



Click the book to  
order your free  
copy of  
**Heel Pain 101**



Click the book to  
order your free  
copy of  
**Foot Health 101**



**Donate your shoes to  
the homeless for  
"Keeping Nashville  
on Their Feet!"**

We continue to collect  
shoes in good  
condition and deliver  
them to The Nashville



**For more  
information,  
visit our [warts](#)  
page on our  
website.**

## What is a Plantar Wart?

A wart is a small growth on the skin that develops when the skin is infected by a virus. Warts can develop anywhere on the foot, but typically they appear on the bottom (plantar side) of the foot. Plantar warts most commonly occur in children, adolescents, and the elderly. Typically, the wart is acquired in public places where people go barefoot, such as locker rooms, swimming pools, and karate classes. It can also be acquired at home if other family members have the virus.

Plantar warts grow into the skin growing slowly; the wart starts off small and gets larger over time. You think you may have a wart? Look for thickened skin, pain, and tiny black dots. If you see any of these signs and symptoms, please call us at (615) 220-8788.

### Wart Removal Procedure

NeuhausFootandAnkle 23 videos



**For more  
videos,  
visit our  
[YouTube](#)  
channel**

**Dr. Neuhaus removes a wart in his office.  
For more information about this procedure  
or other treatment options, visit the [Warts](#)  
page on [www.neufoot.com](http://www.neufoot.com). To make an  
appointment for either Brentwood or  
Smyrna location, call our office (615) 220-  
8788.**



## Health & Weight Loss Seminar

*Discover the healthy you*

Date: Tuesday, August 16, 2011

Time: 6:30pm and 8:00pm

Location: 300 StoneCrest Blvd, Suite 350

Smyrna, TN 37167

Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed. Collection locations include: Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehab Center, and TN Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports



**Live or work closer to Brentwood?**

Schedule an appointment with our Brentwood location to see Dr. Neuhaus or Dr. Knox. We are located in the TriStar Medical Plaza on the corner of Nolensville Rd. and Concord Rd in Brentwood, Suite 220.



Office Hours for the **Smyrna** location have changed:

Mon. 8:00-5:00  
Tues. 7:30-5:00  
Wed. 8:00-5:00  
Thurs. 8:00-5:00  
Fri. 8:00-5:00

Office Hours for the **Brentwood** location are:

Tues. 1:00-5:00  
Thurs. 1:00-5:00  
Fri. 8:00-12:00

**Call (615) 220-8788 to make your appointment with us!**

**You CAN lose weight!  
You CAN be healthy!  
We are committed to helping you!**

Two Informational Sessions:

- Rapid Weight Loss (2-5 lbs per week)
- Safe! Physician Run & Recommended
- Easy & Convenient Meals
- Habits of Health for a Lifetime of Thin
- Free Personal Health Coach
- Why not you? Why not now?

Call (615) 220-8788 to let us know you are coming. Walk-ins also welcome. Bring your friends, neighbors, and family!! Everyone is welcome!!

*After 30 years of hiding behind my wife in photos, and trying every weight loss program known to man with no lasting success, I was diagnosed with diabetes and sleep apnea. I have watched every family member struggle and suffer with this disease and I was scared. Then a doctor friend of mine recommended this program.*



*It was easiest and quickest thing I have ever done!! 3 months later and 57 pounds lighter, I was able walk my daughter down the aisle with pep in my step and no fear of the cameras. I went on to lose another 35 pounds, a total of 92 pounds 4 1/2 months.*

*The best part is I no longer have diabetes, sleep apnea, high blood pressure, acid reflux or high cholesterol. I am so grateful to have my life back and just completed a 100 mile charity bike ride. Now I share this life saving program with everyone.*

**Meet Larry**

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**A Real Take Shape For Life Story**



**Aug 19** - Music in the Park at the Smyrna Parks-Gregory Mill Park beginning at 7pm featuring "Top Tier". Food vendors will be on site and free admission.

**Aug 20** - [Main Street Saturday Market](#). Held on the West side of the Courthouse on the Murfreesboro Square from 8am - 12 noon.

**Aug 20** - Fenton Payne & Payne 5K Run/Walk and 1-Mile Kids' Fun Run held in Murfreesboro, TN. Registration and the start of the race begins on MTSU's campus. For more information or to register for the event, go to [www.fpfrun.com](http://www.fpfrun.com).

**Aug 25** - Downtown Thursdays "Brentwood Idol" from 5-8pm on First Street.

**Aug 27** - Falcon 5K at Sharp Springs Park in Smyrna beginning at 8am. Contact Monty Perkins for more information at (615) 830-8568 or [runparks9@att.net](mailto:runparks9@att.net).

**Sept 1** - Downtown Thursdays "Brentwood Car Show" from 5-8pm on First Street.

**Sept 3** - 3rd Annual RunChikinRun 10K at 7am. To register for the event, visit [Fleet Feet Murfreesboro](#) or go to [www.runchikinrun.com](http://www.runchikinrun.com).

**Sept 5** - 33rd Annual Franklin Classic 5K/10K Run & Kid's Kilometer held at the Public Square in Franklin, TN. The events will begin at 7am. Go to [www.franklinclassic.org](http://www.franklinclassic.org) to register.

**Sept 10** - Nashville Triathlon begins at 7am in Nashville, TN and features half, olympic, and

**Want to know what events are going on around town?**

**Here are some events to enjoy with family and friends during the next month.**

sprint distances. To register for the event, go to [www.nashvegastri.com](http://www.nashvegastri.com).

**Sept 10** - Town of Nolensville's Annual [Broken Wheel Festival](#) 8am-2pm at the new Nolensville Recreation Center.

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.

300 Stonecrest Blvd. Suite 350 | Smyrna, TN 37167 US

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