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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

SPRING HAS SPRUNG!

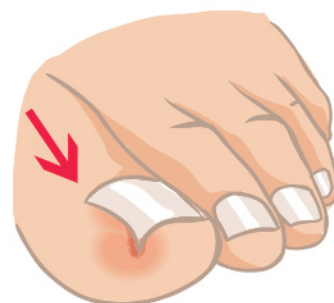
APRIL 2012

Ingrown Nails, No Problem!

Many people suffer from ingrown nails. Approximately 1 in 38 or 7.1 million people in the US are treated for an ingrown nail annually. Unfortunately, that means many more go untreated. But how can you be sure that your painful nail is ingrown and not something else? It's actually quite simple.

When a toenail is ingrown, it is curved and grows into the skin, usually at the nail borders (the sides of the nail). This "digging in" of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

Many people will suffer in silence, afraid of the procedure to correct an ingrown nail, or worse, attempt "bathroom surgery" or have the nail corrected by a pedicurist. Please know that removal of an ingrown nail is absolutely a medical procedure! For proper removal, there are many different techniques your podiatrist can use to cure an ingrown nail, many of which are completely painless!



But what can you do to prevent an ingrown nail? A few simple steps can make sure you avoid those painful ingrown nails.

- 1. Proper trimming.** Cut toenails in a fairly straight line, and don't cut them too short. You should be able to get your fingernail under the sides and end of the nail.
- 2. Well-fitted shoes and socks.** Don't wear shoes that are short or tight in the toe area. Avoid shoes that are loose, because they too cause pressure on the toes, especially when running or walking briskly.



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GIVEAWAYS!

The boys of summer are back! Yes it's baseball time again in Savannah so be on the lookout for contests and giveaways for Sand Gnats Box Seats! Make sure to like us on facebook at [Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot) for a chance to win! Also, **Sand Gnats Ladies Night** is Thursdays, like us for discounted seats!

SHOULD I BE TESTED FOR P.A.D. ?

If you check off one or more of the following you may be at risk for Peripheral Arterial Disease. Ask our doctors about a Vascular Study today.

- ☐ Type I or Type II Diabetes
- ☐ Age 70 and over
- ☐ A history of diabetes
- ☐ High blood pressure
- ☐ High cholesterol
- ☐ Smoking (now or past)
- ☐ Experiencing pain in the legs while walking or lying down
- ☐ Poor healing of leg sores/ulcers

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!

Diabetic Recipe of the Month

Apricot-Glazed Ham

Recipe from
DiabeticGourmet.com

Directions

1. Place ham on rack in a shallow roasting pan. Bake, uncovered, in a 325 degree F. oven for 1 1/4 hours or until meat thermometer registers 140 degrees F. (about 15-18 minutes per pound.)
2. For the glaze, in a small saucepan combine brown sugar, cornstarch, nutmeg and cloves. Stir in apricot nectar and lemon juice. Cook over medium heat until thickened and bubbly, stirring constantly.
3. Brush ham with glaze. Continue baking 15-20 minutes more, brushing occasionally with glaze.

Serves 20

Nutritional Information (Per Serving)

Calories: 208 **Protein:** 25 g **Sodium:** 1572 mg

Cholesterol: 64 mg **Fat:** 9 g

Carbohydrates: 6 g **Sat. Fat:** 3 g **Dietary Fiber:** 0 g



Ingredients

- ~ 5 pound fully cooked whole boneless ham
- ~ 1/3 cup firmly packed brown sugar
- ~ 1 tablespoon cornstarch
- ~ 1/2 teaspoon nutmeg
- ~ 1/4 teaspoon cloves
- ~ 2/3 cup apricot nectar
- ~ 2 tablespoons lemon juice

WHAT!?!?

YOU DON'T HAVE TO LIVE WITH HEEL PAIN?



Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?
Do You Find Yourself Limiting Your Activity Because You Know Your Feet Are Going to Start Hurting?

**PAIN IS NOT SOMETHING YOU HAVE TO LIVE WITH
GET THE ANSWERS YOU NEED FOR**

FREE!

Call 1-888-398-9525 or go to AtlanticFeet.com to request your copy of "The Answer To Your Heel Pain". In this book you'll get all the answers that you need to live the lifestyle you want.

The call is free and so is the book.



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