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**Tell your friends  
about our Convenient  
New Location in  
Hinesville!**

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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 your 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.

**March- April 2009**

## Convenient New Location in Hinesville



Atlantic Foot & Ankle Specialists welcome you to visit our convenient new location for patients who live in and around the Hinesville area. The practice is located at 502 E. General Stewart Way, Ste. C in the Ong Professional Plaza. No need to travel miles to see your foot doctor, we want to make the visit easier for you. If you or someone that you know live closer to Hinesville, we would be happy to accommodate your needs. Request to schedule your next appointment there by calling (912) 463-4517 or contact our Savannah office at (912)355-4557. For your referrals we want to reward you.


**STERILE PEDICURE SPA COUPON**  
Expires: April 13, 2009

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




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

## What are Plantar Warts?

It is spring time and that means plantar warts will be on the rise. The word plantar just means the bottom of the foot. Therefore, any wart on the bottom of the foot is a plantar wart. Warts are encapsulated or walled off growths of viral tissue. Warts are found mainly on children, teenagers, and young adults. Plantar warts on the feet are frequently painful with squeezing type pressure. In the vast majority of cases, the growth of a wart is preceded by some sort of skin puncture or wound defect that in all probability allowed an entry site for contamination.

vessels, which become caught in the growth itself and are absent in regular callus tissue. A final line of distinction in identifying a wart is in its response to pressure. Squeezing a wart will usually produce extreme pain as opposed to similar pain from direct pressure on calluses.



An interesting and often confusing distinction must be made between certain calluses and plantar warts. Skin lines or striations can be seen through callus tissue whereas they will pass around a wart. In addition, plantar warts upon close examination, will often demonstrate small black dots which when trimmed will bleed. These are tiny blood

**If left untreated, warts can grow to an inch or more in circumference and can spread into clusters of warts. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.**

## Treatment For Plantar Warts

Warts that appear on the hands and fingers are usually more responsive to therapy than are those on the feet. The professional methods of treatment available for plantar warts include just about everything from chemical applications and surgery to Lawrey's seasoned salt, duct tape and hypnosis. Some warts respond quickly and some do not, and that my friends, is just plain honesty.

At Atlantic Foot & Ankle Specialists, we use 3 different chemicals to treat the warts. A pharmacist specially makes these compounds for us. Patients and most doctors do not have this formula. We find that daily applicants with a bandage for days allows the wart to disappear much faster than just using over the counter medication.

The advantage of this method is we do not need to surgically remove the wart.

However, on persistent warts, we sometimes have to remove them.

For children under the age of 18 years old, it has been found that the use of Tagamet (OTC medication for stomach upset) will increase the body's immune system in order to fight off these viruses. We have been using Tagamet for about 10 years now and have gotten great results without any side effects.

The key is that the warts love moisture so make sure your feet are very dry and that you wear a shower shoe in the public gyms and around the pools. As you can see, in most cases, plantar warts can be removed without painful surgery. As always, at Atlantic Foot & Ankle Specialists, we strive to keep you comfortable while treating your warts.



## Postage Rate Increase: Get Your Free 10 two cent stamps!

Effective May 11, 2009, the United States postage rate will increase two cents, making the cost of mailing 44 cents. Most of us have 42 cent stamps in our homes and businesses and knowing from personal past experience, the post office tends to run out of the two cent stamps shortly after a postage increase. As a gift to you, we are happy to provide you with 10 two cent stamps to use in addition to your 42 cent stamps to satisfy the new postage rate of 44 cent stamps.

Although the increase is only two cents, we know that this becomes a big inconvenience for our community and we want to do our part to assist in the transition process.

**Just Ask Our Front Desk and  
You can Get Your Free 10  
two cent stamps!**



**\$16.25**

**Try Our Product of  
The Month:**  
Tripod Labs Plantarstat®  
Wart Remover

**To purchase this product visit our  
website at**

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

Tripod Labs®  
Plantarstat®  
is a safe, highly effective  
formula for the treatment  
of plantar warts (warts on  
the bottom of the feet), as  
well as common warts  
(warts on any other part of  
the body). This unique  
blend combines traditional  
medicines, retinoic acid  
and salicylic acid, with  
powerful herbal extracts,  
mandrake root and  
Sanguinaria Canadensis,  
for a quick, pain free  
removal of any wart.



**ASK OUR FRONT DESK  
HOW YOU CAN ENTER TO  
WIN YOUR OWN PAIR OF  
PAMPERED TOES**

- Stretch Cramped Toes
- Revitalize Tired Feet
- Feel Refreshed
- One Size Fits ALL!



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BLOGSPOTS!**

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