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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)

SUMMER IS HERE!

JUNE 2012

## **There's a Fungus Among Us!**



**Don't let this happen  
to you!**

It's that time of year again, time to be outside, time to go for a swim in the pool, time to get a foot fungus... wait, what? It's sad but true, summer time is the most likely time to contract a nail or foot fungus. Pool activities add a significant chance of contracting a foot fungus.

Fungus loves to thrive in places that are moist, warm, and dark. While the pool provides a perfect two out of three, our shoes provide the rest. Fortunately there are some simple steps you can take to make sure your summer remains fungus free.

### **Stay Fungus Free Tips**

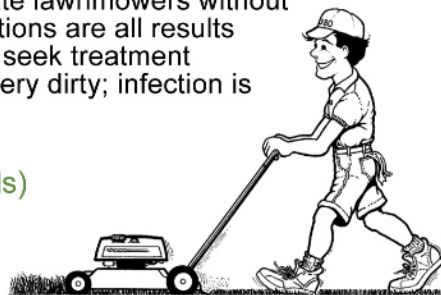
1. **Avoid Prolonged Periods in Water.** Take frequent breaks from swimming or the hot tub.
2. **Dry Those Feet.** Make sure to dry feet thoroughly, especially between the toes. Use a spray foot powder to keep feet dry all day long. We recommend Gordon's Number 5 Spray.
3. **Wear Water Shoes.** Wearing a water shoe or sandal cuts down on the chance of catching a fungus.
4. **Don't Pass It On!** If you do have a fungus see your podiatrist about treatment options before you give your fungus to a family member (fungus loves to live in showers).

## **DON'T MOW THOSE TOES!**

Did you know that thousands of people are injured while operating a lawnmower each year? Most commonly, it's people who operate lawnmowers without shoes! Tiny abrasions, to deep cuts, even amputations are all results from lawnmower injuries. If you do injure yourself, seek treatment immediately. The blades of a lawnmower can be very dirty; infection is one of the highest risks!

#### **Preventing Lawnmower Injuries:**

1. **ALWAYS** wear shoes, closed toe (no sandals)
2. **Never** cut wet grass
3. **Keep** children away from the lawnmower
4. **Never** pull a running lawnmower backwards





# Diabetic Recipe of the Month

## CAROLINA COUNTRY STYLE RIBS

### Directions

Recipe from  
DiabeticGourmet.com

1. Place ribs in a large bowl or resealable plastic bag, set aside. In 4-cup glass measure, stir together vinegar, water, oil, molasses, salt, red pepper flakes and cayenne pepper until salt is dissolved.
2. Remove 1/2 cup marinade; set aside. Add remaining marinade to ribs; seal bag and marinate for 4 - 6 hours in the refrigerator. Remove ribs from marinade; discard marinade.
3. Prepare medium-hot fire; grill ribs over indirect heat for 50 to 60 mins. or until pork is tender and the internal temperature reaches 160F. Baste ribs twice with reserved sauce mixture during last 15 minutes of grilling.



### Ingredients

~1-1/2 to 2 pounds boneless country-style pork ribs  
~2 cups apple cider vinegar  
~1 cup water, cold  
~2 tbsp vegetable oil  
~2 tbsp molasses, OR 1/4 cup packed brown sugar  
~1 tbsp kosher salt  
~1-1/2 tsp crushed red pepper  
~1/2 teaspoon cayenne

### Nutritional Information (Per Serving)

**Calories:** 198 **Protein:** 14 g **Sodium:** 355 mg  
**Cholesterol:** 51 mg **Fat:** 14 g  
**Carbohydrates:** 2 g **Sat. Fat:** 5 g **Dietary Fiber:** 0 g

Serves 6

### 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!

## GIVEAWAY!

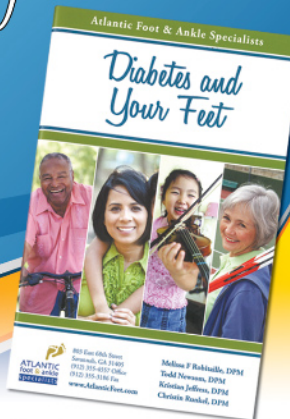


The boys of summer are back! Yes it's baseball time again in Savannah so be on the lookout for contests and giveaways for Sand Gnats Box Seats! Make sure to like us on facebook at [Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot) for a chance to win! Also, **Sand Gnats Ladies Night** is Thursdays, like us for discounted seats!

## free book on Diabetes and Your Feet

Call 888-572-2325

The number one reason diabetics are hospitalized in the United States is foot infections! Know the risks and complications before it's too late!



### NO OBLIGATION!

For a **FREE COPY** of **Diabetes and Your Feet** just fill out this form and return it by mail to our office: **Atlantic Foot & Ankle Specialists**  
300 New River Pkwy, Suite 21  
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