

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



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

Savannah

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

Statesboro

110 Hill Pond Lane
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

SPRING HAS SPRUNG!

March 2011



Potato Au Leg?

Dr. Kristian Jeffress, DPM

I had a patient recently that presented to the office complaining of swelling in both of her legs that had been present for many months. Upon asking her what she had done so far to help reduce the swelling, she informs me that she sometimes *boils a potato, mashes it up and rubs it on her legs*. At the sound of this I smile and I am immediately glad that she has come to me for help.



There are many old wives tales and home remedies that I have heard to date, but this one is close to the most outlandish. As far as I know, there have been no medicinal properties found in white potatoes that give them "drawing" properties when applied to the skin. At most, the mashed potato gave the patient a soothing feeling much like Oatmeal does to itchy skin.

If you have swelling of the lower legs and feet, this can be a sign of a heart condition, vein/artery problems or a liver condition, just to name a few. If you have swelling of the legs and feet please seek medical attention. And remember, potatoes are best served with sour cream and chives!

Rattlesnake Roundup Run

Join Atlantic Foot & Ankle on Saturday March 12th for the 44th Annual Rattlesnake Roundup at the Claxton Evans County Wildlife Club. We'll be sponsoring the 5k and 1-Mile Fun Run, so expect us to be on site with plenty of educational materials, as well as offering free foot screenings. The Roundup Run 1-Mile Fun Run begins at 8am and the 5k will start at 8:30. Join us there for a day of arts and crafts, wildlife exhibits, children's games, a 3-D archery tournament, snake handling demonstrations, a Birds of Prey flight demonstration and more! We'll see you there!



GET YOUR
FREE BOOK
THE ANSWER TO YOUR
HEEL PAIN
JUST VISIT

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."

RATTLESNAKE FACTS

The Rattlesnake Roundup was started in 1968, in response to young David Wiggins being bitten by an Eastern Diamondback rattlesnake while picking vegetables on a farm in Evans County.

The Rattlesnake Roundup has collected over 9,000 rattlesnakes since its inception on 1968. 1992 holds the largest roundup record with 588 snakes!

There are 16 different types of Rattlers such as the Eastern Diamondback, Western Diamondback, Sidewinder and the Speckled, just to name a few. All of them have rattles, are venomous, and are pit vipers.

Rattlesnake eggs will stay inside their mother until they hatch. Babies are born venomous but cannot rattle and are often more aggressive than the adults.

The largest rattlesnake is the eastern diamondback (*Crotalus adamanteus*), which can grow to a length of eight feet.

Rattlesnakes are called pit vipers because they have a heat-sensing pit on each side of their head. Rattlesnakes can detect differences in temperature down to a fraction of a degree.



With baseball season right around the corner Atlantic Foot & Ankle Specialists is excited to announce that we will be having a giveaway every month this season for a family four pack of tickets to see your Savannah Sand Gnats in action. Just head over to our Facebook Fan Page for more info!



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!

Powerstep Pinnacle Insoles

These medical-grade insoles (orthotics) comfortably support and stabilize the foot, adding spring and cushioning to your walk.

- Orthotic-like arch support and comfort.
- Strong, springy, prescription-like supports are calibrated to deliver the highest level of protection to your feet.
- Unique HypPUR-cel® inner foam delivers life-long cushioning from heel to toe.
- Soft outer EVA foam adds an additional layer of comfort.
- Special Sanitiz etc.® fabric reduces slippage and heat, keeping your foot drier and healthier.



Only \$39.00/pair

Available without prescription at all of our offices!

Don't forget to check out THE BLOG

 www.AtlanticFeet.com/blog

Become our Fan on

 facebook

Follow Atlantic Foot & Ankle on

 @AtlanticFoot



www.AtlanticFeet.com