

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)739-5934

Hardeeville, SC

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



FOOT NOTES NEWSLETTER

ATLANTIC
foot & ankle
specialists

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 bi-monthly newsletter to anyone who will benefit from its content.

HAPPY SAINT PATRICK'S DAY !!!

March -April 2010 Issue

Diabetics : Simple Precautions to Help Save Your Feet

Taking a minute or two everyday to inspect your feet and observing a few simple rules can make the difference in sparing diabetes patients from a preventable outcome of the disease- a foot amputation.

Of all diabetes-related complications, a serious foot ulcer and subsequent amputation might be the most preventable with proper care and vigilance in checking the feet at least once a day for small cuts and other abrasions.

Even those with good control of their blood sugar can experience foot ulcers, especially if neuropathy, a frequent diabetes complication, has caused decreased feeling on the bottom of their feet.



Pain Response

Loss of sensation inhibits the body's normal pain response. As a result, walking can apply receptive, unfelt pressure to a wound, making it larger and deeper. Left untreated, diabetic ulcers lead to serious infections, which may result in amputation.

Foot and ankle surgeons use a variety of surgical and non-surgical methods to heal diabetic ulcers, but stress early intervention yields the most favorable outcomes. If you have diabetes and see anything suspicious on your feet, consult a foot and ankle surgeon for diagnosis and treatment. Even a few days can make a difference in preventing serious foot problems from developing.

An estimated seven to ten diabetic patients have nerve damage that impairs feeling in their feet. Fifteen percent eventually will develop a foot ulcer. Among those with ulcers, one in four will lose a foot.

Each year more than 86,000 amputations are performed as a direct result of diabetes, and studies show half of those who have one foot or leg amputated will lose the other within five years.

Proper diabetic foot care prevents foot loss. In some cases, amputation might be the preferred option. If vascular and podiatric surgeries can't improve blood circulation and foot function, amputation may be the only solution that enables the patient to heal.

Today, advances in prosthetics make it possible for patients to return to an active lifestyle, a necessity for keeping diabetes under control. Foot problems are not an inevitable consequence of diabetes. The risk can be lessened significantly by following a few simple precautions:

1. *Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems.*
2. *Lose weight, don't smoke and adhere to prescribed dietary, medication and exercise regimen. At least once a day, examine your feet for cuts and other small wounds you may not feel.*
3. *Never walk barefoot, outdoors and indoors.*
4. *Never trim corns, nails and calluses yourself.*
5. *Wash your feet everyday in lukewarm water; dry carefully.*
6. *Choose comfortable shoes with adequate room for the toes.*
7. *Wear clean, dry, non-bulky socks; change daily.*
8. *Shake pebbles or bits of gravel out of your shoes before wearing.*
9. *Seek treatment from a foot and ankle surgeon if minor cuts and sore spots don't seem to be healing.*
10. *See your foot doctor on a regular basis.*

To Get your

FREE
Heel Pain Book

Visit

www.atlanticfeet.com



Or Call Us Toll Free
1(888)398-9525

Because so many people suffer from foot pain we wrote a book, "The Answer To Your Heel Pain" to answer commonly asked questions.

Atlantic Foot & Ankle Specialists

Pregnancy Doesn't Just Affect the Size of Your Belly

Have you begun to notice that your belly isn't the only thing getting bigger and bigger as your pregnancy progresses? Have you noticed swelling in your feet? As if you didn't have anything else to worry about right? Remember your feet are susceptible to swelling during pregnancy. Why you ask? Well it has to do with volume. During pregnancy there is an increase in blood volume. And for a variety of reasons this fluid



can escape out of the blood vessels into the surrounding tissues. Gravity then pulls this fluid down to the feet which results in swelling. Swelling can be found throughout a pregnancy, but is especially prevalent during the third trimester.

So, how do you reduce the swelling? As mentioned before, gravity is your enemy and it plays a major role in swelling by pulling the fluid to the feet. To stop this gravitational movement, it is important to elevate your feet at least three to four times a day. You can do this by simply propping your feet up on a pillow when laying on the sofa or propping your foot up on a chair when sitting down. Also, don't be a couch potato. Exercise is important. Get up and go for a walk or partici-

pate in maternity fitness classes. This will facilitate fluid movement and reduce edema. You can also wear full length support hose and even go get a foot massage and wear loose fitting shoe gear which all will help reduce swelling. I know your asking yourself is this fluid ever going to go away. The answer is yes. Once the baby is born, the fluid will find its way back to the veins and will be circulated out of the body. And over the next few weeks after delivery you will notice a gradual reduction in swelling and you will be back to normal after all the excessive fluid is excreted by the body. However, if you still have questions concerning your feet, or you feel like you have excessive swelling, or experiencing any pain with your feet, don't hesitate to make an appointment today with your doctors here at Atlantic Foot and Ankle Specialists.

Dr. Rehm TOESEASE Foot & Nail Cleanser

Product Of The Month

This formulation is specifically designed to loosen fungus, bacteria, and debris from the skin and nails, so they can be cleaned more efficiently. ToesEase also soothes and softens the skin, nails and cuticles for more effective skin and nail management and safer, easier trimming of the toenails.

Product Number:30171
Price:\$21.00 / each

To order this product just visit:
www.atlanticfeet.com/store



ToesEase®

Sterile Pedicure Spa

COUPON
 save \$10 on our Sterile Pedicure Spa. Expires: April 30, 2010

ATLANTIC foot & ankle specialists

If you give us 2 new referrals, You can save \$20.

Name: _____
 Treatment: _____
 Referrals: _____

803 East 68th St.
 Savannah, GA 31405



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

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

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

Don't Forget to Comment on our BLOGSPOTS!

Follow Atlantic Foot & Ankle Specialists on [Twitter](#) @FootandAnkleDoc