

NEW MEXICO FOOT &
ANKLE INSTITUTE

INSIDE THIS
ISSUE:

Got Gout? Holi-
day Season...

We're Moving!

For Many, Win-
ter is Fall

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

New Mexico Foot & Ankle Institute

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GOT GOUT?

HOLIDAY SEASON TRIGGERS PAINFUL TOES

Got gout? If so, watch what you eat and drink during this holiday season.

Changes in diet, including overindulging in certain foods and beverages, can cause gout attacks this time of year.

Gout attacks are extremely painful. They are caused when uric acid

accumulates in the tissues or a joint and crystallizes. This most commonly occurs in the big toe joint, because the toe is the coolest part of the body and uric acid is sensitive to temperature changes.

ACFAS foot and ankle surgeons say foods that are high in purines contribute to uric acid build-up.

They recommend that people

prone to gout attacks avoid purine-rich items such as shellfish (shrimp, crab, etc.), organ meats (kidney, liver, etc.), red meat, red wine and beer.

Gout can be treated with medications, diet changes, increasing consumption of appropriate fluids, and elevating and immobilizing the foot.

WE'RE MOVING!

After much discussion and debate we have decided it would be best for New Mexico Foot and Ankle Institute to move a little closer to the freeway and the hospitals. We are building out a new space specifically with you, our patients, in mind.

Our commitment has and always will be to ensure that you, our patients, have nothing but the best experience with and in our office and we are excited that this new location will ensure that we continue to be the very best at what we do.



As of January 1, 2013 our new address will be 4343 Pan American Freeway NE, # 234 and our phone numbers will remain the same. Our new office is located on the west side of I-25 between Montgomery/Montano and Comanche (exit 228). For those of you that visit us at our westside office at 4801 McMahon Blvd., #110 there will be no change of location.

Thank you for your patience through these changes and your commitment to our practice.



www.nmfootandankle.com

FOR MANY, WINTER IS FALL SEASON

ANKLE FRACTURES OCCUR FREQUENTLY FROM ICE-RELATED FALLS

With the hectic pace of the holidays, serious injuries from ice-related falls inevitably occur. The American College of Foot and Ankle Surgeons (ACFAS) reports that falls on icy surfaces are a major cause of ankle sprains and fractures, and it's critical to seek prompt treatment to prevent further damage that can prolong recovery. The ankle joint is vulnerable to serious injury from hard falls on ice. Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping.

In cases of less severe fractures and sprains, it's possible to walk and mistakenly believe the injury doesn't require medical treatment. Never assume the ability to walk means your ankle isn't broken or badly sprained. Putting weight on the injured joint can worsen the problem and lead to chronic instability, joint pain and arthritis later in life.

It is also possible to fracture and sprain an ankle at the same time, and a bad sprain can mask the fracture. It's best to have an injured ankle evaluated as soon as possible for proper diagnosis and treatment.

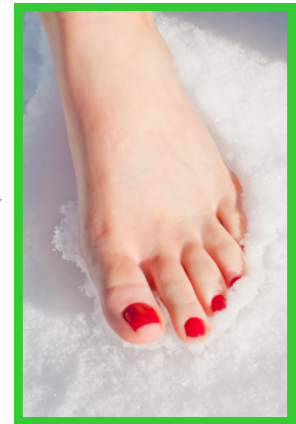
If you can't see a foot and ankle surgeon or visit the emergency room right away, follow the **RICE principle—Rest, Ice, Compression and Elevation**—until medical care is available.

Even though symptoms of ankle sprains and fractures are similar, fractures are associated with:

- Pain at the site of the fracture that can extend from the foot to the knee
- Significant swelling
- Blisters over the fracture site
- Bruising soon after the injury
- Bone protruding through the skin—a compound fracture, which requires immediate attention!

Most ankle fractures and some sprains are treated by immobilizing the joint in a cast or splint to foster union and healing. However, surgery may be needed to repair fractures with significant malalignment to unite bone fragments and realign them properly.

If you fall on an icy spot and hurt your ankle, the best advice is to seek medical attention immediately. This aids in early diagnosis and proper treatment of the ankle injury and reduces the risk of further damage.



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INSTITUTE

5111 Juan Tabo Blvd. NE
Albuquerque, NM 87111
505.880.1000

4801 McMahon Blvd. NW, #110
Albuquerque, NM 87114
505.872.3333