

Melissa Robitaille, D.P.M.
Todd Newsom, D.P.M.
Kathleen Skelly, D.P.M.

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

Statesboro, GA
606 South Zetterower Ave.
Statesboro, GA 30458
(912)489-3668

Hardeeville, SC
300 New River Parkway Suite 21
Hardeeville, SC 29927
(843)208-3338

WELCOME!

• **ATLANTIC FOOT & ANKLE SPECIALISTS WOULD LIKE TO WELCOME OUR NEW MARKETING COORDINATOR, CAMARA FERBY TO THE TEAM!**

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FOOT NOTES NEWSLETTER

ATLANTIC
foot & ankle
specialists

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Each month this newsletter provides you with information and resources that are beneficial to foot and ankle needs. Your feedback and editorial contributions are most welcome. In addition, please forward this free monthly newsletter to anyone who will benefit from its content.

January- February 2009

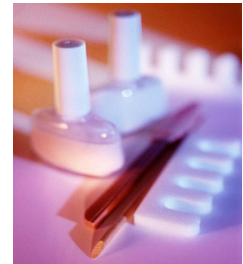
Can The Luxury of Your Pedicure lead to Your Death?

You can buy new shoes at any moment but, I do not know a store where you can purchase a new set of feet. This is why you should always take care of your feet and they will take care of you.

Treat your feet to a nice pedicure but, beware of the sanitation procedure used at your local spa or nail salon. Many people are concerned about a fresh french manicure and pedicure but, less concerned about the risks associated with such treatments. Did you know that there are lawsuits in relation to death, habitual infections and disfigurement from pedicures? Diseases such as hepatitis, cutaneous, warts, HIV, herpes, bacterial and fungal infections can be transmitted if proper procedures are neglected. This can be especially deadly for diabetic patients or immuno-compromised patients.

Next time you go to the salon or spa, make sure you remember to:

- Pay more attention to how clean your nail salon or spa is. Would you go to a dirty doctor's office?
- Make sure the technician is certified.
- Look to make sure instruments are sterilized and steamed at a high temperature to ensure deadly bacteria is removed. When in doubt, buy or take your own!
- Make sure your spa is up-to-date from the old whirlpool chairs to the new pipe-less chair. This improved technology is much safer.
- Make sure your nail technician washes their hands.
- Occupational Safety and Health Administration does not require them to wear gloves but, they should!
- If you have thick calluses or



heel fissures, visit your podiatrist prior to the salon. Do not let a technician near you without viewing their medical license. In the long run you will be glad that you did.

For more foot and ankle information visit <http://www.atlanticfeet.com/>

and click the online store link for doctor approved foot care products and safe pedicure instrument sets.

To guarantee maximum sterilization procedures are used when you get your next pedicure, make an appointment to visit our Sterile Pedicure Spa. Put your Feet in our hands. You can buy a new pair of shoes but, not a new pair of feet.

Enjoy Our Sterile Pedicure Spa

All pedicures are performed using sterile equipment. We do not reuse any items that cannot be fully sterilized.

Classic Sterile Pedicure:
45 minutes

Deluxe Sterile Pedicure with Microdermabrasion:
1 hr 15 minutes

Intense Sterile Pedicure with Callouse Repair and Microdermabrasion:
1hr 30 minutes

Call to find out more about these procedures.

With this coupon, save \$10 on our Sterile Pedicure Spa. If you give us 2 new referrals, you can save \$20.

Name: _____

Treatment: _____

Referrals: _____



803 East 68th Street
Savannah, GA 31405
Office: 912-355-4557

Expires May 13, 2009

Do Your HEELS Hurt?

Women are constantly on the go but, their choice of shoes are not always going in the right direction with them.

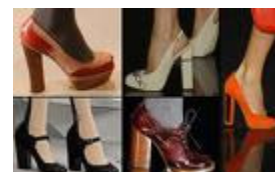


Women who wear stilettos often tend to have ankle injuries. This is a result of the height and narrowness of the heel. These women are likely to have a lot of feet pain because, the heel of the shoe is like a spike going into the heel of the foot.

The angle that the foot rests at can create forefoot pain, causing minor fractures. These shoes also cause clawing of the toes and promote ingrown toenails. A higher heel and narrow toe box can eventually create a thickening of tissue around a nerve between the third and fourth toes. This will cause pain and numbness in the toes.

So what about women who wear platform shoes? If you are a fan of platform shoes, you are in luck. A platform shoe is better to wear than a high heel because, your body weight is more evenly distributed over the shoe. A thicker heel is also better than a thinner heel.

Do not compromise your feet for fashion.



Get Your Feet Beach Worthy

Proper foot and nail care are vital in getting your feet healthy for the summer. When cutting your toe nails, cut straight across to avoid in-grown toe nails. Do not cut in the corners.

For dryness around the heel, after your shower or foot soak, use a pumice stone or foot file. Make sure your tools are sterile.

Even though your feet are clean, remember to change your socks everyday. The natural bacteria that you have on your feet tend to grow

on socks, even if you put powder on your feet. Feet do sweat!

The skin on your feet is also tougher than the rest of the body. It is to your benefit to use foot creams to moisturize. The cream should have certain ingredients that addresses some of the callous. If you use a cream, make sure it is specific to the feet for optimum effectiveness.

19.00



Try Our Product of The Month:

Gilden Tree Nourishing Foot Cream
(Formerly known as Healing Foot Cream)

To purchase this product visit our website at

<http://www.atlanticfeet.com/>
And click on the link to our Online Store.

“ Try our product of the month. Thick, rich and very creamy, you'll love the way it feels and smells. It is remarkably healing - even on very dry, damaged skin, and always one of our best-selling products - try it and find out why! ”

TRY IT TODAY!

Do You Have A Story? : Tell Us About Your Pedicure Encounter at The Salon!

Do you have a question about the above article or do you want to share a comment? Well, now you can do both on our blogspots. Just go to any of the three links listed and we will answer your questions and acknowledge your comments.

Atlantic Foot & Ankle Specialists wants to keep our feet on the pavement with all of the latest technologies.

If you are in cyber space, we want to meet you there. Why?

Because, in cyber space you still have FEET!

We don't want anyone to suffer!

<http://savannahpodiatry.blogspot.com/>

<http://savannahfeet.blogspot.com/>

<http://savannahfootandanklespecialists.blogspot.com/>



**Comment
on our
BLOGSPOTS!**