



FOOT FOCUS

August 2015

MEET THE DOCTORS

This month we asked: What's your favorite thing to do on summer vacation?

"Bike and read—but not at the same time."

-Dr. Hatcher



"Go biking with my kids—ALWAYS an adventure!"

-Dr. Woelffer



"Building sand castles and making tidal pools at the beach with my girls."

-Dr. Boehm



"Watching my daughter explore the beach!"

-Dr. Meyers



TAKE CARE OF YOUR FEET!



Everybody's feet need a little extra TLC now and then. Here are some tips and tricks to keep your feet looking and feeling their best.

- To get rid of calluses, soak your feet for 10 to 15 minutes, then use a pumice stone to gently remove dead skin.
- To minimize the risk of fungal infections, wash and dry your feet every day. Take special care between the toes.
- If you have dry, cracked heels, moisturize your feet after bathing.
- Wear sunscreen if you're going barefoot or wearing open-toed sandals!
- Cut your toenails straight across, not curved, to reduce the risk of causing an ingrown toenail.
- Wear comfortable, supportive shoes that protect and support your feet during any activity.

If you do have any problems with your feet, give the doctors at Raleigh Foot & Ankle Center a call and make an appointment. Combined they have decades of experience treating everything from toenail fungus to bunions, and ankle sprains to plantar fasciitis. They can help you, too!

PRODUCT OF THE MONTH

RevitaDerm Cream

GOT CALLUSES? WANT SOFT, PRETTY FEET?

Try applying RevitaDerm for softer, smoother feet!



RevitaDerm is a specially formulated cream used to remove tough skin on your feet by using 40% Urea to soften the hardened skin that results from callus buildup. It works great on feet, heel fissures, and other rough, dry, or callused skin. The RevitaDerm kit includes a pumice stone and brush.

Check out our online store at www.raleighfootstore.com or come into our office to get RevitaDerm today!

Why was the ankle arch enemies with the heel?
The heel had a sole that could neither toe the line nor keep instep!

Milly's Cuban-Style Beef and Plantain Pie

"It tastes SO good—even when it's cold!"

Ingredients:

1 & 1/2 lbs ground beef	1/2 cup drained green olives, halved
1 large onion, 1 red pepper, and one green pepper, all chopped	1/2 cup tomato sauce
1/2 tsp salt	1/4 cup raisins
1/2 tsp black pepper	1 & 1/2 Tbsp cider vinegar
2 bay leaves	6 semi-ripe plantains (yellow with some spots)
1/2 tsp ground achiote	1/2 cup olive oil
1-16oz can whole tomatoes, drained and chopped (reserve the juice)	2 eggs
	3 Tbsp water
	1/2 cup grated Parmesan cheese

1. Heat a large skillet over medium high heat. Add beef & cook until no longer pink, stirring to break up the meat.
2. Add chopped onion, both bell peppers, salt, pepper, bay leaves, & achiote to the pan. Cook until vegetables are softened and meat is browned. Add tomatoes & reserved juice, olives, tomato sauce, raisins, & vinegar. Stir occasionally. Simmer until most of the liquid evaporates, about 35 minutes. Transfer filling to a bowl to cool and set aside.
3. Peel plantains and cut diagonally into 1/3 inch slices. Heat 1/4 cup olive oil in a large skillet over medium high heat. Saute plantain slices in batches for 2 minutes on each side or until golden brown. Transfer cooked plantains to paper towels to drain.
4. Preheat your oven to 350 F. Lightly oil a 3 quart baking or casserole dish.
5. In a small bowl, whisk eggs and water until blended. Pour half of this mixture into the baking dish. Layer the bottom and sides of the dish with 1/3 of the plantains. Spread half of the beef filling on top and sprinkle with Parmesan. Top with the next 1/3 of the plantains, then the remaining beef mixture, then the rest of the Parmesan, and end with the remaining plantains. Pour the rest of the egg water mixture evenly over the top.
6. Cover baking dish with aluminum foil and bake in the oven on the center rack for 1 hour, until hot and bubbly around the edges. Cool for 10 minutes before serving.

EMPLOYEE INSIGHT

CHANGES IN YOUR FEET



Did you know your feet change as you age?

The average person takes about 10,000 steps per day, and that can really add up over the course of time! Repetitive use can lead to changes in your feet. Some of these are perfectly normal, such as the following:

- The foot becomes wider and longer.
- The arch settles or appears to flatten over time.
- The heel pad thins out, causing loss of natural padding.
- The foot and ankle lose some of their normal range of motion and become stiff.
- There can be some loss of balance while walking.

All of these changes are normal and can be expected as you age. But they have the potential to be dangerous—especially loss of balance and stiffness. Painful feet aren't normal. If you experience any problems with your feet, call (919) 850-9111 today to make an appointment with one of our doctors at Raleigh Foot & Ankle Center.

Get Social With Us

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FIND OUT WHAT OUR DOCTORS ARE UP TO ON OUR BLOG!

FIND IT AT WWW.RFACNC.COM/BLOG

Have you heard about our online store?

Order your over-the-counter foot and ankle products from the comfort of your home! Everything you need to care for your feet can be delivered to your door, without taking a single step out of the door.

Visit www.raleighfootstore.com.

TOENAIL FUNGUS

Toenail fungus is no fun, but you don't have to let it stop you from baring your toes.

Toenail fungus is a common problem, infecting as many as 23% of people in the U.S. It can cause thickening and discoloration of the toenail, and the nail may even separate from the skin underneath. Treatments for toenail fungus include prescription topical medication or oral medication.

Have you heard about Laser Treatment

for Toenail Fungus?

Another treatment option for toenail fungus is laser treatment. At Raleigh Foot & Ankle Center we use the Cool Touch Laser. Cool Touch laser is FDA-cleared and painless. After you've been diagnosed with toenail fungus, one of our doctors will lay out a treatment plan and help you learn how to prevent reinfection.

It's quick, effective, and painless. Better yet, there is no downtime after treatment!

The doctors at Raleigh Foot & Ankle Center have seen a lot of success with this treatment. Visit our website to learn more about Cool Touch laser treatment for toenail fungus and to see if it is right for you.

Visit our website for more information, or call our office at (919) 850-9111 to make an appointment with one of our foot and ankle doctors today.



Raleigh Foot & Ankle Center

*Always accepting
new patients.*

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Raleigh Foot & Ankle Center
proudly uses Bako Labs



Left: Laser treatment for toenail fungus, performed by one of our medically trained pedicurists.

Cool Touch Laser Treatment is not covered by insurance. Please visit our website for more information.