

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

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

www.rfainstitute.com

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We provide Comprehensive Foot and Ankle Care® to the residents of Central Maryland with offices currently in Hagerstown and Frederick, 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. In office and online retail stores featuring all the medicines and foot care products we recommend at our Institute are available to you for your convenience. 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. Our providers work with you as a partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs.

DRY SKIN AND WINTER ITCH

Colder temperatures each winter bring many Americans one big problem: dry, cracked skin. Those itchy, dry patches are nature's way of letting us know that the outer layer of our skin, made up of dead skin cells, natural oils and lipids (fats), needs help.

Cold weather and lower humidity as a result of indoor heating can strip away the skin's natural protective layer and wreak havoc with our skin's ability to stay moisturized. In extreme cases, if not treated, some of these dry areas can deteriorate into painful cracked and bleeding skin, particularly around the feet and ankles. A quick trip to your local drug store will show, however, that there is no limit to the number of products that are designed to alleviate dry skin.

If your skin is excessively dry and certainly if you have any cracking on your feet or heels, you should visit with your podiatric physician. Your doctor will diagnose and help you treat your feet so that you can get these conditions under control. Many DPMs can dispense creams and lotions right in the office or make recommendations for the best products for your particular condition.

FROSTBITE

Did you know that nearly half of all frostbite cases involve the foot and ankle? That's a staggering figure, but avoiding frostbite and treating it quickly are both important lessons we can learn.

According to your podiatric physician, the most effective way of dealing with frostbite is to prevent it from occurring in the first place. If you know you will be exposed to the cold weather, following these tips can literally save your toes:

- Drink plenty of water, avoid alcohol, and dress appropriately.
- If you begin to feel pain, numbness, or tingling in your feet, get out of the cold as soon as possible.
- Seek professional help as soon as possible from your podiatric physician for any foot- or ankle-related concerns.

Prolonged exposure to extremely cold temperatures can lead to severe injury if proper treatment is not provided in a timely manner. Signs and symptoms of frostbite include:

- Pain or prickling progressing to numbness
- Pale, hard, and cold skin with waxy appearance
- Flushing due to blood rushing to area after it's re-warmed
- Burning sensation and swelling from collected fluid that may last for weeks
- Blisters
- Black scab-like crust, which may develop several weeks later

Mild frostbite is treated by re-warming the affected area, washing it with an antiseptic, and applying a sterile dressing. If medical care is not available immediately, seek shelter and re-warm a mildly frostbitten area in warm water (101 to 104 degrees F) or by repeatedly applying warm cloths to the area for 30 minutes. Never use hot water, fire, a heating pad, or other dry heat because these methods may burn the skin before the feeling returns.

Frostbite is a very serious injury that can involve significant damage to the feet. In severe cases, surgery may even be necessary, depending on the depth and extent of tissue damage. Therefore, prompt diagnosis and proper treatment by a podiatric physician is essential.

For further information about foot or ankle conditions, contact Dr. Michaels and the Reconstructive Foot & Ankle Institute, LLC at www.rfainstitute.com or make an appointment with one of our offices in Maryland:

Hagerstown 301.797.8554 (877.797.FOOT), 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014 (866.338.FOOT), 2100 Old Farm Drive, Suite D, 21702

SERVICES OFFERED (REPRESENTATIVE SAMPLE) AT RECONSTRUCTIVE
FOOT & ANKLE INSTITUTE, LLC:

Peripheral Nerve Surgery
In Office X-ray and Ultrasound
Fracture Repair
Diabetic Neuropathy
Endoscopy/Arthroscopy
Flatfoot Repair
Plastic & Reconstructive Surgery
Pediatric Care
Wart removal
Ingrown Nail Repair
Lawnmower Injury Repair
Sports Medicine Management
Plantar Fasciitis/Heel Pain
Injectable Implants
Arthritis Management
Diabetic Foot Care/Limb Salvage
Neuropathy Care
Custom Shoes
Orthotics and leg braces
Ankle Sprain Care
Rheumatoid Foot Care
Ulcer Care and Prevention
Trauma Management
Retail foot care supply store on site/ on line at www.rfainstitute.com
Neuroma Correction
Hammertoe repair
Laser Surgery
In office Surgery Center
In office Fluoroscan

INSURANCE COMPANIES RECONSTRUCTIVE FOOT AND ANKLE INSTITUTE,
LLC PARTICIPATES WITH:

Aetna US Healthcare
Alliance
Blue Cross of Maryland and National Accounts
Blue Cross of National Capital Area (NCPPO)
Cigna
Fidelity
Great West
Informed

Johns Hopkins
Mail Handlers
MDIPA
Federal Medical Assistance
Mamsi
Medicare
National Association of Letter Carriers
Optimum Choice
Physicians Health Care System (PHCS)
Preferred Health Network
Tricare
United Health Care
Workers Compensation

Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. Daniel Michaels, DPM, MS, FACFAS and Johny Motran, DPM are Podiatrists at the Institute providing Comprehensive Foot & Ankle Care® and are board certified or board eligible by the American Board of Podiatric Surgery and are also Fellows or Associates of the American College of Foot and Ankle Surgeons. No problem is too small or large to manage in our friendly, warm state of the art facilities. All Providers have full hospital privileges at Washington County Hospital and Frederick Memorial Hospital and have trained at one or more of the following facilities to provide you with the most efficient and effective care possible: Yale University, University of Maryland (College Park, Shock Trauma), University of Texas (Dallas, Austin, San Antonio), University of California at San Francisco, Harvard University, and Temple University.

We utilize efficient scheduling so you don't have to wait for an appointment or in our waiting room when you arrive. All locations are open Monday through Friday with same day and emergency appointments available. Patients are treated in a pleasant, friendly environment utilizing evidence based medical approaches to all ailments.

Our offices provide in office diagnostic ultrasound, X-ray, fluoroscopy, shockwave therapy, ambulatory surgical care and physical therapy services. We treat all foot and ankle pathology from pediatric to geriatric, diabetic foot care/amputation prevention, heel pain, trauma, bunions, ingrown toenails and hammertoes. A full array of shoes and braces that support lower extremity pathology and augment surgical repair as well as advanced surgical techniques are available. The Institute participates with most insurance plans and offers patients the convenience of an on site and online retail store supplying foot and ankle products as well as a full line of dress, athletic and custom shoes.

Please visit our website at www.rfainstitute.com to learn more about the Institute. For questions and other information [e-mail us](#).

To make an appointment at our **Frederick office**, please call **301.418.6014** or **866.338.FOOT(3668)**. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our **Hagerstown office**, please call **301.797.8554** or **877.797.FOOT(3668)**. 1150 Professional Court, Suite C, Hagerstown, MD 21740

We look forward to solving your foot and ankle problems.

Very Truly Yours,

Daniel D. Michaels, DPM, MS, FACFAS
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