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ATLANTIC
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FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Month this newsletter will provide you with information and resources that are beneficial to you foot and ankle needs. Please feel free to forward this free newsletter to anyone who you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to Brendan at marketing@atlanticfeet.com .

BACK TO SCHOOL!

Sept. 2010 Issue

Atlantic Foot & Ankle Specialists Welcomes Newest Doctor Dr. Kristian Jeffress, DPM

Dr. Kristian Jeffress received her medical degree from the Ohio College of Podiatric Medicine in May of 2007. Dr. Jeffress recently completed a comprehensive three-year training program in Podiatric Medicine and Surgery in June 2010 at the Atlanta VA Medical Center in Decatur, Georgia. During her residency, Dr. Jeffress received extensive training in all aspects of forefoot and rearfoot medical and surgical management. The unique education provided by the Veteran's Medical Center as well as her outside surgical rotations, have made her a well-rounded and able physician proficient at primary podiatric care, palliative diabetic foot care, limb salvage, wound care, surgery and inpatient management. During her final year of residency Dr. Jeffress also served as Chief Resident. Dr. Jeffress is a member of the Georgia Podiatric Medical Association, the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons.



Dr. Jeffress, a native of Virginia, has a sincere love for animals. She credits her mother and father with her resiliency and her sister and brother for providing tough love when needed. In her free time she enjoys playing with her dog Reese, working out and spending time with family and friends. To make an appointment with Dr. Jeffress you can call our office at (912) 355-4557 or log on to www.AtlanticFeet.com

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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."

To All,

Starting August 15th, I will be reducing my hours at AFAS. I have had the pleasure of working here for 7 years with my wonderful wife, Melissa (aka: Dr. Robitaille). I have had the opportunity to meet thousands of wonderful people, and help them with their foot and ankle problems. I have been blessed to make several friendships and be a helpful part of so many lives.

However, as great as things have been, I feel the time is right for me to return to school and get more education. How I will ultimately use this education is not quite certain, however I am confident it will greatly help myself and the practice.

I will be reducing my hours significantly in order to dedicate time to school (I will be attending Law School in Jacksonville). I have every intention of working at least part-time in order to keep skills sharp, keep in touch with the current state of affairs, and maintain patient contact which has been most rewarding. At the time of this writing, I am not quite sure of the hours I will be able to work, but I will post once I know.

In the meantime, I am pleased to announce the addition of Dr. Bruce McClendon and Dr. Kristian Jeffress to our practice. We are very happy to have them join our team, and ask that you welcome them and are sure you will be pleased with their warm, compassionate, and thorough care.



Thank you so much – I will keep you posted on my progress.

Sincerely,

Dr. Newsom



FROM
THE
WEBSITE

FAQ : Athletes Foot

**How do I Prevent
Athletes Foot?**

Keep feet dry, especially between the toes. Change socks regularly (daily), sweaty feet may require you to change socks twice daily. Wear sandals or waterproof shoes in public places. If you are at risk, use anti-fungal powder or spray daily. Wear well ventilated shoes. Change shoes if exposed to moisture (allows them to dry out -shoes and feet).

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- 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

**Kerasal One Step Exfoliating
Moisturizer Therapy.**

Kerasal Exfoliating Moisturizing Foot Ointment is the nation's #1 selling ointment for softening feet and controlling callus build up. For years, Kerasal Foot Ointment has been repairing cracked heels, and softening the toughest, driest feet when used as directed.

Features:

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- * Softens Even the Toughest, Driest Feet
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