

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

Listen to our Podcasts and view our videos on foot and ankle problems at:
www.rfainstitute.com, Visit us on Facebook or Twitter.

Daniel D. Michaels, DPM, MS & Associates

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To prevent infections from nail salons or spas and to provide Comprehensive Foot & Ankle Care® we are pleased to announce that we have started to perform Foot Facials or medical grade pedicures in our offices. A one hour Foot Facial is relaxing and safe. We are providing this service to you as a safe alternative to salon's that may not sterilize their equipment or use dirty products on your feet. We use organic and/or natural products that clean and moisturize your skin and your nails. A natural nail polish with no harsh chemicals can be used or your nails can be buffed to a shine. You will enjoy a calf massage and scrub in a clean, safe and sterile environment. Nothing that touches you will touch another. Our sterilization process is so thorough that it has been published in scientific journals. We've analyzed every aspect of this process from the metal used in the basin, the ingredients in the products to the shape and texture of the products and instruments used. Bottom line: your feet will look and feel great and I'll make sure your safe. Please call now to schedule your 1 hour Foot Facial today!

Come visit one of our Centers of Excellence:

- Weight loss center
- Nail Salon/Foot Facials center
- Heel Pain center
- Neuropathy center
- Wound Care center
- Surgical center
- Nail Care center

We provide Comprehensive Foot and Ankle Care® to our patients with offices in Frederick and Hagerstown, Maryland. From basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, we provide a one-stop shop for all your needs. For your convenience, all recommended medicines and foot-care products are available through our in-office store and information can be gained through our continually updated website at www.rfainstitute.com. Same day and emergency appointments are available without a wait. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems. We focus on conservative, non-surgical treatment and exhaust these options prior to recommending surgery. If you need surgery we have

advanced training in all types of foot and ankle surgery to ensure your optimal outcome with an onsite ambulatory surgical center. Our providers work with you as a partner by listening to and educating you about treatment options so you can make an informed choice in your health management. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers. We have a wound care center, surgery center, fall prevention center, heel pain center and nail care center on site all under one roof for your convenience. We have the latest treatments including the laser that treats toenail fungus and is cleared for this indication by the FDA.

HEALTHY WINTER FEET

Most people get concerned about the health and appearance of their feet during the summer months. During the cold and wet winter months, your feet can really take a beating. Your feet will thrive during these cold months if you follow these foot-health tips:

- Footwear**—Invest in a good pair of waterproof winter boots or shoes. Make sure your shoes fit properly. If they are too tight, they can cause ingrown toenails or blisters. If you do get a blister, apply antiseptic cream and bandages. If the blister doesn't heal in a timely manner, consult Dr. Daniel Michaels.

- Foot care**—The winter months can leave people vulnerable to dry, cracked feet. To keep your feet from drying out, moisturize them once or twice a day, especially around the heels and sides of the foot. For a list of foot creams and moisturizers approved by Dr. Michaels go to www.rfainstitute.com or call 301.797.8554 in Hagerstown or 301.418.6014 in Frederick. .

- Foot Fungus**— Fungus may live inside a winter shoe or boot over the summer, just waiting to re-infect a foot or toenail. If you had foot fungus last winter, take precautions by using an anti-fungal spray on boots or shoes that were worn last winter before wearing them this season.

FOOT MYTHS – DON'T BELIEVE THE HYPE

People have used home remedies for foot ailments for many years. Many of these “cures” are not medically sound. Below are some foot myths, debunked.

- Listerine and Vicks VapoRub will cure toenail fungus.* The claim is that these chemicals will cure toenail fungus and provide a safe alternative to prescription antifungal pills and a cheaper alternative to topical fungal medications. These chemicals cannot effectively penetrate the skin underneath the nail where the nail fungus is located. Nail fungus should be diagnosed and treated properly by Dr. Daniel Michaels.

- Vinegar can cure foot odor.* People often mix a water and vinegar soak to treat foot odor. Vinegar contains acetic acid and may contribute indirectly to reducing foot odor. The most efficient way to kill odor-causing bacteria is by using antiperspirants on the skin of the foot. Antiperspirants reduce the sweating that leads to the bacteria in the first

place. So, while a vinegar soak for foot odor may be helpful in an indirect way, there is a better, more efficient solution to this problem.

••*Aspirin and ibuprofen are good treatments for plantar fasciitis (heel pain).* Taking non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen is believed to help with heel pain. However, these medications provide only temporary pain relief and do not treat the underlying condition. Seeking medical attention from Dr. Dan Michaels is the first line of defense in treating heel pain.

For further information about foot or ankle conditions, contact one of our foot and ankle surgeons at the Reconstructive Foot & Ankle Institute, LLC. Visit us on the web at www.rfainstitute.com or make an appointment with one of our state of the art offices in Maryland:

Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702

To make an appointment at our Frederick office, please call 301.418.6014. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our Hagerstown office, please call 301.797.8554. 1150 Professional Court, Suite C, Hagerstown, MD 21740

Most insurance accepted but not required.

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care® and treating you like a member of the family.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates