

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

Dr. Daniel D. Michaels, DPM, MS, FACFAS

Dr. Johnny J. Motran, DPM, AACFAS

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

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.

DAILY CARE HELPS AVOID DIABETIC FOOT COMPLICATIONS

Dr. Daniel D. Michaels, DPM, MS, FACFAS with offices in Frederick and Hagerstown, Maryland, reminds residents with diabetes that following simple foot care tips can reduce their risk of toe, foot or leg amputations.

People with diabetes are 10 times more likely to have a lower limb amputated than people without diabetes, according to the American Diabetes Association. Dr. Michaels says the disease can cause poor blood circulation and nerve damage in the feet, making them vulnerable to developing ulcers, infections, deformities and brittle bones.

The Reconstructive Foot & Ankle Institute, LLC consumer Web site www.rfainstitute.com provides these foot care tips for people with diabetes:

- Inspect feet daily for injuries that could lead to dangerous ulcers.
- Gently wash feet in lukewarm (not hot!) water.
- Moisturize feet, avoiding the area between the toes.
- Never trim corns or calluses; this can lead to serious infections.

- Inspect the inside of shoes before wearing.
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People with diabetes must always be vigilant, says Dr. Michaels. They should see a foot and ankle surgeon at the first sign of trouble. Early treatment can keep diabetic foot problems from progressing, and reduce the risk of amputations.

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>

Haglund's Deformity Management <http://www.rfainstitute.com/haglund.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
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Mail Handlers
Mamsi
MDIPA
Medicare
National Association of Letter Carriers
NCAS

One Net-Alliance
Optimum Choice
Physicians Health Care Systems (PHCS)
Preferred Health Network
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.

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 with Comprehensive Foot and Ankle Care®.

Very truly yours,

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