

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

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.

60 seconds to stomp out cancer

Foot melanoma is the deadliest cancer, but routine foot self exams can increase early detection, survival

The next time you clip your toenails, take a closer look at the rest of your feet. An extra 60 seconds could save your life.

Daniel D. Michaels, DPM, MS, FACFAS is a member of the American College of Foot and Ankle Surgeons (ACFAS). The Frederick and Hagerstown foot and ankle surgeon says routine self examinations of the feet are an important way to find skin cancer early, when it's easiest to cure. Half of the people who learn they have melanoma of the foot die within five years because the cancer had already spread throughout their body by the time it was diagnosed.

Nearly 60,000 people will learn they have melanoma this year. It's not known how many of those cases will involve the foot, but more than 8,100 melanoma patients will die... nearly one death every hour. If melanoma is detected in its earliest stages, 92 percent of patients are alive after five years.

Unlike many other types of cancer, melanoma strikes people of all age groups, even the young. Whites are 10 times more likely to develop melanoma than blacks. But studies suggest more than half of melanoma cases in blacks involve the foot, where late diagnosis leads to a higher death rate. Routine foot self exams increase the likelihood of noticing suspicious moles, freckles or other spots.

Dr. Michaels recommends focusing on the three most common areas for foot melanoma: the soles, between the toes, and around or under the toenails. He notes melanoma can develop anywhere on the body including areas that receive little sun exposure, such as the feet and ankles. If a mole, freckle or spot starts to change over the course of a month and becomes asymmetrical or changes its border, color, diameter or elevation, contact Dr. Michaels 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 Fluoroscanner

Insurance companies Reconstructive Foot & 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](mailto:info@rfainstitute.com).

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
Johny J. Motran, DPM