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P R E S S R E L E A S E

January 30, 2004

For Immediate Release

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“Local Podiatric Surgeon Develops Cryo-Surgery Procedure to Relieve Heel Pain”

Taylor, MI. Dr. Fallat, DPM, an award winning research surgeon, is bringing comfort to patients nationwide who suffer from painful plantar fasciitis. The plantar fascia is a ligament-like band that runs from the ball of the foot to the heel. When it becomes inflamed it can cause pain and swelling that is known as plantar fasciitis.

Treatment includes custom-made shoe inserts, oral anti-inflammatory medications, night splints, cortisone injections and surgery to release the tension of the fascia. Conservative treatment is usually helpful but can take up to several months to provide relief and some people do not respond to treatment. Plantar Fascial release surgery is very helpful but can take six to eight weeks to heal.

M O R E

Dr. Fallat, DPM, Cryo-Surgery

A less invasive procedure, according to Fallat, that uses precise targeted injections of ice is proving very effective as an alternative to surgery for treating painful plantar fasciitis.

"With the advent of sophisticated gas expansion needles, we can freeze painful tissue with a two-millimeter probe." He explained that during the six-minute, in-office procedure, nitrous oxide gas is passed and withdrawn through the probe tip to lower tissue temperature to minus seventy degrees Celsius. A five-millimeter ice ball that forms at the tip of the probe destroys the local nerve tissue where the fascia attaches to the heel bones and reduces the chronic inflammation and eliminates or significantly reduces heel pain.

Over the past three years Dr. Fallat has successfully treated patients from all over the country and is training podiatric physicians from the United States and England in the Cryosurgery technique.

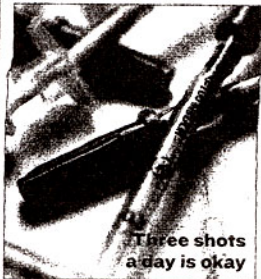
"Cryosurgery should be considered as a viable treatment option for plantar fasciitis," said Fallat. "especially in people who have failed regular treatment. It is minimally invasive, fast and very little postoperative discomfort and almost no disability." He is the only Cryo Surgeon performing this procedure for plantar fasciitis in Michigan. He is the Director of Podiatric Surgical Residency program at the Oakwood Healthcare System, a Clinical Assistant Professor at Wayne State University and an accomplished author of many research publications in the podiatric field of study.

For more information about Dr. Fallat's Cryosurgery procedure, please call (313) 389-2288 or visit the informational web site at www.lawrencefallatdpm.com .

MEDICAL BREAKTHROUGHS

NO ACADEMIC DISADVANTAGE

Tight Control Okay for Kids



Three shots a day is okay

Parents of diabetic kids have worried that tightly controlling blood sugar might actually lead to learning problems. The reason: Close control (with more frequent insulin shots) increases risks for

hypoglycemia, dangerously low blood sugar that can lead to mental confusion.

But when researchers followed 142 school-aged children with type 1 diabetes for 18 months, they found no difference in mental abilities between those getting at least three insulin shots daily (tight control) and those getting the usual one or two shots.

Tight control has many long-term benefits, such as cutting the risks of blindness, kidney damage, and even limb amputation. —PR

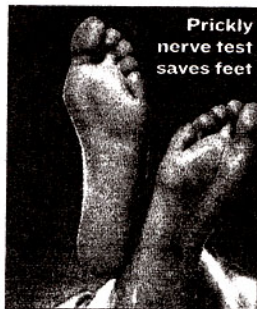
OUCH? GOOD!

Needle Your Feet

A foot exam could help you avoid or get earlier treatment for Charcot foot, a bone and joint disease that increases the chances of amputation among people with diabetes by up to 40%.

In a recent study of 41 diabetics, researchers used a small probe with a needle-sized fiber tip to test for sensation on the foot. They found that diabetics with Charcot foot had severe nerve damage.

They believe that earlier testing could spot the problem before it progresses. This test has a big medical name: the 5.07 Semmes-Weinstein monofilament test. "Get it once a year if you don't have nerve damage, every 3 months if you do," says researcher Lawrence Fallat, DPM. —PR



Prickly nerve test saves feet

HEART EMERGENCY

Silent Attack

Up to 25% of diabetics who've had a heart attack never feel the warning symptoms—including crushing chest pressure. Damage to nerves that affect the heart (autonomic neuropathy, or AN) could be the culprit.

AN affects many body systems. Symptoms can include constipation, erectile dysfunction, and dizziness when you stand up quickly. "If you have AN, your best strategy is to prevent a heart attack in the first place," says Steven Edelman, MD, author of *Taking Control of Your Diabetes*. Ask your doc about all necessary tests and meds.

Symptoms of silent heart attack include new or unusual shortness of breath, tiring easily, or discomfort in your chest, jaw, or arms that goes away when you rest. —PR

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