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FOOT NOTES NEWSLETTER

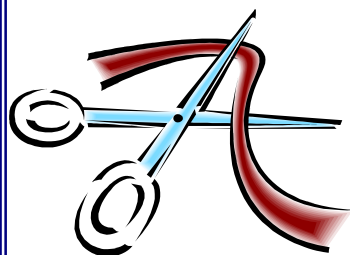
ATLANTIC foot & ankle specialists

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.

September -October 2009 Issue

Hinesville Office -Grand Opening and Ribbon Cutting Ceremony

September 28th Celebrate With Atlantic Foot & Ankle Specialists



September 28th at 12p.m. Atlantic Foot & Ankle Specialists will host their official grand opening and ribbon cutting ceremony for their Hinesville practice. The celebration will be held at 502 E. General Stewart Way, Ste. C in the Ong Professional Plaza, This event provides an opportunity to speak with your doctor and staff one-on-one and learn how Atlantic Foot & Ankle Specialists can help you. Influential City Officials, Chamber Members and other community supporters will be attending the event. This is a great opportunity to network with the movers and shakers of the community, as well as become aware of the growing businesses that are beneficial to the neighborhood. Light refreshments will be served. This event is free and

open to the public. If you wish to attend, please RSVP, contact Camara at (912)355-4557.

Show Your Support!!!



COVERED BY MOST
INSURANCE

The Answer To Your Heel Pain



New Painless Treatment

Extracorporeal Shock Wave Therapy (ESWT)

Do you Suffer From Chronic Heel Pain?

Orthotripsy (or shockwave therapy) is a form of treatment that was developed from other medical indications (treating kidney stones) and is widely used in Europe and North America for treatment of the above soft tissue conditions. This has been demonstrated as a safe treatment option for heel pain. Radial shockwaves are high energy soundwaves transmitted from a

probe held against and passing through the skin and spreading outwards into the underlying tissues. This is believed to induce increased blood flow and metabolic activity around the site of pain accelerating the healing process. At the very least it effectively reduces pain from this area.

ABOUT THE TREATMENT:

After an examination of the affected area, shockwaves are applied via a hand piece or applicator held against the skin. The initial phase of treatment may cause some pain however this indicates correct targeting of the problem area.

This is usually followed by numbness or heaviness in the area and the latter phase of the treatment feels less painful. The treatment sessions are of 10 minutes duration during which you may receive up to 5000 pulses. Many patients get pain relief in just 8-10 days after the first treatment. Depending on the condition and your response you may require from 6 to 10 treatments, although the average is 6. The maximum benefit from the shockwave treatment will be appreciated in 8 weeks after the last session

AFTER THE TREATMENT:

You may feel some soreness which may intensify on the night of treatment. Simple analgesia and Tylenol may be required to control this pain. There may also be some minor bruising in the treatment area. You should rest from aggravating activities for 2-3 days after treatment as your doctor will discuss.

**CALL US—SPEAK TO YOUR PODIATRIST
TO FIND OUT IF THIS TREATMENT IS
RIGHT FOR YOU!**

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

Congratulations

Joan H. !!!

You are the winner of the
DrScholl's Paraffin Bath !



Product Of The Month

Dr. Jill's Gel Bunion Guards-Bunion Shield

-Protects the bunion as if in a cradle, taking pain, pressure, and friction away from bunion area.

-Pad sits over bunion without adhesive and is held in place by hosiery.

ORDER AT: <http://www.atlanticfeet.com/store>



Bunions

Bunions are those unsightly enlargements or bumps that occur on the inside areas of your feet. The visible bump actually demonstrates changes in framework of the front section of the foot. With a bunion, the big toe leans toward the second toe, rather than pointing straight ahead. This moves the bones out of alignment, producing the bunion's "bump".

A bunion deformity can cause a wide range of problems for the patient and consequently can involve a varied approach to treatment. An important point to consider in the understanding of this problem is that it is a progressive deformity. In other words, a bunion will, in most cases, worsen with time. No one can predict how fast the deformity will progress or to what extent it will cause debility or symptoms, but most authorities would

agree that sooner or later, it will worsen. Bunions, by nature, can cause pain in certain shoes, become a common site for arthritic changes, lead to secondary compensatory problems such as hammertoes or pain in the fat pad area, or they may cause serious aesthetic or shoe wear concerns for certain individuals. Whatever the extent of involvement, a bunion deformity should warrant consideration by the patient and some level of professional evaluation by one of our foot specialists

What Causes Bunions

The possible causes of a bunion deformity are numerous. Hereditary tendencies for bunions to occur in members of the same family rank high as a potential cause. Another frequent culprit is our manner of walking. In short, the particular mechanics of one's walking style could be such that abnormal forces, pressures, and anatomical changes could result in a bunion deformity. Various arthritic conditions such as osteoarthritis, rheumatoid arthritis, and gout can also lead to deformities of the first metatarsal joint and a bunion. An important fact to keep in mind is that generally speaking, shoes can aggravate an existing bunion deformity, but will not initially cause one to occur.

Visit us for treatment before your bunion gets worse or before you cannot wear your shoes comfortably.
Shoes for the Homeless and Underprivileged in the Lowcountry



Introducing a community service program facilitated by Atlantic Foot & Ankle Specialists called
"Keeping The Community on Their Feet."

Our goal is to provide a much needed supply of footwear for the homeless and underprivileged by collecting shoes in good condition donated by members of the Savannah, Statesboro, Hinesville, Claxton and Hardeeville communities.

All donations collected will go to J.C. Lewis Health Center, Interfaith Hospitality Network, Hope House of Savannah and Family Promise of Beaufort County, community outreach shelters in Savannah and Hardeeville.

Visit www.atlanticfeet.com for our list of Community Outreach Partners & Donation Centers.

Join Us At the Following Events In October!

- October 3rd 11a.m.-3p.m. Family Health Fair Event– Port Wentworth City Gym
- October 7th 10a.m.-3p.m. Savannah District Regional Occupational Health Center– 100 West Oglethorpe Ave. Savannah, GA 31402
- October 17th 9a.m.-1p.m. Sunsplash Outdoor Fitness Festival– UGA Marine Extension Service Aquarium
- October 21st 8a.m. to 12:30 p.m. at Georgia Southern's Fall Live Well Wellness Fair– The GSU Russell Union

**Don't Forget to
Comment on our
BLOGSPOTS!**

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Sterile Pedicure Spa

COUPON

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

Expires: October 31, 2009



ATLANTIC
foot & ankle
specialists

Name: _____

Treatment: _____

Referrals: _____

• 803 East 68th St.

• Savannah, GA 31405

• Office: 912-355-4557



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@FootandAnkleDoc**