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ATLANTIC
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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 at brendan@atlanticfeet.com.

HAPPY THANKSGIVING! November 2010 Issue

November is American Diabetes Month

This year, the American Diabetes Association is asking: How will you Stop Diabetes®? The future is in your hands. While you may not be a diabetic, odds are that someone close to you is.

We at Atlantic Foot & Ankle Specialists want our Medicare patients to know the benefits that are covered and available from us so they can take full advantage of our care. A new calendar year is beginning soon, so make sure you get the most out of this one.

- Medicare covers 1 pair of diabetic shoes per calendar year.
- Diabetic Nail Care is covered once every 61 days under Medicare.
- Medicare covers a vascular study once per calendar year. Vascular studies are very important in the instance of a foot wound and its treatment.



Capture this QR Code on your smart phone for more tips on taking care of diabetic feet

DIABETES UNIVERSITY

Atlantic Foot & Ankle Specialists is proud to be taking part in Diabetes University; an event hosted by The Coastal Carolina Hospital and The American Diabetes Association. This event will take place on Saturday, November 13, from 8am until Noon, in Hardeeville, SC. Diabetes University is an educational program for people affected by diabetes. This event is open to the public and it is a great opportunity to educate and empower people to take control over their diabetes. Atlantic Foot & Ankle Specialists will be there to educate people on diabetic foot care. We'll see you there!

Featuring:

Keynote speakers will be Felicia Chisolm & John Scanlan
"Bouncing Back from Diabetes"

Educational Sessions:

Good Blood Sugar Control to Prevent Bad Complications
Exercise for Good Blood Sugar Control
Nutrition for Good Blood Sugar Control

Vendor Fair - Light Snacks - Door Prizes

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"Because so many people suffer from foot pain, we wrote 'The Answer To Your Heel Pain' to answer commonly asked questions."



HARDEEVILLE SCHOOL COMPLEX
150 Hurricane Alley, near Sgt. Jasper Park
(Off Red Dam Road, Hardeeville, SC)



GIANTS LINE BACKER SUFFERS TOE INJURY

Dr. Bruce McClendon

New York Giants Line Backer, Keith Bulluck, suffered a turf toe injury in week 3 of the 2010 season against the Tennessee Titans. Bulluck has missed the last two games, week 4 against the Bears and week 5 against the Texans. He has had improvement in his symptoms and has been participating in practices. Bulluck may return to play soon.

Turf toe got its name due to the fact that it occurs frequently in people who play games on artificial surfaces. Turf toe is caused by hyperextension of the great toe (big toe) MTP joint. The foot is usually dorsiflexed (upward movement of the foot at the ankle joint) with the front part of the foot fixed on the ground and heel raised. The surrounding capsule and ligaments which are structures that support the joint get sprained or torn.

Grade 1 sprain is stretching of the capsule and ligamentous complex. There is usually localized pain and minimal swelling. The athlete can continue participating in their sport.

Grade 2 sprain is a partial tear of the capsuloligamentous complex with more diffuse and intense tenderness. There will be mild to moderate swelling and ecchymosis. The athlete can have a loss of playing time for 3-14 days, walking boot and crutches as needed.

Grade 3 sprain is a complete tear of the capsuloligamentous complex. There is severe and diffuse tenderness, moderate to severe swelling, and moderate to severe ecchymosis. The athlete may need long-term immobilization in boot or cast versus surgical repair.

So watch out NFL, because when my team is 100 percent, we are a force to be reckoned with! I think I see another Vince Lombardi Trophy!



Bulluck at a Giants practice.

*Love Football? Make sure to read Dr. McClendon's Blog posts on AtlanticFeet.com
You can also follow him on Twitter @Dr_McClendon*

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!



Dr. Jill's Gel Bunion Guards Bunion Shield

Features of Dr. Jill's Gel Bunion Guard-Bunion Shield

- Soft, flexible gel conforms and adapts to the shape of the bunion area. Shields and guards the bunion.
- Can be worn throughout the day to protect bunions from painful pressure.
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- For use in all styles of footwear.
- Doctor recommended.

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