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 (912) 355-4557

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 Statesboro, GA 30458  
 (912) 489-3668

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#### Hardeeville

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 Hardeeville, SC 29927  
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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](mailto:brendan@atlanticfeet.com)

\*Diligently Edited by Tonya Berlin-Hartman

SUMMER FEET EXPERIENCE THE HEAT

August 2011

## MEET OUR NEW PODIATRIST!

Hello, please allow me to introduce myself. I am Dr. Christin Runkel and I feel very excited to be joining Atlantic Foot and Ankle Specialists. I was born and raised in Wisconsin where I also received my undergraduate education at Marquette University in Milwaukee.

At a very young age, I aspired to become a physician. After college, I completed podiatry school at the William M. Scholl College of Podiatric Medicine in North Chicago, IL where I graduated with honors. I completed my residency training in Chicago, IL and was chief resident throughout my second year of residency. I am dedicated to providing a high level of quality and compassionate patient care, strengthening my community.

Outside of podiatry, my life centers on family and friends. My family is now located in Hilton Head Island, SC where we enjoy many bike rides and bocce ball matches at the beach. Also, I feel extremely grateful to have a husband whose support has been immeasurable. My hobbies include camping, hiking, golf, and running. I particularly love participating in races benefiting charitable organizations. I hope to train for a marathon someday.

Make an appointment with Dr. Runkel today by calling 912-355-4557.



## GIVE- AWAY!

We're at it again! Enter for a chance to win a Family Four Pack of box seats to any regular season home game. What could be better than that? Just head over to **Facebook.com/AtlanticFoot** click on the sweepstakes tab and enter to win!



## MEET THE STAFF

**Mayra Martin**  
 Patient Care Coordinator



- 1. Where do you live?**  
 Tybee (born in Columbia)
- 2. What are your hobbies?**  
 I love to exercise, running, biking, lifting weights and my newest, Kite Boarding ...hope to be good one day. Ha ha ha (for now I crash my kite a lot and get "brushed" by evil jelly fish)
- 3. Favorite food?**  
 I love love love to eat. I love protein; steak's my weakness. I love seafood, Sushi, Thai, Mexican (as you all know)...as you can see, if it's good healthy food I eat it.
- 4. Favorite pair of shoes?**  
 I am a very non compliant girl when it comes to shoes...I love cute heels that are not good for you. Oops!!! But my favorite compliant shoes are my running shoes (sorry Demon, I know we don't sell them here) Asics by far!!!

## BARE FEET AND SUMMER: NOT THE SAFEST MIX

Not only should you protect your feet from the sun's harmful rays, but take caution when thinking of going barefoot this summer. Summertime is primetime for puncture wounds and traumatic injuries to feet and ankles. The first and best defense to protecting your feet is to always wear shoes when outdoors.

**Puncture Wounds:** Nails, shards of glass, slivers of wood, bits of shell at the beach, thorns from bushes and trees are all hidden dangers lurking in the grass and can easily puncture the skin of your foot. Even after you've attempted to remove the embedded object, many times dirt and bacteria that were pushed into the wound remain and can cause serious infections. Any puncture wound that has penetrated the skin should be treated in our office within 24 hours. Without proper treatment, this injury can result in not only infection, but painful scarring or development of a cyst.

**Traumatic Injuries:** Accidents happen. Feet can get caught in the spokes of a bike. They may be hit by a rock or other object that flies out from the lawnmower. Sturdy shoes should always be worn when riding bikes or mowing the lawn. Any traumatic injury should be evaluated in our office to determine the extent of injury and proper treatment.

Don't let a foot injury ruin your summertime fun — always remember your shoes!

*This information was developed by the American College of Foot and Ankle Surgeons [www.FootPhysicians.com](http://www.FootPhysicians.com)*



Let's all congratulate Kristine Yager-Rushton for winning four box seat tickets to the Savannah Sand Gnats! How did she do it? She's a fan of Atlantic Foot & Ankle Specialists on Facebook! Become a fan to enter to win great prizes, get unique coupons, and even check-in offers only available to Facebook Fans!

### Our Services

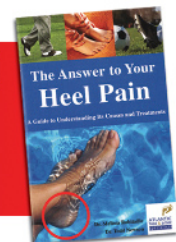
- Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts
- Foot / Ankle Injury
- Plantar Fasciitis/ Tendonitis
- Intoeing/ Outtoeing/ Flatfoot
- Diabetic Foot Care
- Arthritis: Gout/ Rheumatoid
- Corns & Calluses
- Custom Orthotics
- Sports Injuries
- Shockwave Therapy (ESWT)
- Sterile Pedicure Spa
- Vascular Studies
- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis Using
- Non Invasive Test For Nerve Damage
- Non Invasive Test For Pad & Circulation Problems and more!



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](http://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.

[www.AtlanticFeet.com](http://www.AtlanticFeet.com)