

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a 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 or call us at 877.797.FOOT

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Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702
Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

We provide Comprehensive Foot and Ankle Care® to our patients with offices currently in Frederick and Hagerstown, 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. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment and lasers.

You've Got to Move It, Move It—Especially when Travelling Deep Vein Thrombosis (DVT) and How to Prevent Clots during Travel

Are you planning to travel this summer? If you'll be spending long periods of time sitting still (either in your car or on an airplane) you may want to take heed of deep vein thrombosis (DVT). What is DVT? It can be painful and dangerous if you don't know what it is and how to identify it while you're travelling.

DVT can affect anyone but is most prevalent in adults over 60 years of age. DVT mainly affects the larger veins in the lower legs and thighs. A blood clot can develop and block blood flow, causing pain and swelling. A blood clot that

breaks free and moves through the bloodstream is called an embolism. An embolism can lodge in the brain, heart, or lungs and cause severe damage.

The risk factors for DVT and blood clots include:

- long periods of bed rest;
- cigarette smoking;
- fractures in the pelvis or legs;
- giving birth within the last 6 months;
- heart failure;
- medications such as estrogen and birth control pills;
- obesity; and
- recent surgery.

There are ways to avoid DVT if you happen to have any of these risk factors. First and foremost, moving your legs often during long plane trips, car trips, and other situations in which you are sitting or lying down for long periods of time can help prevent DVT. You can do ankle circles, knee bends, and thigh lifts right in your seat. It's also important to get up and move during plane travel. If you are travelling by car, stop periodically and walk for a few minutes. By moving around, you decrease your risk of DVT significantly.

Clinical evidence suggests that wearing compression socks or tights while travelling reduces the incidence of DVT on long flights, especially if you have any of the risk factors identified above. These products help improve circulation, which can be particularly important to decrease the risk of DVT

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:

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Thank you for your interest in the Reconstructive Foot & Ankle Institute, LLC. No problem is too small or large to manage in our pleasant, friendly, warm, state-of-the-art facilities that utilize evidenced based medical solutions to all ailments. We provide

Comprehensive Foot and Ankle Care® to our patients with offices in Frederick and Hagerstown, Maryland. At the Reconstructive Foot & Ankle Institute, LLC our experienced qualified and highly trained Practitioners and Patient Care Professionals are dedicated to providing quality compassionate care to our patients. We strive to help make a difference in the quality of life for these individuals.

The Institute provides evaluation and management services from basic care of ingrown toenails, heel pain and warts to reconstructive procedures and management of complex pain conditions, pediatric to geriatric, diabetic foot care/amputation prevention, heel pain, trauma, bunions, ingrown toenails and hammertoes. 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. All Providers have hospital privileges at Washington County Hospital and Frederick Memorial Hospital as well as our on site ambulatory surgical center in Hagerstown to provide you with the most efficient and effective care possible. Our staff is approachable and knowledgeable with a willingness to help and solve your foot and ankle problems.

Efficient scheduling, same day, emergency appointments and convenient hours are available without a wait. Our offices provide in-office diagnostic ultrasound, X-ray (digital radiography), shockwave therapy, electronic prescribing, electronic medical records, ambulatory surgical care, physical therapy services, nerve, vein and arterial testing and medical equipment for rent or purchase. 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 over the counter foot and ankle care products as well as a full line of dress, athletic and custom shoes, sandals and braces. Our practice houses the most advanced fall prevention center, wound care center, surgical center, medical equipment provider and physician services in this area.

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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To make an appointment at our Hagerstown office, please call 301.797.8554. 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,

Daniel D. Michaels, DPM, MS & Associates