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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@atlanticfeet.com

*Diligently Edited by Tonya Berlin-Hartman

SUMMER IS HERE!



June 2011

High Heel How-To's

Dr. Kristian Jeffress, DPM

There are many reasons that women, myself included, choose to wear high heels. Most of them include the aesthetic properties that elongate the legs, improve posture, and just the overall confidence one seems to embody when in your favorite pair of Fendi pumps. With all this said, here are a few tips for wearing your beloved heels, looking great, and preventing injury. I call them my "High Heel How-To's".



1. Ladies, we have all been there. You bust out your favorite stiletto, and whether you are wearing them with a pair of skinny jeans, a "stepford" style dress, or a business suit, by the end of the day, your feet are absolutely killing you. Although nothing is sexier than a pump, the 4-5 inch stiletto that usually accompanies it can be dreadful by the end of the day. Instead, try a wedge styled shoe. For summer, the espadrille is an amazing alternative; It looks great with any outfit and your feet will thank you by the end of the day.
2. You are getting ready for the day and you put on your favorite lotion and perfumes from head to toe. You don the coveted stiletto Louboutin and you notice that your toes are "gripping" the end of the shoe and are in a literal "crunch" in the toe box. When you are getting ready, lotion all parts of the foot except the very bottom. This allows your feet to provide a natural friction needed to keep you stable. This stability is very much needed when you are standing 4-5 inches higher than normal on a proverbial stilt.
3. You wear your heels daily and have built up a tolerance to the pain that ensues by 5pm. You notice that the balls of your feet are raw and becoming slightly callused. What do you do? This is due to repetitive pressure to the area. If you must continue to wear your heels, know that you will likely continue to have this problem. But if the Manolos are a must, invest in a cream with urea 20% to 40%, or ammonium lactate to gently exfoliate the callused skin.

So, whether you are skipping down the streets of Manhattan like Carey Bradshaw or sashaying the corridors of an elementary school, follow these few simple steps and your fabulousity will continue to be in full force.

Would you like to see the fashionable heels that Dr. Jeffress loves? Follow her on Twitter [@Dr_Jeffress](https://twitter.com/Dr_Jeffress) for timely updates on the cutest new shoes.

JUNE 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!



BASIC TRAINING FOR TRICARE

Demon Thompson, CPED, Veteran

Most service members and their dependents would probably agree that TRICARE is one the most confusing benefits offered by the military. The information provided in this blog is to help you understand your benefits, but is not in any way meant to take the place of your TRICARE representative. All members of TRICARE should consult their TRICARE rep before making any medical decisions.

With TRICARE, most of your health care will come from a military treatment facility, along with the TRICARE contracted civilian medical provider. When health care services are needed, your primary care manager (PCM) will see you first. Your PCM's duties are to provide and/or coordinate your care, maintain your health records and refer you to specialists if necessary. It is very important you understand that in order for your specialty services to be covered by TRICARE, the specialty care must be arranged and approved by your primary care manager. Care may be provided in a military treatment facility, but civilian clinics may be used in some cases.

For the full article visit AtlanticFeet.com/Blog or capture the QR code on your smartphone
Don't have a QR code reader? Visit your phones marketplace and download one for free.



Join Atlantic Foot & Ankle at historic Grayson Stadium on June 25th for the **Home Run 5k Trot**. Participants will receive a T-shirt, a General Admission ticket to the June 25 Sand Gnats game against the Augusta Green Jackets at 6:05 pm, and other great prizes. We will be there with tons of great information about your feet, as well as some cool free gifts! Just visit [Facebook.com/AtlanticFoot](https://www.facebook.com/AtlanticFoot) and click on Events for more info.

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- Intoeing/ Outtoeing/ Flatfoot
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- Digital X-Rays
- Shoe Store
- Wound Care Clinic
- Cysts & Tumors
- Gait Analysis Using Tekscan
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- Non Invasive Test For Pad & Circulation Problems and more!

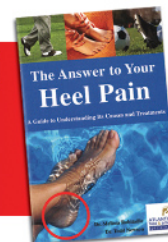
WHAT!?!?

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
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.

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