

Melissa Robitaille, D.P.M.
Todd Newsom, D.P.M.
Todd Becker, 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

Hinesville, GA
502 E. General Stewart Way Suite C
Hinesville, GA 31313
(912)463-4517

Claxton, GA
200 North River Street
Claxton, GA 30417
(912)739-7589

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

**Do You Want To Be
Included On Our
Web Site?
Ask The Doctor or Front
Desk To Put You On
Camera And Tell Us
How We Helped Your
Foot & Ankle Problems!**

**HOW
INTERESTING
ARE YOUR FEET?**

- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.
- 3 out of 4 Americans experience serious foot problems in their lifetime.



**ATLANTIC
foot & ankle
specialists**

**FOOT NOTES
NEWSLETTER**

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

July-August 2009 Issue

Atlantic Foot & Ankle Specialists is Proud to Welcome:

Dr. Todd Becker to our Claxton and Savannah, GA location

Dr. Todd Becker graduated from Temple University School of Podiatric Medicine and completed a comprehensive three-year surgical residency. He received extensive training in forefoot and rearfoot reconstruction, trauma, diabetic ulcers, limb salvage, heel pain, and sports medicine. Dr. Becker did his pre-med training at University of North Carolina at Asheville. He is board qualified in both forefoot and rearfoot surgery and has training in fracture management, external fixation, as well as foot and ankle arthroscopy.



You will experience state-of-the-art podiatric expertise at Atlantic Foot & Ankle Specialists' five convenient locations. Our physicians combine leading edge technology with compassionate patient care to significantly reduce or eliminate virtually all types of foot & ankle pain. Some of our services include shock wave technology for heel pain, custom orthotics, diabetic foot and nail care, surgical correction and treatment of painful deformities such as bunions and hammertoes, as well as pediatric care. We also have our Sterile Pedicure Spa, equipped with sanitary maintenance and pipe-free CleanJet system to protect you from harmful bacteria and buildup. You can also visit our online store at www.ourdoctorstore.com/atlantic/ for valuable products that can assist you in maintaining healthy feet. As our patient, you will benefit from a fresh perspective on foot health. We are proud to provide you with the best podiatric care available. Make your appointment with Dr. Becker today, contact him in our Claxton office at (912) 739-7589 or at our Savannah office at (912) 355-4557.

Secrets to Avoid a Summer Sandal Scandal

How can you enjoy all that the summer has to offer if you have to avoid this season's stylish sandals, simply because, they hurt your feet! Yes, these sandals are attention grabbers but, they will cause you to focus on all the pain they cause your feet instead of the long lines at Universal's Islands of Adventure. We want to give you some secrets to avoid a sandal scandal this summer.

Follow this podiatrist approved advice so your feet can enjoy a pain free summer. Be sure to share these tips and products available at Atlantic Foot & Ankle Specialists' online store with friends and family; you don't want to be stuck walking around the amusement park alone because everyone else's feet hurt. It's not fun!

Flats & Slides



Problem: Arch and heel pain; inadequate cushioning and foot support
Secret Solution: Avoid prolonged wearing; try cushioned inserts for shock absorption such as our SPENCO RX Arch Cushions. **\$19.95 / a pair**



Gladiator & Straps Sandals



Problem: Irritation between toes; callus and dead skin build-up around the heels; lack of support and shock absorption.
Secret Solution: Select natural materials such as soft, supple leather; ensure proper fit with no toes or heels hanging of the edge.

Platform & High Heels



Problem: Pain in the ball of the foot and ankle injuries
Secret Solution: Wear lower more stable heels (less than 2 inches in height); use an accepted insert such as our Superfeet DressFit for Women. **\$19.95 / a pair**



Atlantic Foot & Ankle Specialists

Wedge & Espadrille Sandals



Problem: Ankle twist or sprain; and difficulty walking.
Secret Solution: Try a wider, flatter wedge; rubber sole with good traction.

Peep-toe Sandals



Problem: Loads of pressure on the toes; bunions and hammertoes.
Secret Solution: Wear only for short periods of time; insert Dr. Jill's All Gel Tubes **\$12.00 / 2 per pack**



Ankle Wrap Sandals



Problem: Lack of adequate ankle support; friction causing blisters.
Secret Solution: Try ankle wraps made of soft breathable material such as leather, cotton or satin; make sure ankle wrap is not too tight.

Sterile Pedicure Spa

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

Expires: August 31, 2009



Name: _____
 Treatment: _____
 Referrals: _____

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



Overall Persistent Pain

Secret Solution: Visit Atlantic Foot & Ankle Specialists! We as podiatrists are uniquely qualified to diagnose and treat conditions specific to the foot and ankle.
To Purchase any of these products or others visit www.ourdoctorstore.com/atlantic/.

Back-to-School Shoe Shopping Tips

The summer vacation is almost over and school bells will soon start to ring. At a blink of an eye it will be time to take the children school shopping again. Shoes are always a must have for the new school year. We want to help you choose your child's shoes wisely. When shopping for their shoes, consider these important factors:

- **Children's feet change with age.** Shoe and sock sizes may change every few months as a child's feet grow.
- **Shoes that don't fit properly can aggravate the feet.** Always measure a child's feet before buying shoes, and watch for signs of irritation.
- **Never hand down footwear.** Just because a shoe size fits one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.
- **Examine the heels.** Children may wear through the heels of shoes quicker than they outgrow the shoes. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.
- **Take your child shoe shopping.** Every shoe fits differently. Letting a child have a say in the shoe buying process promotes healthy feet habits down the road.
- **Always buy for the larger foot.** Feet are seldom precisely the same size.
- **Buy shoes that do not need a "break-in" period.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.

Try Our Product of The Month

Dr. Jill's Sandal Gel Toe Spreader
 Soft Silicone Spreaders with built-in slit for sandals/thongs. It wraps around the thong to reduce friction and enhances walking comfort in thongs, flip flops, and sandals.

\$7.50 / Each



Follow Atlantic Foot & Ankle Specialists on **Twitter** @FootandAnkleDoc

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

ASK OUR FRONT DESK HOW YOU CAN ENTER TO WIN Dr. Scholl's Quick Heat Paraffin Wax Spa with Bonus Accessories



If you do not visit the Savannah Office you can participate by emailing marketing@atlanticfeet.com with **CONTEST** labeled as the subject. Include your first and last name, phone number and email address, your information will be included in the drawing for your chance to win!