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FOOT NOTES NEWSLETTER*

ATLANTIC
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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 Tonya Berlin-Hartman

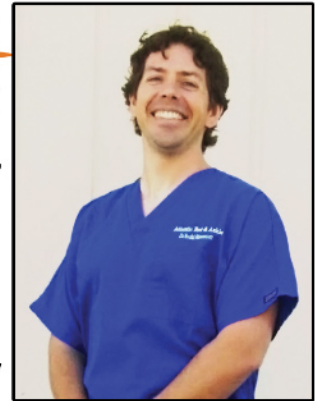
SUMMER FEET EXPERIENCE THE HEAT

July 2011

TIPS FOR SUMMER FEET



Dr. Todd Newsom, DPM



With summer in full swing, the odds are you will be more active. With the beach, family vacations, camping, and amusement parks, there is plenty of fun to be had in the summer time. This increase in activity can be quite trying on your feet. No need to fear, there are some simple tips to help keep your feet happy and healthy all summer long.

1) Use Those Flip-Flops in Moderation

Most flip-flop or sandals don't have adequate support for your feet. They are ideal for the beach or the pool and even if you know you are not going to be on your feet or walking for an extended period; however, if you are planning on doing a lot of walking or spending the day on your feet, wearing a shoe with more support is critical to avoid possible tendon and ligament strain in your feet, legs and even back. Flip-flops are not built for Disney World!

2) Realize your Feet and Legs Tend To Swell More In Summer

Swelling is due to the increase in temperature along with the possibility you are going to be on your feet more. If possible, elevate your feet above the level of your heart 2-3 times a day, for at least 20 minutes. At the very least, be sure to prop your feet up at the end of the day for 30-45 minutes.

Also, it is important to wear a shoe that fits properly. If you start the day off with a shoe that fits snugly, it is likely to be quite uncomfortable by the end of the day. In addition, the tight shoe can cause friction, which could lead to blisters.

Finally, if you are going to purchase shoes, preferably buy them in the late afternoon or evening since your feet are more likely to be larger at this time of day.

3) Try to Avoid Going Barefoot

The likelihood that you get cuts, scratches, bumps, punctures, and all kinds of other traumas, major or minor, are greatly reduced if you are wearing some type of shoe. For example, people, especially kids, are more likely to get warts on the bottom of the feet during the summer because they step on tiny pieces of glass, wood, or other hazard which, although do not cause a serious puncture wound, are enough to place the virus in the skin. If you were thinking of trying a pair of the those new 'toe shoes', now is the time.

Want to read more? The entire article is on our Blog! Just visit www.AtlanticFeet.com/Blog

JULY GIVEAWAY!



We're at it again! Enter for a chance to win a Family Four Pack of box seats to any regular season home game. What could be better than that? We will be giving away these seats every month, all summer long, so if you didn't win this month, you can enter again next month! Just head over to

[www.Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot)

click on the sweepstakes tab and enter to win!

Summer is No Time for Ugly Nail Fungus!

Dr. Kristian Jeffress, DPM

Summer is a time to wear flip flops and let your feet enjoy the warm weather. No one wants their toes to be cooped up in shoes while strolling on the beach!

Are you familiar with nail fungus? Nail fungus, AKA Onychomycosis, can be identified by a thickened nail that can appear yellow, cloudy, or darkened. The nail can also become very brittle and separate from the nail bed. Yuck!

Here are a few tips to help prevent nail fungus and help your feet enjoy the summer sun:

- **Air out your feet** – it is very important to let your feet and nails breathe. Keeping them in dark and damp areas can aid in the development of fungi to grow and spread.
- **Spray Lysol or a disinfectant spray in your shoes when not in use** – Disinfecting your shoes can help kill any fungus that can hide in the crevasses of the inside of your shoe.
- **Avoid pedicures** (unless it is completely sterile) – Nail salons can spread nail fungus if the tools are not properly sterilized. Tools should be sterilized in an autoclave to ensure the spread of fungus will not occur.
- **Avoid shared showers** – Although some shared showers may look clean, fungi can spread very easily in dark, damp areas. If you must shower in a public or shared shower, shower shoes are recommended.

If you already have signs of nail fungus and need treatment, don't hesitate to call Atlantic Foot & Ankle Specialists for an appointment! Enjoy your summer!



Let's all congratulate Laura Powell for winning four box seat tickets to the Savannah Sand Gnats!

How did she do it? She's a fan of Atlantic Foot & Ankle Specialists on Facebook! Become a fan to enter to win great prizes, get unique coupons, and even check-in offers only available to Facebook Fans!

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 Using
- Non Invasive Test For Nerve Damage
- Non Invasive Test For Pad & Circulation Problems and more!

WHAT!?!?

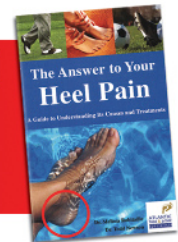
I DON'T HAVE TO LIVE WITH MY HEEL PAIN?



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
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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.

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