


Merry Christmas, Keep Your Nails Healthy, Deal of the Month

NEW MEXICO Foot & Ankle INSTITUTE

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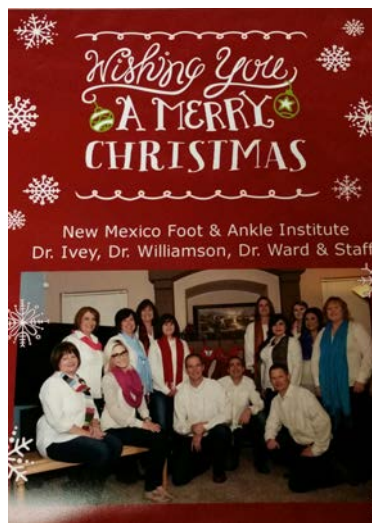
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december:
 a month of lights, snow
 and feasts; time to make
 amends and tie loose
 ends; finish off what you
 started and hope your
 wishes come true

We wish you all the peace and joy of
 the season!
 Here's to wishing you and your loved
 ones a very Merry Christmas and
 Joyful New Year!





Keep Your Nails Healthy

Manicures & Pedicures

Regular nail care results in healthy nails that you can be proud to take to work or out on the town. Your nail care plan can be simple and inexpensive. In fact, being overly aggressive with cleaning and maintaining nails might actually put your normally strong nails at risk for yeast or bacterial infections. You won't need frequent manicures & pedicures to maintain good-looking nails if you follow these simple tips.

BABY IT'S COLD OUTSIDE!



Try Biotin

As long as you eat a healthy, varied diet, you don't need any dietary supplements to guarantee strong nails. But people with weak nails may benefit from supplemental biotin, a B vitamin. Biotin has been shown to be helpful for strengthening and growing our nails. We recommend using a product we carry in our offices called [TheraNail-TF](#). Our TheraNail-TF product contains biotin, iron and zinc

If you didn't luck into strong nails by birth, you might benefit from strengthening them by taking biotin every day.

WHAT'S AFOOT?



Enjoy Polish

Wearing nail polish isn't going to harm your healthy nails, although you probably should give your nails a break on the polish periodically. As part of your home manicures & pedicures, make sure you choose acetone-free nail polish remover when you decide to begin that break. We recommend using Dr.'s Remedy antifungal nail polish and remover. Our [Dr.'s Remedy polish](#) is enriched with garlic bulb extract, tea tree oil, wheat protein and vitamins C and E. The [Dr.'s Remedy remover](#) is a non-acetone enriched nail polish remover and is infused with vitamins, protein and naturally occurring anti-fungal ingredients.

NM Podiatric
Medical Association
Annual Sock Drive

Beneath the polish, your fingernails and



Drop off NEW childrens & adult socks to either of our offices. The socks will be donated to the Albuquerque Rescue Mission. Now thru December 18th.

Have you had a chance to check out our newly designed website at:



nmfootandankle.com

We take of your feet....
so they'll take care of you!

Our Doctor Store

Did you know we have a store on our website? You can shop by Brand, Condition & Product Type. Follow the link below and see the selection.

[Our Doctor Store](#)

toenails can be a window into your overall health. Many health conditions are very visible in the nails. They're a unique indicator because of their partial transparency. Nails can even tell you how long you've been ill, since fingernails need six months to grow, and toenails a full year.

Moisturize Cuticles

Think of your cuticles like the protective caulking around a bathtub. If you cut them back too far or push them around too aggressively, you damage them. That, in turn, leaves your nail bed open to infection. As part of regular nail care to maintain healthy nails, we recommend moisturizing your cuticles with [Dr.'s Remedy Cuticle Oil](#) and not even pushing them back or trimming them at all, even during a professional manicure. The Dr.'s Remedy Cuticle Oil contains tea tree oil, vitamins and wheat protein. Be aware of the signs of infection, including redness, pain, swelling, and even pus in your cuticles and the nearby skin. See a [doctor](#) for help treating any infection.

