

Melissa Robitaille, DPM  
Todd Newsom, DPM  
Christin Runkel, DPM  
Brian Fallon, DPM  
Kristian Jeffress, DPM  
Julie Ferland, DPM  
Demon Thompson, CPED  
Mike Parsons, PT

#### Savannah

11706 Mercy Blvd.  
Plaza A, Bldg. 8  
Savannah, GA 31405  
(912) 355-4557

#### Pooler

114 Canal St. Suite 703  
Pooler, GA 31322  
(912) 988-3323

#### Statesboro

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

#### Hinesville

601 E. Gen Stewart Way  
Hinesville, GA 31313  
(912) 463-4517

#### Hardeeville

300 New River Pkwy. # 21  
Hardeeville, SC 29927  
(843) 208-3338



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# ATLANTIC foot & ankle specialists

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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 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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## Your Podiatrist **NEEDS** You to Quit Smoking!!!



Christin Runkel, DPM

Although smoking's ill effects on the lungs and heart are well known, it can be equally harmful to the foot.

The tissues of our body require oxygen to function, remain healthy, and heal from injury. Chemicals found in cigarette smoke causes changes to the way blood carries oxygen. Hemoglobin, a molecule that carries oxygen throughout the body, cannot carry as much oxygen as usual when exposed to cigarette smoke.

Smoking also causes tiny blood vessels in the body (and your foot) to become narrow, which makes it difficult for oxygen to reach the tissues. In addition, smoking can make the blood thicker so that it doesn't flow as easily through narrowed vessels. Think about a busy four-lane highway filled with large trucks hauling precious cargo. If this were the body, (and in particular the foot)

smoking would have the effect of shutting the highway down to two lanes and converting the trucks to cars while pouring sticky tar on the road. Much less cargo would go where it needs to go. In the same way, areas of the body that need oxygen (like your foot) go without.



What this means specifically: Smoking causes increased risk of blood clots as well as increased risk of peripheral arterial disease (PAD). PAD is a condition where blood cannot flow properly through blood vessels, eventually causing death to tissues such as skin, bone, tendon etc. In addition, smoking causes delay and poor healing following any injury or surgical procedure. Smoking is associated with a higher post-operative infection rate, higher surgical failure and a greater need for further surgery. Studies have shown that quitting smoking even 6 weeks before surgery can improve surgical healing. For injuries of the foot, smoking can significantly inhibit repair cells from arriving to injury site. Smokers are 1.5 times more likely to suffer overuse injuries, such as bursitis or tendonitis, than non-smokers.

And if you need even ANOTHER reason to quit, calluses and cracks can develop on your foot. Ouch! Smoking breaks down a protein in the skin called elastin, which gives skin it's stretchy qualities, leading to calluses and cracks.

If you have foot problems and are struggling with quitting smoking, it would be best to discuss this with your podiatrist. Your podiatrist can give you information about smoking cessation programs and point you in the best direction for treatment.

## Upcoming Events Calendar

### Statesboro Parade (Kiwanis Ogeechee Fair)

This annual kick off to the Kiwanis Ogeechee Fair has become a tradition in Statesboro. Come out and see all the floats, bands and characters! Afterwards head to the Kiwanis Ogeechee Fair Grounds for rides, food and fun! Parade starts at approx. 4:30pm on Monday October 19th, downtown Statesboro. Be there!

### Savannah Rock 'n' Roll Marathon

The 5th anniversary running of Rock 'n' Roll Savannah Marathon & 1/2 Marathon brings with it a festival weekend of fun. Run amongst the beauty of Spanish moss covered oaks and historic buildings before turning towards the finish line where you'll be rewarded with sweet southern bling. Or just come out and cheer on all those wonderful runners! Nov. 7th all over Savannah!



**CAUTION: BIG FOOT  
SIGHTINGS EXPECTED  
AT BOTH EVENTS!**

## Caring is Sharing

at Atlantic Foot & Ankle Specialists

Care to Share in two different ways

1. Review us on Google

or

2. Refer a Friend

and you'll be entered to win

**An Android Tablet!**



\*ask the front desk for details

### 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!

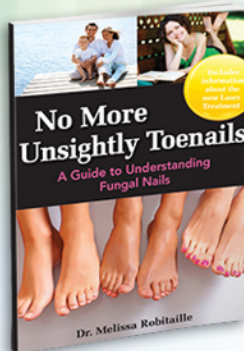
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## on Toenail Fungus

Are you limiting your activities because of your toenails? You don't need to live with embarrassing toenail fungus. Get back to the active lifestyle you want. Get the answers you need, for FREE!

**NO  
OBLIGATION!**

For a FREE COPY of **No More Unsightly Toenails** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**



11706 Mercy Blvd  
Plaza A Building 8  
Savannah, GA 31419

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_

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