



# FOOT FOCUS

December 2015

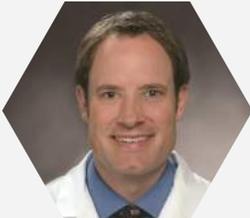
## MEET THE DOCTORS

*"We always go for a Christmas Eve walk for several hours, through the woods or greenway trails. When my kids were young the long walk calmed everyone down and they slept all night. We still do it and everyone is grown up."*



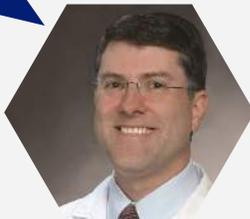
-Dr. Hatcher

*"My wife and I make our kids wait on the top stair before being allowed to sprint for the Christmas tree to see what Santa brought them. They go nuts waiting. It's a hoot!"*



-Dr. Woelffer

*"We live downtown and for the last 10 years we have hosted a brunch after the Raleigh Christmas Parade. It's our girls' favorite tradition!"*



-Dr. Boehm

*"We would traditionally spend every Christmas in Detroit with my mom's side of the family, and have a big hockey game at the canal of the lake they lived on for bragging rights for the year!"*

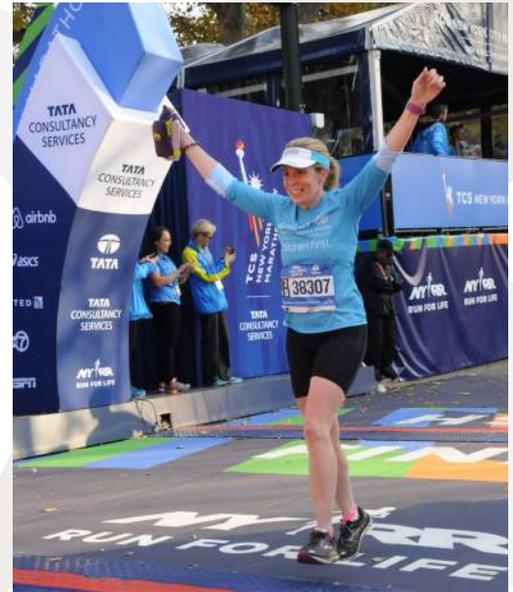


-Dr. Meyers

## Get Out and Run!

December is a great time to get in some exercise and log some miles before the winter holidays begin. Before you get out there and hit the pavement, here are a few tips to keep your feet in great shape during your workouts:

- Make sure you stretch before and after you run. Stretching helps keep your muscles warm, which is harder to do in the colder weather, and prevents injury.
- Wear good supportive running shoes. It's common knowledge that you don't want to wear flip flops or high heels on a run. You also need to check the tread of your shoes to make sure they're not worn down. If they are, it's time to get a new pair!
- Do exercise, but don't take on more than you can handle. Take breaks and know when to give your body and your feet a rest.



Above: Katie Meyers, Dr. Jordan Meyers' wife, at the finish line of the 2015 NYC Marathon this fall. Great job, Katie!

If you are injured on a run or feel any pain, stop running immediately! The doctors at Raleigh Foot & Ankle Center are always here to help. Foot pain is never normal, not even while running, so make sure you visit your podiatrist as soon as possible if this happens to you.

# PRODUCT OF THE MONTH



BioFreeze



**DO YOU HAVE PLANTAR FASCIITIS, ARTHRITIS, SORE MUSCLES, OR PAINFUL JOINTS?**

***Use BioFreeze cold therapy pain relief to soothe that pain away!***

BioFreeze is a roll-on application for treating joint pain, arthritis, or sore muscles. Runners and other athletes often use it to soothe muscle pain after exercise. Simply roll a thin layer of BioFreeze on the affected area. You'll feel soothing menthol and aloe begin to cool and calm the pain.

BioFreeze is available in our offices and also our online store, [www.raleighfootstore.com](http://www.raleighfootstore.com). Visit our online store today to purchase BioFreeze or learn more about it.

**EMPLOYEE INSIGHT**

## Kaitlyn's Watergate Salad

*"Red and green, perfect for Christmas!"*



### Ingredients:

- 1 box instant pistachio pudding
- 1 tub Cool Whip
- 1 cup chopped pecans (can be omitted)
- 1 1/2 cups mini marshmallows
- 1 20 ounce can crushed pineapple
- Maraschino cherries

In a large bowl, mix together the pudding mix, crushed pineapple with the juice, marshmallows, and the nuts until well blended. Gently fold in the Cool Whip. Chill in the refrigerator one hour or until ready to serve. Top with the Maraschino cherries and enjoy!

***Raleigh Foot & Ankle Center will be closed for Christmas and New Years Day on Thursday December 24, Friday December 25, and Friday January 1. From all the doctors and staff, we hope your holidays are merry and bright!***

# GIVE THE GIFT OF BEAUTIFUL FEET

Are looking for the perfect holiday gift? Do you know someone who would love a relaxing, soothing pedicure? Look no further than Raleigh Foot & Ankle Center, where we now have pedicure salons open at both locations. A gift certificate for a pedicure makes the perfect stocking stuffer for that special someone in your life. Gift certificates are now available for purchase at both the Millbrook office and the Blue Ridge office, as well as on our online store, [www.raleighfootstore.com](http://www.raleighfootstore.com). Don't you want to spoil your loved one with the gift of soft, beautiful feet? Call our office at (919) 850-9111 if you have any questions today.



*Right: One of our nail technicians giving a relaxing pedicure treatment in our clean, comfortable salon.*

## Get Social With Us

Raleigh Foot & Ankle Center on  
Facebook, YouTube, and Google+



@raleighfootdocs on Twitter,  
Instagram, and Pinterest



GET FOOT CARE TIPS FROM OUR DOCS AND THE INSIDE SCOOP ON OUR BLOG!

FIND IT AT [WWW.RFACNC.COM/BLOG](http://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](http://www.raleighfootstore.com).***

# ARE YOUR INSURANCE BENEFITS ABOUT TO EXPIRE?

The holidays are fast approaching and the year will be over before you know it. Most of your flexible spending and deductible insurance benefits will reset at the end of the year. Why let a good thing go to waste? We want to remind you that if you have any foot or ankle problems, now is the time to come in for a visit.

**Take advantage of your insurance benefits before they reset in the new year.** Get laser scanned & fitted custom orthotics, fix your ingrown toenails, or heal that nagging pain in your heel or ankle. We can treat any and all foot and ankle conditions.

Call our office at (919) 850-9111 or request an appointment on our website between now and the end of the year in order to take advantage of those benefits before they disappear. Our goal is to help you receive the best foot and ankle care possible. Please call us if you have any questions.

## STEP OUT DIABETES

Last month the doctors and staff of Raleigh Foot & Ankle Center participated in the Walk to Stop Diabetes. Hundreds of people braved the cold, rainy weather to participate in the annual fundraiser organized by the American Diabetes Association. We take diabetes seriously—not only for our patients, but for our friends and family members who have been diagnosed as well. We hope to see you at the walk next year!



## Raleigh Foot & Ankle Center

*Always accepting new patients.*

[www.rfacnc.com](http://www.rfacnc.com)

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