

NEWSLETTER



INTEGRITY FOOT & ANKLE CENTER, LLC

PATRICK M. QUALTIRE, DPM

WWW.INTEGRITYFOOTDOC.COM

WINTER/HOLIDAY EDITION 2020

Call 678-807-8362 to book an appointment now

GRAND OPENING

Integrity Foot & Ankle Center is officially up and running! After working at a large podiatry practice for the past several years, Dr. Patrick Qualtire knew he wanted to provide positive patient experiences that felt more personal than the big businesses could offer. So, after many months of planning & hard work, Integrity Foot & Ankle Center was born. Come by and see what makes us special!



Dr. Patrick Qualtire, DPM, Georgianna Biggs (middle), and Anita Hughes (right) after decorating the office for Christmas.

TOENAIL FUNGUS: IT'S NOT ALL FUN(GUS)

Did you know that the "fungus" affecting on your toenails may not be fungus at all? The microbes making your toenail yellow could be bacteria, mold, or a host of other suspects! At Integrity Foot & Ankle Center, we have lab services available so that we can test & diagnose exactly what is ailing your nails. This means that you get specific, effective treatment for your unique diagnosis.



FOOT PAIN?

Do you have trouble falling asleep at night because of foot pain? Does your first step out of bed in the morning cause a burning pain on your heel or sole? You, like many others, may be experiencing plantar fasciitis. Come by our office for an exam and some relief!





1.



2.



3.

DR.Q STAYS ON HIS FEET!

1. Dr. Q standing outside of our new sign right after installation, excited to start his own practice!
2. Close friends & family of Dr. Q having a safe, fun grand opening party for Integrity.
3. Dr. Q and friends caught some enormous (and tasty!) red snapper fish on his trip to Florida.

Healthcare Savings Account



use it or lose it

If you have an HSA card, you may be able to use it for products and services not covered by your insurance! For example, custom orthotics, surgery costs, laser treatment, and stem cell therapy can be paid for with HSA funds. Hurry in before the end of the year before your benefit may expire.

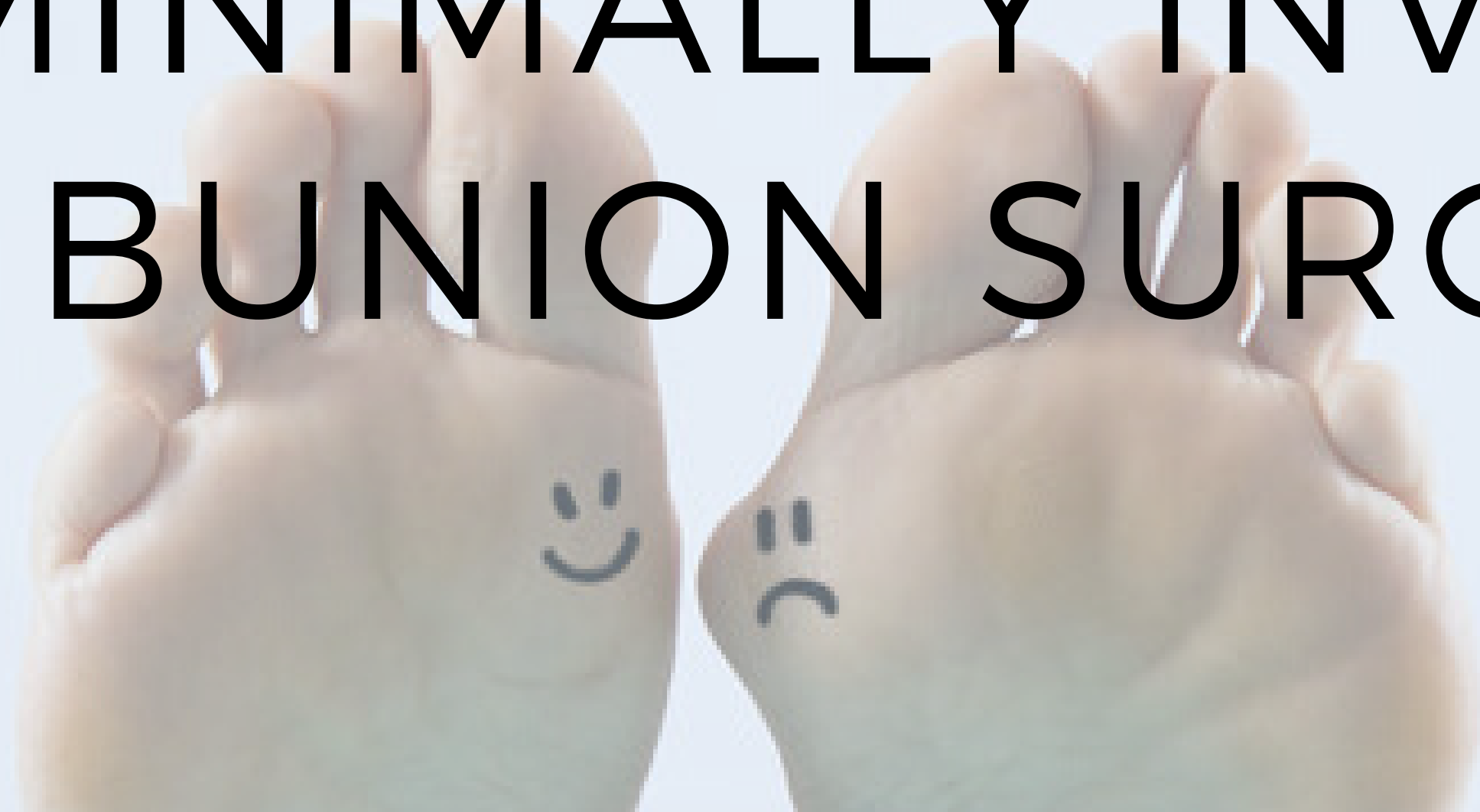
Come see us & start 2021 off on the right foot!

