

Melissa Robitaille, DPM
Todd Newsom, DPM
Bruce McClendon, DPM
Kristian Jeffress, DPM

Savannah

803 East 68th St.
Savannah, GA 31405
(912) 355-4557

Statesboro

606 S Zetterower Ave.
Statesboro, GA 30458
(912) 489-3668

Hinesville

502 E General Stewart Way Suite C
Hinesville, GA 31313
(912) 463-4517

Claxton

200 North River St.
Claxton, GA 30417
(912) 489-3668

Hardeeville

300 New River Parkway Suite 21
Hardeeville, SC 29927
(843) 208-3338

**GET YOUR
FREE BOOK
THE ANSWER TO YOUR
HEEL PAIN**

JUST VISIT
WWW.ATLANTICFEET.COM



**OR CALL TOLL FREE
1-888-398-9525**

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



**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 at brendan@atlanticfeet.com.

 **FALL IS HERE!**  **October 2010 Issue** 

ADA Sunsplash Helps Raise Diabetes Awareness

Atlantic Foot & Ankle Specialists was proud to take part in the 2010 Sunsplash, an event benefiting the American Diabetes Association. The Sunsplash Outdoor Fitness Festival is a one day event that combines walk, cycle & kayak events. As many diabetics may already know, a podiatrist is an important part of a diabetic's health care team. Along with a primary doctor, endocrinologist (diabetes specialist), and an ophthalmologist or optometrist, a podiatrist is a key provider for diabetics.

Diabetes can be harmful to your feet – even a small cut can produce serious consequences. Diabetes may cause nerve damage that takes away the feeling in your feet. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection.

To avoid serious foot problems that could result in losing a toe, foot, or leg, follow these guidelines.

Inspect your feet daily. Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything unusual.

Wash your feet in lukewarm (not hot!) water. Keep your feet clean by washing them daily. Use only lukewarm water – the temperature you would use on a newborn baby.

Be gentle when bathing your feet. Wash them using a soft washcloth or sponge. Dry by blotting or patting, and carefully dry between the toes.

Moisturize your feet – but not between your toes. Use a moisturizer daily to keep dry skin from itching or cracking. But DON'T moisturize between the toes – that could encourage a fungal infection.

Cut nails carefully. Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toe nails.

Never treat corns or calluses yourself. No "bathroom surgery" or medicated pads. Visit your doctor for appropriate treatment.

Avoid the wrong type of socks. Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).

Wear socks to bed. If your feet get cold at night, wear socks. NEVER use a heating pad or hot water bottle.

Shake out your shoes and feel the inside before wearing. Remember, your feet may not be able to feel a pebble or other foreign object, so always inspect your shoes before putting them on.

Keep your feet warm and dry. Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.

Never walk barefoot. Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.

Take care of your diabetes. Keep your blood sugar levels under control.

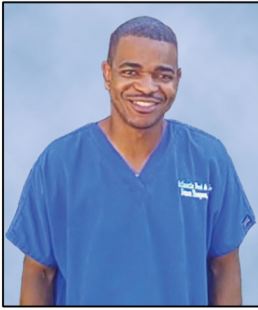
Don't smoke. Smoking restricts blood flow in your feet.

Get periodic foot exams. See your foot and ankle specialist on a regular basis.



Dr. Robitaille poses
with the Savannah
Sand Gnat at the 2010
ADA Sunsplash on
Skidaway Island

Demon Thompson, Certified Pedorthist



For the past three years our Medical Assistant Demon has been mentored by Dr. Melissa Robitaille. Demon has recently completed his pedorthic education through the International School of Pedorthics located in Mequon, Wisconsin. Now a Certified Pedorthist, I sat down with Demon to ask him the question many of you may be asking, exactly what is a pedorthist? Here's the answer I got.

"As a part of the allied health care team, a Certified Pedorthist (C.Ped.) designs, manufactures, modifies and dispenses footwear and orthoses to keep people as mobile as possible. Even people who don't require medical evaluation and treatment may need Orthotics in their shoes, even if it is only to make the shoes function better. Most certified pedorthists work primarily on prescription footwear and custom Orthotics. C.Peds often refer patients to health care providers before a potential foot problem becomes a major one. As a part of your foot care team a Pedorthist can make a huge difference in the quality of life." You can make an appointment to see Demon at www.atlanticfeet.com or you can call our office at 912-355-4557.



THE GREAT SHOE GIVEAWAY

Enter now at www.AtlanticFeet.com !

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!

BIOFREEZE® with ILEX

Biofreeze Pain Reliever is the brand most trusted and recommended by healthcare professionals. Biofreeze Pain Reliever breaks the cycle of pain with Cryotherapy, The Cold Method®. Its cold application reduces the sensation of pain and inflammation, while the cold and re-warming stimulates the healing of tissue.

BIOFREEZE products can effectively help relieve pain from:

- * Plantar Fasciitis, Heel Spurs, Achy Feet, and Ankle Sprains
- * Foot, Heel, and Arch Pain
- * Sore Muscles, Muscle Sprains, Tendonitis, and Sports Injuries
- * Painful Ankle, Knee, Hip & Elbow Joints
- * Back, Shoulder, and Neck Pain
- * Arthritis

AVAILABLE IN GEL, SPRAY, AND ROLL ON!

Only \$14.00! Purchase at any Atlantic Foot & Ankle location or online at www.AtlanticFeet.com/store

Don't forget to check out
THE BLOG
www.AtlanticFeet.com/blog

Become our Fan on
Facebook

Atlantic Foot & Ankle Specialists
on Twitter @FootandAnkleDoc



ATLANTIC
foot & ankle
specialists

www.AtlanticFeet.com