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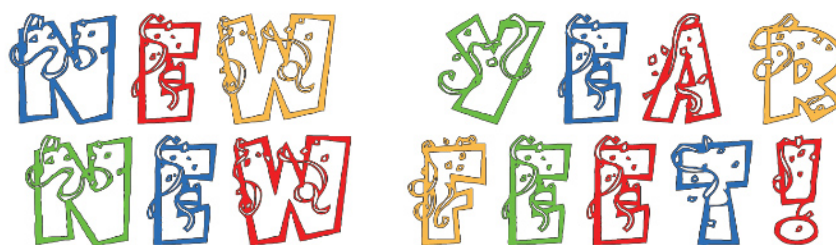
ATLANTIC  
foot & ankle  
specialists

# 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)

FOOT TIPS, NEW LASER TREATMENTS & MORE!

January 2011



Years come and go, and so do our New Years Resolutions. Well we've got a list that will make sure the this year will be a happy and healthy one for you and your feet!



1) **Don't Ignore Foot Pain** - We all have the tendency to put things off until we have more time, but the extra time never seems to come. Ignoring simple foot pain can lead even more serious problems in the future.

2) **Not All Back Pain is Just That** - It's common to attribute pains in the back to be just a back problem, but just as often these pains can be originating from an instability in the feet! The same goes for knee and hip pain as well. Always make sure to wear good fitting supportive shoes and for best results get a pair of custom orthotics too! Your back will thank you.

3) **Wear Clean, Dry Socks** - While it seems the most simple, if socks are not clean and dry it can lead to a myriad of foot problems like toenail fungus, dry cracked heels, and just plain smelly feet. Try to wear socks made from materials other than cotton, as they tend to help wick moisture away from the feet. You can also use talc or Dr. Remedy's Spray on Foot Powder to keep feet dry.

4) **Diabetics, Check Your Feet Often** - It is easy for us to ignore what we don't feel, but that is where the real danger lies. Because of neuropathy (a loss of sensation in the legs and feet), it is easy for most diabetics to never notice small injuries. But small injuries in the feet can quickly become a bigger problem, especially with the high risk of infection. Make sure to inspect feet daily. For diabetics with difficulty looking at the bottom of the foot, simply place a small hand mirror on the ground to help

5) **Visit Your Podiatrist** - regular foot exams can help prevent many foot problems, and just one visit to a podiatrist can usually make sure you walk away pain free!

## LASER TREATMENT FOR FUNGAL TOENAILS

Atlantic Foot & Ankle moves ever forward in the use of cutting edge technology! As opposed to traditional fungal treatments, laser treatments are a one time solution. The difference is that the laser targets only fungal cells, leaving healthy cells intact. This painless innovation can also remove warts. Ask our doctors about more information on how you can live fungus free.



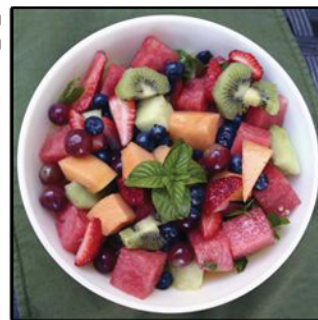
### Our Services

- 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
- and more!

## Diabetic Recipe of the Month

### Mojito Fruit Salad

Recipe from  
AllRecipes.com



#### Directions

1. Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid; top with the blueberries.
2. Stir the mint, sugar, and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.
3. Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing.

Serves 6

#### Nutritional Information (Per Serving)

**Calories:** 83 **Protein:** 1.3 g **Sodium:** 7 mg

**Cholesterol:** 0 mg **Fat:** 0.6 g

**Carbohydrates:** 20.7 g **Sugars:** 15.8 g **Dietary Fiber:** 2.6 g

#### Ingredients

- 1 cup cubed seeded watermelon
- 1 cup seedless grapes
- 1 cup cubed cantaloupe
- 1 cup hulled and quartered strawberries
- 1 cup peeled and quartered kiwi
- 1 cup fresh blueberries
- 3 sprigs fresh mint
- 2 teaspoons white sugar
- 3 tablespoons fresh lime juice

# WHAT!?!?

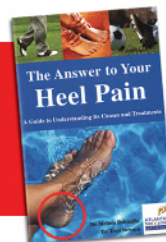
# YOU DON'T HAVE TO LIVE WITH HEEL PAIN?



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](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)