

WELCOME TO RECONSTRUCTIVE FOOT & ANKLE INSTITUTE, LLC

NEWS YOU CAN USE! This is a newsletter about various topics related to foot and ankle wellness.

To learn more visit www.rfainstitute.com or visit us on Facebook, Google +, YouTube, LinkedIn or Twitter.

Daniel D. Michaels, DPM, MS & Associates

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What Is High Blood Pressure?

High blood pressure is also known as hypertension. Blood pressure refers to the force of blood pushing against the walls of the arteries as your heart pumps out blood. Hypertension occurs when your blood pressure rises and stays above normal over a period of time.

Hypertension is often related to atherosclerosis, which is the buildup of plaque in blood vessels. This condition leads to decreased circulation and peripheral arterial disease (PAD). People with decreased circulation in their legs and feet may develop ulcerations (open wounds on the skin) that can lead to amputations.

As a member of the health-care team, Dr. Michaels is vitally concerned about hypertension and vascular disease (heart and circulatory problems). Make sure you tell Dr. Michaels if you have high blood pressure and any medications that you may be taking for treatment.

Symptoms

Symptoms of poor circulation in the feet and legs may include:

Cramping in the feet and legs, particularly with exercise

- Sores on the feet or legs that do not heal or take a long time to heal
- Changes in color to the feet
- Changes in temperature to the feet
- Loss of hair on the feet and legs

Uncontrolled hypertension can also lead to heart disease, which may present as swelling in your feet and legs.

When to Visit Dr. Michaels

If you experience any of the above symptoms, it is important to visit a podiatrist. And if you have been diagnosed with hypertension, it is important to tell your podiatrist, because medications that may be prescribed for a foot or ankle condition could interact with your blood pressure medications. Also, if you need to have foot or ankle surgery, it is important that your blood pressure is under control prior to any surgical procedures.

Diagnosis and Treatment

As part of your visit, Dr. Michaels may check your vital signs height, weight, and blood pressure. He will conduct a careful examination to determine if there is lower than normal temperature in any of the extremities, absence of normal skin color, or diminished pulse in the feet. Dr. Michaels will also ask you about increased or periodic swelling in the lower extremities.

If any abnormalities in your blood pressure are noted, Dr. Michaels will notify you and may refer you to your primary care physician for further evaluation and treatment.

To prevent infections from nail salons or spas and to provide Comprehensive Foot & Ankle Care® we are pleased to announce that we have started to perform Foot Facials or medical grade pedicures and manicures in our offices. A one hour Foot Facial is relaxing and safe. We are providing this service to you as a safe alternative to salon's that may not sterilize their equipment or use dirty products on your feet. We use organic and/or natural products that clean and moisturize your skin and your nails. A natural nail polish with no harsh chemicals can be used or your nails can be buffed to a shine. You will enjoy a calf massage and scrub in a clean, safe and sterile environment.

Nothing that touches you will touch another. Our sterilization process is so thorough that it has been published in scientific journals. We've analyzed every aspect of this process from the metal used in the basin, the ingredients in the products to the shape and texture of the products and instruments used. Bottom line: your feet will look and feel great and I'll make sure you're safe. Please call now to schedule your 1 hour Foot Facial today! A manicure and pedicure are about 1.5 hours and extremely relaxing.

Come visit one of our Centers of Excellence:

Weight loss Center of Excellence
Nail Care Center of Excellence
Heel Pain Center of Excellence
Neuropathy Center of Excellence
Wound Care Center of Excellence
Surgical Center of Excellence

We provide Comprehensive Foot and Ankle Care® to our patients with offices 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 and lasers. We have a wound care center, surgery center, fall prevention center, heel pain center and nail care center on site all under one roof for your convenience. We have the latest treatments including the laser that treats toenail fungus and is cleared for this indication by the FDA.

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, 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