

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

## What is Acute Inflammation?

Inflammation is the body's normal protective response to an injury, irritation, or surgery. This natural "defense" process brings increased blood flow to the area, resulting in an accumulation of fluid.

Inflammation can be acute or chronic. When it is acute, it occurs as an immediate response to trauma (an injury or surgery)—usually within two hours. When it is chronic, the inflammation reflects an ongoing response to a longer-term medical condition, such as arthritis. Inflammation is not the same as infection. Infections are caused by bacteria, fungi, viruses, which sometimes produce inflammation.



## What is the Treatment?

To reduce inflammation and the resulting swelling and pain, injured tissue needs to be properly treated. The earlier you start treatment, the better. Treatment for acute inflammation consists of "R.I.C.E." therapy:

- **Rest.** Stay off of your foot as much as possible to prevent further injury. In some cases, complete immobilization may be required.
- **Ice.** Icing, which decreases blood flow to the tissue, thus reducing swelling and pain, should be continued until your symptoms resolve. Wrap ice in a thin towel, to make sure it's not applied directly to the skin, and place the pack on the injured area for 20 minutes of each hour you're awake.
- **Compression.** Keep the inflamed area compressed by wrapping it in an elastic bandage or stocking. Compression prevents additional fluid accumulation and helps reduce pain. Wrap the bandage more firmly at the toes and less firmly at the calf. If your toes tingle or your foot throbs, the wrapping may need to be loosened. If the tingling or throbbing continues after loosening the wrap, contact Dr. Neuhaus as soon as possible.
- **Elevation.** Keeping the foot elevated reduces the swelling by allowing excess fluid to drain to the heart. The proper way to elevate your foot is to keep it level with or slightly above the heart. Place one or two pillows under your calf, and make sure your hip and knee are slightly bent.

## What are the Symptoms?

As the body mounts this protective response, the symptoms of inflammation develop. These include:

- Swelling
- Pain
- Increased warmth and redness of the skin

## Product of the Month

*\*Coband/Coflex\**



This elastic, self-adherent wrap functions like a tape, but sticks only to itself (it has no adhesive component, and can be used by people with allergies to tape). This wrap is lightweight, and easy to use on the toes, foot, or ankle. We have found that using layers of this disposable wrap around dressings and surgical sites, will keep them clean looking, splinted in the correct position, and helps control swelling.

## Let's Wish Happy Birthday to all the January Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a January birthday. We hope you enjoy your special day!

## Office Hours

Monday-Friday  
8am to 5pm

## Lunch

12pm to 1pm

Happy New Year!!!

## Community Service

*"Keeping Nashville on Their Feet"*



Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

## Community News

Jan 1- Happy New Years!!!!

Jan 8 & 9- Southern Invitational Indoor Tractor and Truck Pull at the Tennessee Miller Coliseum in Murfreesboro.

Jan 16 & 17- RMAX Indoor Arena Cross Tour at the Tennessee Miller Coliseum in Murfreesboro which consists of pro motocross and pro quad racer competitions.

Jan 18- Dr. Martin Luther King Jr. Day

Jan 28-30: TSSAA State Bowling Tournament held at the Smyrna Bowling Center.

Jan 30- Bull Madness Invitational at the Tennessee Miller Coliseum in Murfreesboro.

The Smyrna Police Dept is hosting a self-defense class for women this month at Firehall 2 on the National Guard Base and consists of an entire 12 hour course. Contact Bobby Gibson at 459-9742. There is no cost for the class.

## Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

### Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN

## Success Story

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to [www.neufoot.com](http://www.neufoot.com).

## Are you tired of Foot Problems?

Get a **Free** copy of  
Foot Health 101

**"Healthy Feet are Happy Feet."**

Free Book

