

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, Visit us on Facebook or Twitter.

Daniel D. Michaels, DPM, MS & Associates

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 store and information can be gained through our continually updated website at 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 with an onsite ambulatory surgical center. Our providers work with you as a partner by listening to and educating you about treatment options so you can make an informed choice in your health management. We offer the latest technology in digital radiography and ultrasound equipment, electronic medical records, on site surgery center, shoe stores, medical equipment, vein testing, arterial testing, nerve testing and lasers.

Come visit one of our onsite Centers of Excellence that include:

Fall Prevention Center

Wound Care Center

Ambulatory Surgical Center

Nail Care Center

Heel Pain Center

We have the latest treatments including the Q-Clear laser that treats toenail fungus and is cleared for this indication by the FDA.

Fungus got your toes? Zap it.

Do you have thick, yellowish, brittle, and easily cracked or broken toenails without having injured them? They are likely discolored due to a fungal infection called onychomycosis,

which is the most common disease of the nails. The nail weakens as fungi continue to grow through the nail tissue. Since fungus grows faster than the nail, damage increases and the nail becomes more and more unsightly, with the infection spreading to the root or base of the nail.

Yeast and molds are also suspected to cause toenail fungus. These types of fungi exist in warm and moist environments, like shower areas, locker rooms, swimming pools, and even your shoes (as toes are usually encased in shoes). People with circulatory problems, weak immune systems, or diabetes are at greater risk of developing fungal infections as well.

Nail fungus has been difficult to treat with success. The only options in the past have been topical or oral medications, which provide limited benefit. In addition, oral medication may cause liver damage. Now there is a safe, effective laser treatment for nail fungus. The laser destroys the fungus that causes onychomycosis with very little effect on the surrounding tissues. Treatment normally takes fewer than 20 minutes and there is no pain, although sometimes you may experience a warm or tingling sensation. There are no age or health restrictions for laser treatments. Laser toenail treatment is considered aesthetic (cosmetic). Therefore, most health insurance plans do not cover treatment, and it can be costly

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 facilities in Maryland, USA:

Hagerstown 301.797.8554, 1150 Professional Court, Suite C, 21740

Frederick 301.418.6014, 2100 Old Farm Drive, Suite D, 21702

To make an appointment at our Frederick office, please call 301.418.6014. 2100 Old Farm Drive Ste. D, Frederick, MD 21702

To make an appointment at our Hagerstown office, please call 301.797.8554. 1150 Professional Court, Suite C, Hagerstown, MD 21740

Most insurance accepted but not required.

We look forward to solving your foot and ankle problems with Comprehensive Foot and Ankle Care® and treating you like a member of the family.

Very truly yours,

Daniel D. Michaels, DPM, MS & Associates