Keep Nails Trimmed

The fashion trend is to have neat, more natural-looking, shorter nails and not the long talons of the past. Trimming nails regularly helps you to maintain healthy nails and helps to avoid snagging or breaking. How frequently you trim will depend on how fast your nails grow. Use a fine file to smooth out the edges of your nails. As part of your manicures & pedicures, you can also lightly buff the surface of your nails, especially if you tend to get ridges.

Clean With a Nail Brush

Many women risk infection with rigorous cleaning under the nails using long, pointy tools, both at home and during manicures. People themselves or the manicurist are trying so diligently to clean under the nail that they end up with a kind of a gap between the nail and the nail bed. This kind of aggressive nail care is an open door to bacterial or fungal infections. Instead, scrub gently with an



Health & Wellness Events in November

November was National Diabetes Month and we had the privilege of hosting Ron Guerrero with the National Diabetes Association on November 17th at our Pan American office. He was there to provide education and answer questions.



We enjoy educating our community about foot & ankle health.

We are always accepting
New Patients!



Call us today
at **505.880.1000** to
schedule an appointment
with our doctors.

old-fashioned nail brush for healthy nails.

Minimize Manicures & Pedicures

Keep manicures & pedicures simple to preserve healthy nails. Save a few dollars; go in, get your nail polish removed, have them shape your nails — not real brutally — get a fresh coat, and be done with it. Skip the acrylic nails, which ultimately could lead to more infections. Wear sunscreen on your hands & feet if you are going to be outside in the sunlight.

Take Infections Seriously

Smoothing ragged edges and wrapping a broken nail in an adhesive bandage are fine, but if you see signs of infection, check in with your doctor for the needed nail care. You'll probably recognize the signs of a bacterial infection (redness, swelling, and pain), but you might miss the early signs of a nail fungal infection, such as puffy, red, irritated skin around the nail bed. Fungal infections might require medical attention when healthy nails are at risk.

Paying attention to your nail health is important.







Some nail issues have simple explanations: poor nutrition will cause brittle nails, but so will aging, excessive washing, and a variety of different things. If in doubt, give us a call at 505.880.1000 and make an appointment. It is always better to be safe than sorry!



Patient Portal



Connect with us online 24/7 to:

-  Message our office
-  Access Care Plans
-  Request or check appointments
-  Request or check prescriptions
-  Update personal information
-  Fill out forms
-  See Visit Summary

Provide us with your name, date of birth & email address.



[Click here to register.](#)

Stocking Stuffer Idea!

Dr.'s REMEDY[®]
Enriched Nail Care



*Tea Tree Oil
*Vitamins
*Wheat Proteins
"the best non-acetone polish"



Purchase any **3** Dr.'s Remedy Polish Or Nail Care Products & we'll give you **REMEDY Remover FREE!**

Dr.'s REMEDY Remover
non-acetone enriched nail polish remover

Better than a non-acetone remover, Dr.'s REMEDY Remover is infused with vitamins, protein and a range of organic ingredients. We help you do something good for your nails even when taking the polish off.

Deal Expires: December 31st



OUR DOCTORS



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DOCTORS OF PODIATRIC MEDICINE (DPM) ARE PODIATRY PHYSICIANS AND SURGEONS, ALSO KNOWN AS PODIATRISTS, QUALIFIED BY THEIR EDUCATION, TRAINING, AND EXPERIENCE TO DIAGNOSE AND TREAT CONDITIONS AFFECTING THE FOOT, ANKLE, AND RELATED STRUCTURES OF THE LEG.

[PROUD MEMBERS/SUPPORTERS](#)



We are still collecting for Locker #505 Student's Clothing Bank which benefits all students (K-12) in Bernalillo County.

Go through your closets and find all the shoes you no longer wear and drop them in the boxes provided in our offices!



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December 2015 Newsletter

Our mailing address is: 4343 Pan American Freeway NE

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