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# FOOT NOTES NEWSLETTER\*

## ATLANTIC foot & ankle specialists

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

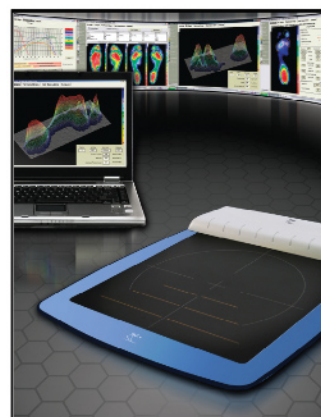
HAPPY HALLOWEEN!



October 2011

# OUR BIGGEST CONTEST EVER!

Atlantic Foot & Ankle Specialists is so excited about our new Footmaxx<sup>®</sup> scanner used to make our best orthotics ever. We want you to see the difference too! That's why this October, we will be giving away a pair of custom Footmaxx<sup>®</sup> orthotics! Just head over to **Facebook.com/AtlanticFoot** and enter to win! But wait, there's more! Every one of your Facebook friends who enters the contest, automatically gets you two more entries! Better still! Just "like" our new spokesperson **Mac Hammertoe** (read more on him below) on Facebook and get five more entries! That's a total of eight entries! Go on, stack the deck in your favor!



The Footmaxx<sup>®</sup> Metascan Pad with Sample 3D & 2D reports



Introducing

## Mac Hammertoe

Gumshoe



*It's not easy being me. Call me what you like, flatfoot, gumshoe, slewfoot; all I know is when evil is "afoot" I'll be there to help. You see, I used to help people out, finding the answer to questions like "Why do my feet hurt?" and "Who can help me feel 100% again?". With Atlantic Foot & Ankle Specialists around, people don't need me anymore. So I did what any good detective does when he knows he's beat; I've joined 'em. You see these Atlantic Foot & Ankle folks have hired me to get the word out about all their great services, office locations, doctors... you name it, I'm on it. So keep you eyes peeled and remember you can always find me at [www.MacHammertoe.com](http://www.MacHammertoe.com)*

-Mac

# FOOT PROBLEM O' THE MONTH

## Bunions

Every month Atlantic Foot & Ankle chooses one foot problem and gets down to the nitty gritty while still making it easy to understand. So if you or a loved one suffers from Bunions, October has lots in store. You'll discover the cause of Bunions and what you can do about them!

Make sure to look for fantastic posts on Facebook, tons of tweets on Twitter, a bunch of Blogs, and various videos on YouTube.

Those Bunions don't stand a chance.

### 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
- and more!

## AFAS Events This October

**Oct 8th: Sunbury 5k** - Benefits the ADA & The Wounded Warrior Project, Sunbury Crab Co. Hosts w/ Blue Crab Festival, discounts on food & drinks to all runners. Registration 9am Run 10am Sunbury, GA  
[www.Facebook.com/Sunbury5k](http://www.Facebook.com/Sunbury5k)

**Oct 15th: ADA Step Out Walk** - Step Out to raise money to cure diabetes. Oatland Island Wildlife Center. Registration 9am, Walk 10am Savannah. GA  
<http://bit.ly/StepOutSav>

**Oct 15th: Community Health Fair** - Presented by the Candler County Branch NAACP. Dr. Jeffress will speak on Diabetic Foot Care. Registration 9:30am, Program 10am  
Mt. Pisgah Primitive Baptist Church 801 East Lillian St Metter, GA

**Oct 22nd: Bulloch County NAACP HealthCare Fair** Dr. Jeffress will speak on Diabetic Foot Care. 10am William James Educational Complex 150 Williams Rd Statesboro, GA

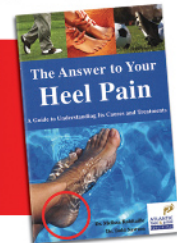
**Oct 26th: AFAS Open House / Ribbon Cutting** Join us for food and fun. Meet our newest Podiatrist, Dr. Christin Runkel. Tour our new sterile pedicure spa. Catered by Antonios of Hlilton Head. 5pm - 7pm 300 New River Parkway, Suite 21 Hardeeville, SC



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 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.

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

