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 Statesboro, GA 30458
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Hinesville

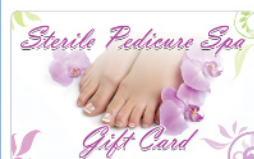
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 Hinesville, GA 31313
 (912) 463-4517

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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

FEELING THE SUMMER HEAT!

AUGUST 2012

Introducing Dr. Libby Putnam

Please join everyone at Atlantic Foot & Ankle Specialists in welcoming Dr. Libby Putnam as our newest physician. Dr. Putnam will be taking over the vacancy in the Statesboro office and is excited to start seeing patients.

Dr. Putnam's interest in podiatry arose from her mother's diagnosis of rheumatoid arthritis. By the time she went away to college her mother had had multiple reconstructive surgeries on her feet.

Born in the San Francisco Bay Area, shortly thereafter she moved to New Mexico, which was the start of a travel-heavy childhood; her father worked for an international company, and consequently the family moved quite often (Dr. Putnam has lived in multiple locations including Australia and Hawaii).

After graduating from the Scholl College of Podiatric Medicine in 2009, she returned to the Bay Area for residency at the VA Palo Alto Health Care System.

Dr. Putnam admits to having entirely too many hobbies, including painting, reading, sewing, traveling (her favorite destination has been England), and dancing (she started ballet at four years old, but switched when she fell in love with hula while living in Hawaii). She is a big science fiction fan and an overall movie buff. Passionate about volunteer work, she has personally raised over \$8,000 for breast cancer research since 2007.

We are happy to welcome Dr. Putnam, along with her husband and two cats to the Georgia Lowcountry. We look forward to her being a great addition to the AFAS family.



Libby Putnam, DPM

FEEL THE FREEZE

Having aches and pains? This product is **AMAZING!** BioFreeze has a unique cooling therapy pain relief that is used for arthritis, back pain, sore muscles, and joints. It's also used for strains and sprains. Available in roll-on, gel, and spray! We have BioFreeze supplies at all of our locations and it sells for **ONLY \$14.00!** BioFreeze is not available in pharmacies or drugstores. You will find this product to be a must have, BioFreeze works!



Diabetic Recipe of the Month

Asian Grilled Pork Tenderloin with Pineapple

Directions

Recipe from
DiabeticGourmet.com



Place pork tenderloins in resealable plastic bag; set aside.

In small bowl, combine marinade ingredients; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor.

Preheat grill to medium-hot. When ready to grill, remove pork from marinade and place on grill. Cook, covered, for about 10 minutes per side or until the internal temperature of pork is 160 F.

Meanwhile, place the pineapple chunks on the skewer; place on grill during the last 6 minutes of grilling time, turning after 3 minutes.

To serve, slice pork into 1/2-inch slices (medallions) and serve with grilled pineapple.

Ingredients

- ~ 2 (12-16 oz.) pork tenderloins
- ~ 1 (6-oz) can pineapple juice
- ~ 3 tablespoons soy sauce
- ~ 2 tablespoons fresh garlic, minced
- ~ 2 tablespoons fresh ginger, minced
- ~ 1-1/2 teaspoons coarse salt (kosher)
- ~ 1 teaspoon ground cumin
- ~ 1 teaspoon chili powder
- ~ 1/2 teaspoon ground black pepper
- ~ 2 cups fresh pineapple, peeled cubed (1-inch pieces)
- ~ 6-8 wooden or metal skewers

Nutritional Information (Per Serving)

Calories: 180 **Protein:** 26 g **Sodium:** 577 mg
Cholesterol: 77 mg **Fat:** 4 g
Carbohydrates: 9 g **Dietary Fiber:** 1 g

Serves 6-8

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!



Get ready to **RUN!** This year the Savannah Rock n Roll Marathon will take place on November 3, 2012.

The course features both a full and half-marathon, along with awesome bands playing live throughout the course. Some of our doctors and staff have already started to train and prep for the half and full marathon.

We will keep you updated and ready for the race by guiding you with helpful information like wearing the right gear, pre-training/training, cross-training, stretching, nutrition, hydration, resting techniques, injury prevention, and more!

As we go through our training journey so can you! Get of these useful tips here and on our [Facebook Page](#).

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Hardeeville SC 29927

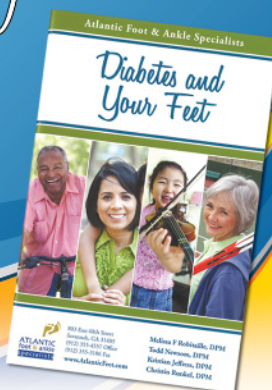
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