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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

*Diligently Edited by everyone, except Tonya Berlin-Hartman

HAPPY THANKSGIVING! November 2011

NOVEMBER IS NATIONAL DIABETES MONTH

Atlantic Foot & Ankle Specialists is helping to lead the fight against diabetes. Did you know;

- ~ 25.8 million children and adults in the United States, 8.3% of the population, have diabetes.
- ~ Over 7 million people in the US have undiagnosed diabetes
- ~ Adults with diabetes and heart disease have death rates 2 to 4 times higher than adults without diabetes.
- ~ Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years.
- ~ About 60% to 70% of people with diabetes have mild to severe forms of nervous system damage.
- ~ More than 60% of non traumatic lower-limb amputations occur in people with diabetes.
- ~ In 2006, about 65,700 non traumatic lower-limb amputations were performed in people with diabetes.
- ~ \$174 billion: Total costs of diagnosed diabetes in the United States in 2007



You Choose the Winner!



We know our patients love all the doctors at Atlantic Foot & Ankle, so we thought we would have a little fun.

All the doctors have agreed to a friendly competition, whoever receives the most reviews on their Google page wins!

What could be better than that? What if every review you wrote entered you to win a free pair of custom orthotics?!

So if there is one of our doctors in particular that has a special place in your heart, say thank you by writing them an amazing review.

Please check out www.AtlanticFeet.com/blog/ for more info on how to review!



SHOW THANKS THIS THANKSGIVING

Atlantic Foot & Ankle is very proud of its "Keeping the Community on its Feet" program, to collect gently used shoes of all types and sizes, and distribute them to local charities, such as Hope House of Savannah, and the Savannah Union Mission.

This Thanksgiving we ask you, our patients, to hunt down those shoes that haven't seen the light of day in a long time, and simply drop them off at any of our office locations.

There is a special need for children's shoes.

With winter quickly approaching let's make sure none of our neighbors are left out in the cold with old, threadbare, and sometimes dangerous shoes.



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!

AFAS Events This November

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.

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!

Saturday Nov. 12th 8am to Noon

Ridgeland School Complex

250 Jaguar Bus Loop (Off of 278 West in Ridgeland)

For more info call 1-877-582-2737 and press 1



The 2nd Annual Run for the Roost is a 5K & 1-Mile Fun Run/Walk in conjunction with the Claxton Chicken Pickin' Festival.

Everyone is welcome to participate- strollers and pets are MORE than welcome!

Saturday, November 12, 2011 @ 8:00 AM

Bell Memorial Field- CHS Football Stadium

South College St. Claxton, GA

Packet pick-up will begin at 7:00 a.m. at the football field.

The 1 mile fun run/walk will begin at 8:00am The 5K will begin at 8:30am

More info on the Evans County Chamber of Commerce website.



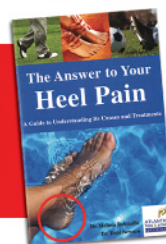
Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?

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 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.



www.AtlanticFeet.com