

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

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



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ATLANTIC  
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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](mailto:brendan@atlanticfeet.com)

\*Diligently Edited by Tonya Berlin-Hartman

BRING ON THOSE MAY FLOWERS!

May 2011

## SERVING THE COMMUNITY, SAVING THE FOOT

### Brendan Townend

*Patient & Employee Relations*

My wife is an EMT with Southside Fire and EMS here in Savannah. I am very proud of the work that she does, saving lives and ensuring a safer community. Southside uses a scheduling system that is quite common with EMS and fire departments across the country, 24 hours on shift, 48 hours off. Not bad I thought. It never occurred to me that scheduling like this presents a wholly unique set of obstacles for foot health. With feet being in the same pair of boots for a 24 hour period, the risk of developing several common foot ailments, such as athletes foot and toenail fungus increases. The lack of proper ventilation and light in the boots that EMS, Firefighters, Police, and our Armed Forces wear, combined with the hours that these individuals have to work, creates a hotbed of foot problems. So what can these everyday heroes do to help combat these obstacles?



**1. Change Socks Often:** Over time, the sweat from our feet (which contains more sweat glands than anywhere else on the body) combined with the lack of proper ventilation and light, creates an ideal environment for fungus growth. Changing socks 2-4 times in a 24 hour period will greatly decrease this risk. Even better than that? Copper socks! Copper socks are imbedded with copper, which, like silver, has antibacterial and anti-fungal properties. In fact, the miners trapped in Peru were sent down copper socks to keep their feet dry and healthy in that harsh environment.

**2. Use an Antiperspirant:** Anything designed to help keep the feet dry over extended periods of time will help. We recommend Gordon's Foot Powder; this spray-on is both easy to apply and it is uniquely designed for the chemistry of the feet.

**3. Keep the Boots Fungus Free:** Most people will apply all sorts of sprays and lotions to their feet, while never thinking about the boots their feet will be going back into. Bacteria and fungus can live and even thrive for long periods of time in footwear. Here's where the 48 hours off shift come in handy. When not in the boots, saturate the insides with Lysol or a similar antibacterial cleaning spray, and remove the insoles to dry separately. Allow them to dry for at least 24 hours and bam, no more bacteria.

Be sure to pass this advice on to the everyday hero you know, their feet will thank you for it.

## MAY 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](http://www.Facebook.com/AtlanticFoot)  
and enter to win!



# Foot Health Facts for Women

Women are more vulnerable to certain foot problems than men, mainly from years of walking in narrow-fitting shoes that squeeze the toes, and from high-heels that cramp the forefoot and pose risks for arch and ankle problems.

**Morton's Neuroma** – a thickening of nerve tissue in the ball of the foot resulting from compression and irritation of the nerve, such as from wearing shoes that have a tapered toe box, or high-heeled shoes that cause the toes to be forced into the toe box.

**Bunions** – begin with a leaning of the big toe, gradually changing the angle of the bones over the years and slowly producing the characteristic bump. They are most often caused by an inherited faulty mechanical structure of the foot. Although both men and women can get bunions, the shoes worn by women sometimes make the deformity get progressively worse.

**Heel Pain and Plantar Fasciitis** – is most often caused by plantar fasciitis, although it may also be due to other causes. Although faulty foot structure is the most common cause of plantar fasciitis, in women it may result from wearing non-supportive shoes such as flip-flops and ballet flats.

**Ankle Sprain** – While anyone can sprain an ankle, women are especially vulnerable to this injury when wearing high-heeled shoes (especially on slippery surfaces), platform-soled shoes, or other improper footwear.

article supplied by [foothealthfacts.org](http://foothealthfacts.org)

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

## SHOULD I BE TESTED FOR P.A.D. ?

If you check off one or more of the following you may be at risk for Peripheral Arterial Disease. Ask our doctors about a Vascular Study today.

- Type I or Type II Diabetes.
- Age 70 and over.
- A history of diabetes.
- High blood pressure.
- High cholesterol
- Smoking (now or past)
- Experiencing pain in the legs while walking or lying down.
- Poor healing of leg sores/ulcers

# WHAT!?!?

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



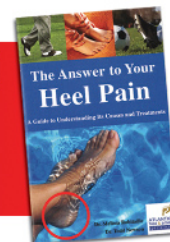
Do Your Feet Hurt Almost Every Morning When You Get Out of Bed?  
Is The Pain in the Morning Sometimes Sharp and Stabbing, but Lessens as you Begin to Move Around?

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](http://AtlanticFeet.com) to request your copy of "The Answer To Your Heel Pain". In this you'll get all the answers that you need to live the lifestyle you want.



The call is free and so is the book.

[www.AtlanticFeet.com](http://www.AtlanticFeet.com)