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FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every two months 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 marketing@atlanticfeet.com or call Brendan at 912-355-4557.

HAPPY SUMMER!

July-August 2010 Issue

Meet Atlantic Foot & Ankle Specialists' Newest Team Member: Dr. Bruce McClendon

Dr. Bruce McClendon received his medical degree from the New York College of Podiatric Medicine in May of 2007. Dr. McClendon completed an extensive foot and ankle surgical residency at Kingwood Medical Center in Kingwood, Texas. He was Chief Resident from April 2009 to the end of his senior year. Dr. McClendon is a member of the American Podiatric Medical Association and has lectured on diabetic foot care. Dr. McClendon received his undergraduate degree from the New York Institute of Technology. Born and raised in Long Island, NY he is the youngest of eight siblings, five sisters and two brothers. Dr. McClendon credits his parents with instilling a strong work ethic in him from a young age. In his free time, he enjoys playing pool, drawing, and spending time with his family.



At Atlantic Foot & Ankle Specialists you will experience state-of-the-art care at all of our five convenient locations. Our doctors combine the most current technologies with something just as important, compassionate patient care. Our doctors and staff are committed to making your experience at Atlantic Foot & Ankle Specialists a great one. We offer comprehensive care for all of your foot and ankle problems. To make your appointment with Dr. McClendon you can call our office at (912) 355-4557 or online at www.AtlanticFeet.com



SUMMER FOOT CARE TIPS



Summertime brings with it a whole new set of problems for your feet. When outdoor temperatures are hot and your feet are enclosed in tight shoes, they become the target of several potential foot maladies including eczema, psoriasis, blisters, fungal infections, and the socially embarrassing "smelly feet". The good news is, by following a few simple foot care tips, you can keep your feet healthy and odor free throughout the summer! Here are some summer foot care tips you need to know:

Wash Your Feet Frequently

When wearing tight shoes, foot perspiration can be a problem. Where there's moisture, there's the potential for a fungal infection. Wash feet several times a day if necessary, but be sure to dry feet thoroughly before putting shoes back on.

Find a Good Foot Powder

Foot powders can help soak up excessive moisture that can breed fungi and bacteria. There are a variety of foot powders on the market, but we recommend Gordon's No. Five. It's medicated and comes in an easy to use spray. You can purchase Gordon's at any of our offices. If you're in a bind, you can use corn starch to keep your feet dry and odor free.

Change Your Socks Frequently

You want to avoid the accumulation of moisture in your socks which can make you more susceptible to a foot bacterial or fungal infection. Change into clean, dry socks several times a day in warm weather.

Let Your Feet Breathe

Consider wearing an open sandal in the summer to keep your feet dry and give them a chance to "breathe". Put away hot, heavy boots or any other constrictive shoe that might promote foot perspiration. Beware of sandals with thongs that fit between the toes since these can be irritating to the foot and cause blister formation.

Treat Your Feet

If you do lots of walking on your job, or as recreation, treat yourself to a professional foot massage every few weeks. It's a great stress reliever!

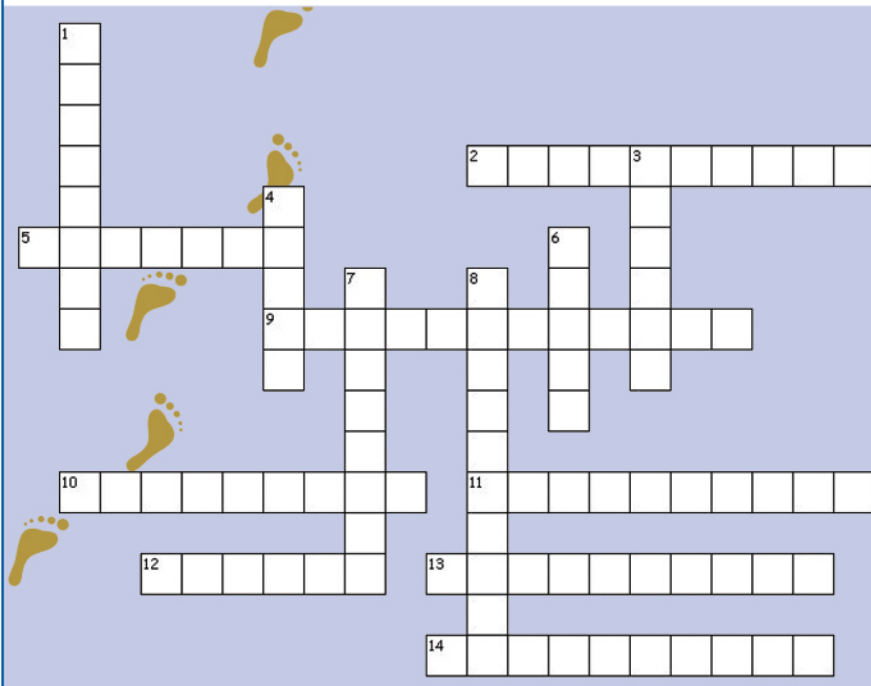
Don't Forget the Sunscreen

There is nothing worse than a sunburn on your foot, ouch! Use at least an SPF 15.

Atlantic Foot & Ankle Specialists



CROSSWORD PUZZLE



Well, did you read the front of the newsletter? Good, then you'll do great on this crossword puzzle!

Across

2. Our southernmost office is here
5. Your feet deserve a relaxing one of these
9. Our website, minus w's and .com's
10. Use to prevent burns on feet
11. Plug your nose if you have these
12. Excess moisture can cause this
13. This is where Dr. McClendon was born
14. Corn starch is a quick replacement for this

Down

1. Our free book deals with this subject
3. We have this season to thank for the heat outside
4. Dr. McClendon just finished a residency in this state
6. Change these frequently
7. These fluid filled pockets sure do hurt
8. Our northernmost office is here

Our Services

- Nail Problems / Ingrown Nails
- Heel / Arch Pain
- Hammertoes
- Bunions / Toe Deformity
- Neuroma / Warts / Forefoot Pain
- Foot / Ankle Injury: Fracture/ Sprain/ Foreign Body
- Plantar Fasciitis/ Tendonitis
- Intowing/ 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 Tekscan
- Non Invasive Test For Nerve Damage
- Non Invasive Test For Pad & Circulation Problems and more!

PRODUCT OF THE MONTH

Dr. Jill's Sandal Gel Toe Spreader

Soft Silicone Spreaders with built-in slit for sandals/thongs. It wraps around the thong to reduce friction and enhances walking comfort in thongs, flip flops, and sandals.

Features:

- * If you love to wear thong sandals but hate the between-toe rub...you'll love these cushioned gel spreaders.
- * This Spreader's built-in slit fits around the sandal's thong, thus keeping it from slipping or moving out of place.
- * Reduces friction and irritation between toes.
- * Helps relieve pain of soft corns, overlapping toes, and bunions.
- * Aids in maintaining proper toe alignment. Improves cosmetic appearance of the toes and feet.
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