SENIOR CARE SERVICES



If you are 65 or older and have certain qualifying conditions, Medicare will pay for you to have the Podiatrist provide regular toenail trimming and foot care services.

MINIMALLY INVASIVE BUNION SURGERY



ARE YOU A CANDIDATE FOR MINI BUNION SURGERY?

WHAT IS A BUNION?

A BUNION IS A BUMP ON THE SIDE OF YOUR FOOT THAT FORMS WHEN THE GREAT TOE JOINT IS MISALIGNED. BUNIONS CAN BE VERY PAINFUL AND MAY LIMIT YOUR PHYSICAL ACTIVITY. WE HAVE BOTH SURGICAL AND NON-SURGICAL TREATMENTS THAT CAN HELP WITH YOUR PAIN. CALL US TODAY TO SET UP A CONSULTATION!

WHY CHOOSE MINI BUNION?

TRADITIONAL SURGERY REQUIRES A LARGER INCISION, NON WEIGHT-BEARING, AND TIME AWAY FROM WORK AND ACTIVITIES. WITH MINI BUNION SURGERY, YOU'LL HAVE VERY SMALL INCISIONS, AND YOU CAN WALK THE NEXT DAY!

DR. QUALTIRE IS ONE OF ONLY A FEW SURGEONS IN OUR AREA TRAINED TO PERFORM THIS INNOVATIVE MINIMALLY INVASIVE BUNION SURGERY; DR. Q WAS TRAINED BY THE INVENTOR OF THE DEVICE HIMSELF AND WILL BE HAPPY TO DISCUSS SURGICAL OPTIONS WITH YOU.

COVID TOES?



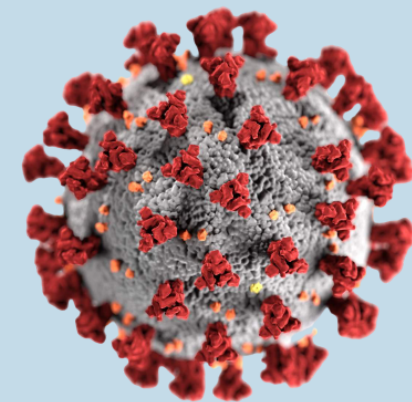
Do you have bruises, lesions, or discoloration on your toes? This may be an indication that you have the Covid virus.

**REFER A
PATIENT...**

Refer a patient to us
and you'll be entered
into a quarterly raffle to
win a gift basket!



WHAT'S THE DEAL?



1. After having Covid, your toes may become **red, purple, sore, or itchy**.
2. Typically, Covid Toes develop **1-4 weeks** after contracting the virus.
3. On average, Covid Toes last about **15 days**. In some cases, however, it can last several months, up to a year.
4. **1 in 6** people with Covid Toes require medical attention/podiatry care for them.
5. If you are a **diabetic** who has Covid Toes, seek podiatry care as soon as you notice symptoms.



**LIKE US ON
FACEBOOK!**



"Integrity Foot Doc GA"

HOLIDAY HAZARDS HAPPEN

DID YOU KNOW...?

The holiday season is the #1 time of year for injuries at home! Over 5,800 Americans have to visit the doctor or emergency room after falling while decorating for the holidays. Dr. Q is trained in foot trauma care & can fix any sprains, breaks, and bumps that you may get this holiday season.



INGROWN TOENAILS: THEY'RE NO JOKE!



Ingrown toenails are usually quite painful and recurring. Though common in adolescent individuals during a growth spurt, anyone can get an ingrown toenail. Once formed, an ingrown toenail won't go away on its own and may need to be removed in our office. If you or a loved one have an ingrown toenail, you're in luck- Dr. Q has removed hundreds of ingrown toenails and is happy to fix yours!

THANKS FOR READING AND
happy holidays!

