

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.

Listen to our Podcasts and view our videos on foot and ankle problems at:

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. For your convenience, all recommended medicines and foot-care products are available through our in-office and online retail stores 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. Our providers work with you as a patient and partner by listening to and educating you about treatment options so you can make an informed choice of treatment that fits your individual needs.

AMPUTATIONS DUE TO DIABETES CAN BE PREVENTED

Diabetes patients urged to take simple precautions to help save their feet

Taking a minute or two every day 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,” says Dr. Daniel Michaels, DPM, MS, FACFAS, a member of the American College of Foot and Ankle Surgeons (ACFAS). “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.”

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

Dr. Michaels says foot and ankle surgeons use a variety of surgical and non-surgical methods to heal diabetic ulcers, but stressed early intervention yields the most favorable outcomes.

“Daily self exams are the best protection. Too often, patients fail to check their feet for small cuts or punctures that over time will ulcerate and become infected,” He says. “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 in 10 diabetes 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, says Dr. Michaels, 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, resolve infection or restore 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:

- Keep your blood sugar under control to help minimize cardiovascular and blood circulation problems
- 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
- Never walk barefoot, outdoors and indoors
- Cut nails carefully – straight across and not too short; never trim corns and calluses yourself
- Wash your feet every day in lukewarm water; dry carefully
- Choose comfortable shoes with adequate room for the toes
- Wear clean, dry, non-bulky socks; change daily
- Shake pebbles or bits of gravel out of your shoes before wearing
- Seek treatment from a foot and ankle surgeon if minor cuts and sore spots don't seem to be healing
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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 (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

Athlete's foot Management <http://www.rfainstitute.com/athletesfoot.htm>

Bunionette Management <http://www.rfainstitute.com/bunionette.htm>

Bunion management <http://www.rfainstitute.com/bunions.htm>

Corn and Callus Management <http://www.rfainstitute.com/corns.htm>

Neuroma Management <http://www.rfainstitute.com/mortonsneuroma.htm>

Fracture Repair

Diabetic Neuropathy <http://www.rfainstitute.com/diabetes.htm>

Haglunds Deformity Management <http://www.rfainstitute.com/haglunds.htm>

Mycotic (Fungal) Toenail Management <http://www.rfainstitute.com/nailfungus.htm>

IPK Repair <http://www.rfainstitute.com/ipk.htm>

Endoscopy/Arthroscopy

Flatfoot Repair

Plastic & Reconstructive Surgery

Pediatric Care

Wart removal <http://www.rfainstitute.com/warts.htm>

Ingrown Nail Repair <http://www.rfainstitute.com/ingrownail.htm>

Lawnmower Injury Repair

Sports Medicine Management

Plantar Fasciitis/Heel Pain <http://www.rfainstitute.com/heelpain.htm>

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

Shockwave Therapy <http://www.rfainstitute.com/shockwavetherapy.htm>

Tarsal Tunnel Management <http://www.rfainstitute.com/tarsaltunnel.htm>

Tendonitis Management <http://www.rfainstitute.com/tendonitis.htm>

Neuroma Correction
Hammertoe repair <http://www.rfainstitute.com/hammertoes.htm>
Laser Surgery
In office Surgery Center
In office Fluoroscan

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

Accordia
Aetna US Healthcare
American Progressive (Medicare HMO)
Beech Street
Blue Cross Blue Shield Federal
Blue Cross Blue Shield National Accounts
Blue Cross Blue Shield of Maryland
Blue Cross Blue Shield of National Capital (NCPPO)
Carefirst Blue Choice
Carefirst Blue Card Members
Cigna
Conventry
Coresource
Federal Medical Assistance
Fidelity
First Health
GEHA
Great West
Informed
IWIF
Johns Hopkins
Kaiser
Mail Handlers
Mamsi
MDIPA
Maryland Physicians Care
Medicare
National Association of Letter Carriers
NCAS
One Net-Alliance
Optimum Choice
Physicians Health Care Systems (PHCS)
Preferred Health Network
Priority Partners
Today's Options (Medicare HMO)
Tricare

Tricare Prime
United Health Care
US Family Health
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 (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, physical therapy services, arterial and venous testing, nerve testing and medical equipment for rent or purchase. 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 at info@rfainstitute.com.

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We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care®.

Very truly yours,

Dr. Daniel D. Michaels, DPM, MS, FACFAS
Dr. Johny J. Motran, DPM, AACFAS