

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.

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.

Two types:

- A *solitary* wart which can increase in size and may eventually multiply.
- *Mosaic* warts are a cluster of several small warts in one area.

Diagnosis

To diagnose a plantar wart, the signs and symptoms will be examined. Plantar warts may eventually clear up on their own, but some desire faster relief. The goal of treatment is to completely remove the wart.

With the flu circling middle Tennessee, here are some important tips to prevent catching the flu:

- Wash your hands. This is the BEST way to reduce the spread of viruses.
- Do the elbow cough. This will prevent the virus from clinging to your hands and preventing the spread.
- Disinfect common surfaces. Viruses can survive up to 72 hours on surfaces.
- Drink water. Drinking eight 8-ounce glasses of water can help strengthen your immune system.
- Get vaccinated

Signs and Symptoms:

The signs and symptoms of a plantar wart may include:

- Thickening of the skin like a callus
- Pain when walking, standing, or when the sides of the wart are squeezed
- Tiny black dots that often appear on the surface of the wart

What is the Best Treatment?

Treatment may be the use of topical or oral treatments, laser therapy, cryotherapy (freezing), or in-office surgery to remove the wart. Regardless of the treatment approach, it is imperative to follow all home care instructions and medications, as well as follow-up appointments to make sure the wart does not reappear on the skin.

Product of the Month

RevitaDERM



RevitaDERM's moisture-rich formula hydrates extremely dry skin, including diabetic skin conditions and dry cracked heels for over 6 hours. RevitaDERM Medical Strength Moisturizer is both perfume and alcohol-free, for long-term skin rejuvenation.

Let's Wish Happy Birthday to all the September Patients!

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

Office Hours

Monday-Friday
8am to 5pm

Lunch

12pm to 1pm

**Happy
Labor
Day!!!**

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

Sept. 12- 7th *annual Wings of Freedom fish fry* is hosted by the Smyrna Rotary at the Smyrna Airport. For more information, please go to www.rotaryofsmymrna.org

Sept 12- MTSU vs. Memphis football game 6pm. Come support MTSU and make sure you wear BLACK!

Sept 19- Greenway Arts Festival held at Thompson Lane Trailhead in Murfreesboro from 10:00 am to 4:00pm. Come by and enjoy the handmade artwork and activities.

Sept 19- *Old Timer' Day* at Veteran's Memorial Park off Murfreesboro Road in LaVergne, TN. 10:30am to 8:30pm

Oct 2- Friday Night Live concert on the Public Square in Murfreesboro. Bring your lawn chair! 6:30 to 9:30pm

Oct 3- The Murfreesboro Half Marathon and Kids Fun Run. The 13.1 mile race starts at MTSU at 7am.

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.

Are you tired of Foot Problems?

Get a Free copy of
Foot Health 101
"Healthy Feet are Happy Feet."

**Free
Book**

