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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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Got Gout?

With Thanksgiving Fast Approaching Gout May Rear it's Ugly Head!

Brian Fallon, DPM Head Podiatrist Atlantic Foot & Ankle Specialists, Savannah GA



Gout is a form of arthritis, frequently seen in middle aged men. The classic presentation of gout is a red, hot, swollen joint at the base of the big toe which comes on without warning. Gout is a disease caused by uric acid, a substance produced normally by our body, but individuals with gout have an excessive amount of uric acid in their bloodstream. The uric acid forms crystals in the blood which have a tendency to pool in the cooler areas of the body. When a large quantity of these crystals are present in a joint, an intense inflammatory reaction occurs, leading to severe pain and swelling.

Gout is most commonly seen in the big toe joint, however any joint can be affected. For most patients with an attack of gout, the redness, swelling and pain will resolve with treatment within 1 to 2 weeks. The painful attacks of gout can unfortunately become a recurrent condition leading to joint destruction and chronic pain.

The elevation in uric acid levels associated with gout can be caused by multiple factors. A diet high in rich foods, most notably alcohol, red meat and shellfish, can predispose a patient to gout. Patients with kidney problems and those with a family history of gout are at greater risk for developing the condition. The medications a patient takes, particularly water pills and aspirin, may be associated with increased uric acid levels.

The initial treatment for a gout attack is aimed at reducing pain and swelling. This may include rest, elevation, injections and anti-inflammatory pills. To avoid recurrent flares of gout pain, preventative maintenance may include weight loss, diet modification and hydrating well, preferably with water. Patients suffering from repetitive flares of gout may require a daily medicine to lower the uric acid level in the bloodstream in order to prevent further joint destruction and pain.

BIG FOOT SIGHTINGS!

It's true, a big foot has been sighted around the Lowcountry! The Statesboro Parade, Tybee Island, River Street, you name it, it seems that this fella really gets around. Fortunately all you need to do to catch a peek at The Big Foot is to follow us on Facebook or @_thebigfoot on Instagram! If you see this guy around town be sure to tag your photo's with #thebigfoot!



No-Fungus-November

Today is the day you do something about that unsightly nail fungus! With Laser Nail Treatment at Atlantic Foot & Ankle Specialists you don't need to live with discolored, thick nails anymore!

Your toenails will be cleaned and filed prior to laser treatment. As each toe is treated with the laser you will feel a mild warm sensation. Laser treatment will take less than 10 minutes to treat both feet and there is no discomfort after treatment.

You may continue your normal daily routine immediately after your treatment, including painting your nails and enjoying pedicures.

November is the perfect time to start too. Why? While laser nail treatment effectively eliminates all of the fungal infection, toenails grow slow. So treating them now means that by the time summer rolls around you'll have beautiful toes that you don't need to paint over or hide in shoes anymore! Talk to your podiatrist to find out more!

MOYEMBER EYENTS!

Sat. Nov. 9th - Rock & Roll Marathon

Savannah, GA

Several AFASers will be running the half marathon as well as Dr. Fallon heroically tackling the full. Cheer us on!

Tues. Nov. 19th - Fall 2013 Career Fairs and Events at GSU GA Southern University Russell Union Ballroom, Statesboro GA

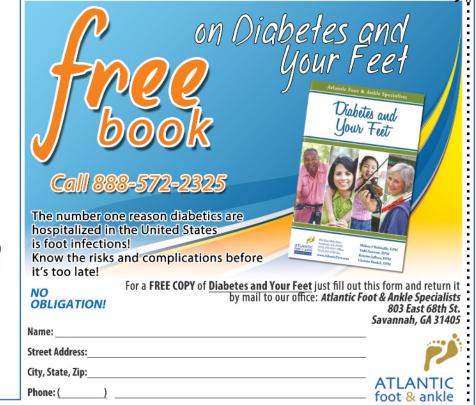
Dr. Libby Putnam will be in attendance talking to the future doctors of the world!

Thurs. Nov. 28th - Thanksgiving Everywhere USA

All Atlantic Foot & Ankle offices will be closed on both Thursday the 28th and Friday the 29th in observance of Thanksgiving. We apologize for any inconvenience.

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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