of fun to be had in the summer time. This increase in activity it can be quite trying on your feet. No need to fear, there are some simple tips to help keep your feet happy and healthy all summer long.

1) Use Flip-Flops in Moderation

They are ideal for the beach or the pool and even if you know you are not going to be on your feet or walking for an extended period; however, if you are planning on doing a lot of walking or spending the day on your feet, wearing a shoe with more support is critical. Flip-flops are not built for Disney World!



2) Try to Avoid Going Barefoot

The likelihood that you get cuts, scratches, bumps, punctures, and all kinds of other traumas, major or minor are greatly reduced if you are wearing some type of shoe. You are more likely to get warts on the bottom of the feet during the summer, because of stepping on tiny pieces of glass, wood, or other hazard which, although it may not cause a serious puncture wound, is enough to place the virus in the skin. If you were thinking of trying a pair of the those new 'toe shoes', now is the time.

3) Trim your Nails Properly

Trim your nails straight across. Do not cut the nails down in the corners. This can lead to ingrowing toenails and infections. If you are already getting ingrowns, go see a foot doctor to fix the problem before you hit the beach.

4) Use a Pair of Good Supportive Shoes

If you are going to be on your feet, like at an amusement park, it is best to have a pair of good supportive shoes to prevent numerous types of foot injuries. You are more likely to experience heel pain if you increase your activities, but are not using a supportive shoe. If you notice heel pain during the day, it is important to get off your feet and rest them. Do some calf stretches, ice and some massage to keep the condition from getting worse.

OUCH! LIFE IS A BEACH!

It's "Cancer From The Sun"Month", so make sure to wear your sunscreen. Don't forget your feet when applying your sunscreen either!

Beach season is definitely in full swing. What better way to spend your weekend than diving into all the fun festivities at the beach! While enjoying your time in the sun you should also be aware and take precautions. Jellyfish stings can be as common as sunburns when hitting the beach. While sunbathers can protect themselves with a beach umbrella, there is no protection from jellyfish or the excruciating jellyfish stings.

Make sure to always take precautions for your feet whether it be wearing more supportive sandals, applying sunscreen to your feet, and to be cautious where you step on the beach.



Join the AFAS Run Team on June 29th at 8:00AM for the Sand Gnats Home Run 5K!

The run starts in front of Historic Grayson Stadium and ends right on the Sand Gnats home plate!

You can sign up at Fleet Feet or on Active.com
We'll see you there!



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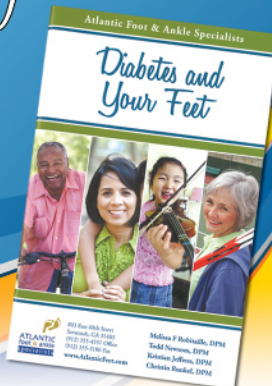
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