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ATLANTIC  
foot & ankle  
specialists

# 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)

NAIL LASER, RECIPES, & MORE!

February 2011

## THE LASER IS HERE

If you are one of the millions of Americans who have suffered with fungal toenails, your options have been very limited. Until now!

Treatment options for fungal nails have been either dangerous or time consuming for years. Taking potentially liver damaging pills, or simply having to paint your toes with an anti-fungal agent day in and out for up to a year was all you could do! Well no more!

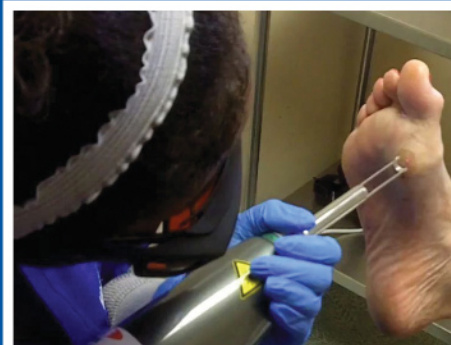
Atlantic Foot & Ankle Specialists is proud to introduce the Q-Clear Mobile Laser. That's right, it's mobile, so we can offer this innovative new technology in any of our five convenient locations!

But how do you know if you suffer from a nail fungus? Nail fungus appears as yellow, brittle, or even thickened nails. Fungus can be caused by such mundane things as foot perspiration, poor shoe/sock ventilation, or even walking barefoot in damp areas, such as pools, gyms, and locker rooms.

Treatment of fungal nails with the Q-Clear Laser is both simple and safe. The toenails are cleaned and filed prior to treatment. As each toe is treated, the patient will feel a mild, warming sensation. The treatment takes under 10 minutes per foot, and there is generally no discomfort whatsoever!

Then all the patient has to do is play the waiting game. It generally takes 2-6 months for a new healthy nail to grow in, depending on how quickly your nails grow. Another great reason to try laser nail treatment? Unlike anti-fungal nail polishes you can go right back to your daily routine of painting your nails, and even sterile pedicures (*sterile* being the key word here, after all you didn't get this treatment just to have the fungus return from dirty nail salon jets!).

Oh, but it only gets better. The Q-Clear Mobile Laser can also be used to remove warts, spider veins, and unwanted tattoos. So make sure to ask one of our doctors about how you can take advantage of the new Q-Clear Laser today!



*Dr. Jeffress uses the Q-Clear Laser to treat a plantar wart. The Q-Clear Laser treats many different problems including nail fungus, spider veins, warts, and even tattoo removal.*

**Watch the Video: [bit.ly/LaserNail](http://bit.ly/LaserNail) or scan the QR code below**



## ATLANTIC FOOT & ANKLE FEBRUARY EVENTS

Come out with your friends and family for all these great local events!

**SAVANNAH BLACK HERITAGE FESTIVAL,  
GRAND FESTIVAL DAY**  
Savannah Civic Center  
Saturday, Feb. 11<sup>th</sup>  
11<sup>AM</sup> - 9<sup>PM</sup>

Join us for a day of full of music, magic (Magic Marc that is), cultural events, and free health care screenings. Musical guests include neo-soul recording artist *Dwele* and Atlanta-based *Five Men on a Stool*. Screenings 11<sup>AM</sup> - 2<sup>PM</sup>.

**GSU LIVEWELL FAIR**  
Russell Union Commons  
Georgia Southern University  
Statesboro, GA  
Wednesday Feb. 29<sup>th</sup>  
8<sup>AM</sup> - 12:30<sup>PM</sup>

Join Atlantic Foot & Ankle for free foot screenings, 3-D gait analysis, and tons of free swag!

### 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

### Diabetic Zucchini Bread

Recipe from  
Food.com



#### Directions

1. Preheat oven 350 degrees.
2. Grease and flour two medium loaf pans.
3. In a bowl combine egg, brown Splenda, Splenda, apple sauce, and margarine.
4. Add baking powder, baking soda, cinnamon, nutmeg, salt, and vanilla to bowl.
5. Add flour slowly.
6. Add shredded carrots, zucchini and nuts.
7. Beat mixture (by hand or mixer).
8. Pour loaf into pans.
9. Bake 45 mins or 'til toothpick comes out clean.

Serves: 16-20 Slices

Nutritional Information (Per Serving)

Calories: 82 Protein: 3.8 g Sodium: 240 mg

Cholesterol: 0 mg Fat: 1.8 g

Carbohydrates: 13.5 g Sugars: 0.7 g Dietary Fiber: 2.4 g

#### Ingredients

- 3/4 cup egg white, beat
- 1/2 cup unsweetened applesauce
- 1/2 cup fat-free margarine, melted
- 2 cups zucchini, shredded
- 1/2 cup carrot, shredded
- 6 tbsp Splenda brown sugar blend
- 3/4 cup Splenda granular
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 1/4 cup walnuts, chopped
- 2 cups whole wheat flour

# 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?

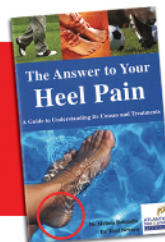
Do You Find Yourself Limiting Your Activity Because You Know Your  
Feet Are Going to Start Hurting?

**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](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.



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