

Welcome to Reconstructive Foot & Ankle Institute, LLC NEWS YOU CAN USE!

About Reconstructive Foot & Ankle Institute, LLC:

[www.rfainstitute.com](http://www.rfainstitute.com)

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

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

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.

Rare diabetes foot complication becoming more common in Frederick and Hagerstown, Maryland

Few people with diabetes know about the limb-threatening foot condition, or its warning signs

As diabetes rates soar nationwide, the Reconstructive Foot & Ankle Institute, LLC, Dr.'s Michaels and Motran say they are seeing more patients with a rare diabetic foot complication.

The condition is called Charcot foot (pronounced SHAR-co). Foot and ankle surgeon Daniel D. Michaels, DPM, MS, FACFAS, says it involves a sudden softening of the foot's bones. This can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation, and even death.

“As the foot’s structure collapses, the bottom of the foot can become convex, bulging like the hull of a ship,” says Dr. Michaels. “But diabetes patients frequently won’t feel any pain because they have severe nerve damage in their lower extremities.”

Dr. Michaels says every person with diabetes should know the Charcot foot warning signs: a red, hot, swollen foot or ankle. Several other dangerous conditions, such as deep vein thrombosis and acute infections, share these symptoms. A red, hot, swollen foot or ankle requires emergency medical care.

The American College of Foot and Ankle Surgeons (ACFAS) estimates less than one percent of people with diabetes develop Charcot foot. But nationwide, the College’s 6,000 members say they’re noticing more Charcot cases as more Americans develop diabetes.

Charcot cannot be reversed, but its destructive effects can be stopped if the condition is detected early. People with diabetes play a vital role in preventing Charcot foot and its complications. Diabetes patients should keep blood sugar levels under control. This has been shown to reduce the progression of nerve damage in the feet. People with diabetes should also inspect both of their feet every day, and get regular check-ups from a foot and ankle surgeon.

For more information on Charcot foot and other diabetic foot conditions, visit [www.rfainstitute.com](http://www.rfainstitute.com) or make an appointment with the Reconstructive Foot and Ankle Institute, LLC. Contact our offices in:

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Services Offered (a representative sample) at the Reconstructive Foot & Ankle Institute, LLC.

Peripheral Nerve Surgery	In Office X-ray and Ultrasound
Fracture Repair	Diabetic Neuropathy
Endoscopy/Arthroscopy	Flatfoot Repair
Reconstructive Surgery	Pediatric Care
Wart removal	Ingrown Nail Repair
Lawnmower Injury Repair	Sports Medicine Management
Plastic Surgery	Plantar Fasciitis/Heel Pain

Injectable Implants

Arthritis Management

Diabetic Foot Care/Limb Salvage

Neuropathy Care

Custom Shoes, Orthotics

Ankle Sprain Care

Custom Ankle Foot Orthosis

Rheumatoid Foot Care

Ulcer Care and Prevention

Trauma Management

Retail foot care supply store on site/ on line Neuroma Correction

Hammertoe repair

Laser Surgery

In office Surgery Center

In office Fluoroscan