

## What is Rheumatoid Arthritis?

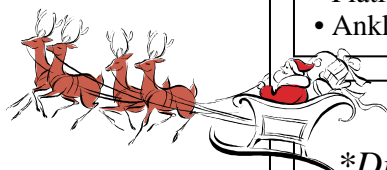
Rheumatoid arthritis (RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. RA causes inflammation in the lining of joints, most often the joints of the hands and feet. The signs of inflammation can include pain, swelling, redness, and a feeling of warmth around affected joints. In some patients, chronic inflammation results in damage to the cartilage and bones in the joint. Serious damage can lead to permanent joint destruction, deformity, and disability.



## What is the Treatment?

While treatment of RA focuses on the medication prescribed by a patient's primary doctor, Dr. Neuhaus will develop a treatment plan aimed at relieving the foot pain related to the Rheumatoid Arthritis. The plan may include one or more of the following options:

- Orthotic devices.
- Accommodative shoes.
- Aspiration of fluid.
- Steroid injections
- Surgery.



Rheumatoid Arthritis in the foot and ankle can cause considerable pain and deformity, making walking difficult. Through the treatment approaches selected by Dr. Neuhaus, substantial relief can be obtained.

Wow! ↓

Over 2.1 million American adults suffer from Rheumatoid Arthritis. It is the most common form of inflammatory arthritis RA usually affects people between the age of 30-50 years of age, but it's also been known to affect very young people as well.

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 Causes Rheumatoid Arthritis?

When joints become inflamed due to RA, there is an excess of joint fluid. This overabundance of fluid, along with inflammation causes swelling and damage to the joint's cartilage and bones. Foot problems most commonly occur on the ball of the foot or near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms in addition to the abnormal appearance of deformities are pain, swelling, joint stiffness, and difficulty walking.

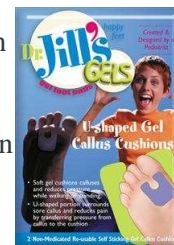
Deformities and conditions associated with RA may include:

- nodules, or lumps, on the foot
- Dislocated toes
- Hammertoes
- Bunions
- Heel pain
- Achilles tendon pain
- Flatfoot
- Ankle pain

## Product of the Month

*\*Dr. Jill's U-Shaped Gel Callus Cushions\**

These soft gel cushions help reduce the pain from the calluses and also reduces ball of foot discomfort. The U-shaped portion surrounds the painful callus and reduces pain by transferring pressure from the callus to the cushion. Self-stick cushions make for easy application.. Each cushion can be used over-and-over again and in all styles of footwear. The gel cushions can be used for calluses, Metatarsalgia, Neuroma, and heel pain.



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

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

## Office Hours

Monday-Friday  
8am to 5pm

## Lunch

12pm to 1pm

**Merry  
Christmas &  
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

Dec 13- Rutherford County Christmas Parade at 1pm on Middle Tennessee Blvd down Main Street by MTSU

Dec 18 & 19 – "A Sanders Family Christmas" play at the Murfreesboro/Rutherford County Center for the Arts at 7:30pm. Call 615.904.2787 for reservations.

Dec 18- Santa's Splash & Dash from 6 to 10pm at the Patterson Park Community Center in Murfreesboro. Ages 7 to 13 can enjoy a night of swimming, arts & crafts, pizza, dessert, and a Christmas movie. Pre-registration is required. For more information, contact Niki Witten at 615-893-7439.

Dec 25- Merry Christmas!!!!

Dec 31- Countdown to Noon held at the Discovery Center at Murfree Spring in Murfreesboro from 10am to 12 noon.

Jan 1- Happy New Years!!!!

## 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**