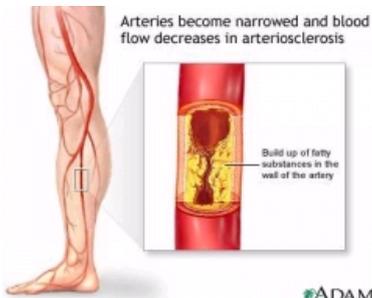




# NEUHAUS FOOT & ANKLE

## What is Peripheral Arterial Disease?

Commonly referred to as "poor circulation," Peripheral Arterial Disease (P.A.D.) is the restriction of blood flow in the arteries of the leg. When arteries become narrowed by plaque, the oxygen-rich blood flowing through the arteries cannot reach the legs and feet. The presence of P.A.D. may be an indication of more widespread arterial disease in the body that can affect the brain, causing stroke, or the heart, causing a heart attack



## What are the Signs and Symptoms of P.A.D.?

Most people have no symptoms during the early stages of P.A.D. Common symptoms of P.A.D. include:

- Leg pain/cramping that occurs while walking
- Leg pain/cramping that occurs while lying down
- Leg numbness or weakness
- Cold legs or feet
- Sores that won't heal on toes, feet, or legs
- A change in leg color
- Loss of hair on the feet and legs
- Changes in toenails with the color and thickness

If any of these symptoms are present, it is important to discuss them with Dr. Neuhaus. If left untreated, P.A.D. can lead to serious consequences.

**Take our survey to find out if you should be tested for PAD.**

## Do I have PAD?

## How Do You Avoid P.A.D. Complications?

Getting regular foot exams as well as seeking immediate help when you notice changes in the feet can keep small problems from worsening. P.A.D. requires ongoing attention. To avoid complications, you should follow these precautions:

- Wash your feet daily and dry thoroughly
- Keep the skin soft
- Trim toenails straight across and file the edges
- Always wear shoes and socks even indoors
- Choose the right shoes and socks
- Check your feet every day
- Call Dr. Neuhaus if you develop any of the above problems

\*\* Do not try to take care of any cuts, sores, or infections by yourself.\*\*



**Click the book to order your free copy of *Foot Health 101: Healthy Feet are Happy Feet*.**

"I wrote this book because too many people suffer from foot & ankle pain unnecessarily."

- Dr. Matthew Neuhaus



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

Ryan Neuhaus has currently earned his Eagle Scout award for collecting 500 shoes. We are continuing to collect shoes in good condition and deliver them to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, & work boots are most needed. Shoe donation receptacles are located in Smyrna at Neuhaus Foot & Ankle, Kroger on Sam Ridley Pkwy., Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Mayfield Rehabilitation Center, and Tennessee Medicine & Pediatrics and in Murfreesboro at Fleet Feet Sports.

**Thank you** to the locations for allowing us to use your facility and making this a successful project.





### Success Story!

Want to read more success stories?

Click the picture above to link to the testimonial page on the website.

I dropped a glass frame on the top of my foot and went to the ER at StoneCrest. My foot became infected and an abscess formed as an open wound. I was referred to Dr. Neuhaus where he cleaned and cured my infection. Dr. Neuhaus was excellent; great bedside manner, very personable and I have great confidence in his treatment methods. The staff in the office has always been extremely kind. The office is a great place to come to if you have any foot or ankle problems!

- P.R.

**Oct 23-** MTSU Homecoming vs. Louisiana-Monroe. Come enjoy the parade at 11am and kick-off is at 3:30pm. For more information, go to [www.goblueraiders.com](http://www.goblueraiders.com)

**Oct 23-** 34th Annual Harvest Days held at Cannonsburgh Village from 10am to 5pm. Come enjoy music, food, hayrides, auto show, pottery demonstrations, and much more. Free!

**Oct 27 to 29-** TSSAA High School State Volleyball Championships held at the Murphy Center on MTSU's campus.

**Oct 28-** Great Pumpkin Festival at the Discovery Center at Murfree Spring from 4-7pm. \$4 per person when you donate a canned food item.

**Oct 29 to 30-** Haunted Hayrides and Ghost Tours held at the Sam Davis Home off Sam Ridley. Come experience the plantation at night as the stories beyond the grave emerge. Admission is \$5 per person. 7pm to 11pm with the last hayride departing at 10pm. Not recommended for children under the age of 10.

**Oct 30-** 3rd Annual Snyder Foundation 5K Run/Walk for the Kids at 8:30am in Smyrna. The race begins at the Smyrna Wal-Mart. Go to [www.active.com](http://www.active.com) to register for this race.

**Oct 30-** Have A Nice Day 5K at 7:30am beginning at the Belle Aire Baptist Church. All proceeds go to the Bruce Gilley Scholarship Fund. go to [www.active.com](http://www.active.com) to register.

**Nov 6-** Strides For SIDS 5K Run/Walk held at Gateway Island in Murfreesboro at 8am. Go to [www.active.com](http://www.active.com) to register.

**Nov 13-** MTSU Blue Raiders vs. North Texas. Kick-off is at 3:30pm at the Johnny Red Floyd Stadium. Go to [www.goblueraiders.com](http://www.goblueraiders.com) for more information.



Want to know what events are going on around town?

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

Neuhaus Foot & Ankle will be attending the following health fairs:

**Oct 23:** Rutherford County Employee Appreciation Day Smyrna 10am to 2pm.

**Oct 27:** Schneider Electric in LaVergne 9 to noon

**Oct 28:** Smyrna Senior Center 8am to noon

**Nov 3:** Schneider Electric in Smyrna 12:30 to 5:30pm

We hope to see some of our patients at these health fairs. Stop by to grab some of our promotional items.



**Happy Birthday to you. Happy Birthday to you...**

**Let's Wish a Happy Birthday to all our October Patients!!!**



**Monday**  
8am to 5pm

**Tuesday**  
7:30am to 5pm

**Wednesday**  
8am to 5pm

**Thursday**  
8am to 5pm

**Friday**  
7:30am to 5pm

*\*\*We're closed Mon, Wed, & Thurs. from 12-1pm for lunch\*\**

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



[Subscribe](#) to our email list

