



FOOT FOCUS

Raleigh Foot & Ankle Center Newsletter

FALL 2017

DO YOU HAVE DIABETIC FOOT CARE PROBLEMS?



www.raleighfootandanklecenter.com

Diabetes affects the lives of nearly 26 million people in the United States and nearly seven million don't even know they have the disease yet. Diabetes is the inability to

manufacture or properly use insulin, and it impairs the body's ability to convert sugars, starches, and other foods into energy. The long-term effects of elevated blood sugar (hyperglycemia) can lead to serious damage to the eyes, heart, kidney, nerves, and feet.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care, and careful management at home, a person with diabetes can avoid the most serious complications and enjoy a full and active life. Today's podiatrist play a key role in helping patients manage their diabetes successfully and avoid foot-related complications. Podiatrists are highly trained physicians and surgeons focusing on the foot and ankle and should be an important part of your diabetes management team.

Frequently Asked Questions

Answers to your questions about Diabetic Foot Care.

Q: How can I prevent foot ulcers?

A: Wearing shoes and socks that fit comfortably is the first step. You can also avoid smoking, drinking alcohol, and take steps to reduce your cholesterol levels as these things also contribute to a higher risk of developing a foot ulcer.

Q: What can I do once I know I have diabetes?

A: If you've been diagnosed with diabetes, inspect your feet regularly. After you bathe, check your feet for any scratches, cuts, or bruises. Pay special attention to any areas that are red and swelling, or if there is an odor.

Check our website for more information at www.rfacnc.com



Visit our onsite salon today.

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...and more!

Employee Spotlight



Debbie Gosser —employed since September 19th, 2001

Debbie Gosser is the front office Check-In Coordinator here at Raleigh Foot & Ankle Center. She has been with RFAC for 16 years.

Debbie is a member of the Millbrook Methodist Church where she is on the Worship Committee, Brothers and Sisters in Christ Committee and a member of the United Methodist Women's Circle

of Grace. Debbie is also part of the Heart of Carolina Emmaus Community going on her Emmaus Walk in South Florida in 1998.

Debbie just celebrated her 40th Wedding Anniversary with her high school Sweetheart. Debbie enjoys time with her family, especially going to Swansboro to be with her grandsons. Debbie also enjoys going to the beach and collecting seashells and making sandcastles with her grandsons.



Raleigh Foot & Ankle Center participated in this year's 3rd annual Health Fair event for the faculty and staff of Ravenscroft School. The 125-acre campus is nestled in the heart of North Raleigh. An independent co-educational college preparatory school, Ravenscroft teaches grades pre-Kindergarten through grade 12. The School is accredited by the Southern Association of Colleges and Schools (SACS) and the Southern Association of Independent Schools (SAIS). Celebrating its 150th anniversary this year, Ravenscroft has a strong tradition of participation in challenging *academic* courses, fine arts, athletics, and community service.

BIOFREEZE

- Temporary relief from minor aches and pains of sore muscles and joints.
- Great for arthritis, strains, sprains, and plantar fasciitis.
- Helps diminish nerve pain from neuropathy.
- Roll-on for easy application. Paraben and NSAID free.

Directions for BIOFREEZE:

Adults and children 2 years of age and older: Rub a thin film over affected areas not more than 4 times daily; massage not necessary. Apply by rolling in only one direction. Do not use a circular motion.

Children under 2 years of age: Consult a physician.



BIOFREEZE

Have you heard about our online store?

Order your over the counter foot and ankle care products from the comfort of your own home!

RALEIGHFOOTSTORE.COM

Share the Care!

1

Refer a friend to
Raleigh Foot
& Ankle Center



2

Once your friend
arrives for a new
patient appointment...



3

You both receive 20%
off an over-the-counter
product!



Share the Care

At Raleigh Foot & Ankle Center, we are committed to our patients. This means providing quality care and ensuring you have an excellent experience while in our office.

When you tell your friends and family about Raleigh Foot & Ankle Center, you could both be rewarded. Just make sure they list "Share the Care" as how they heard about us at check-in for their new patient appointment, and we'll take care of the rest!

**Referring yourself or an already established patient does not qualify you for the discount. Discount cannot be used on items valuing greater than \$100.*

Diabetic and Arthritis Foot Care

Osteoarthritis, the most common kind of arthritis, occurs over time and by overuse. The cartilage between the bones at your pivotal joints wears away. As a result, your bones grind against each other, causing pain and swelling. Very often osteoarthritis also causes degeneration of the cartilage at the base of your big toe. Bony spurs then develop at the joint there, followed by pain and decreased motion of the joint.

When arthritis pain affects your feet, it can make walking nearly impossible. Although arthritic feet are a chronic condition that won't go away, these strategies can provide some relief.

What are the problems associated with diabetes?

We all know that high blood sugar can damage your heart and blood vessels, your kidneys, and your eyes. But did you know diabetes can also damage your nerves, especially the nerves in your feet? Peripheral neuropathy, or nerve damage, can be especially serious in your feet. Your feet might feel numb, or they might feel like they're burning or tingling.

Diabetes also makes any wounds on your body heal slower. A cut on your foot might take a very long time to scab over and heal. Sometimes this leads to infected wounds which you might not even feel. If left untreated these wounds can become serious and infected and may require hospitalization. In extreme cases amputation may be necessary.

What can I do once I know I have diabetes?

If you've been diagnosed with diabetes, inspect your feet regularly. After you bathe, check your feet for any scratches, cuts, or bruises. Pay special attention to any areas that are red and swelling, or if there is an odor. You should also look out for drainage in your socks. These are all signs that you may have a diabetic ulcer that needs to be examined by a foot doctor immediately.

NCFC Youth hosting Friday Night Lights on Friday, August 18th 2017. Check out Dr. Woelffer in his "Big Foot" attire.



RFAC EMPLOYEE RECIPE:

Rae's Nacho Dip



Ingredients

- 1- can refried beans
- 8 oz. cream cheese-softened
- 8 oz. sour cream
- Taco seasoned shredded cheese

Directions

- Use hand mixer to combine beans, cream cheese, and sour cream together. Pour into baking dish and cover with shredded cheese.
- Bake covered at 350 degrees for 30 mins
- Serve with Tortilla chips.

YUM!!!!

\$10
ADD-ON
to your
pedicure

INTRODUCING Jelly Pedicure

ABOUT THE JELLY PEDI



Experience the latest trends of comfort in the spa pedicure with jelly pedicure!!!

Jelly Pedi's are dense jelly mixtures that massage stressed muscles and act as a gentle exfoliate. Jelly retains water naturally and combined with the fragrant oils in the Jelly Pedi, moisturizes and softens dry cracked skin. Aloe Vera extract in Jelly Pedi act like a moisturizer, gentle enough for sensitive skin. Jelly Pedi is composed of natural plant extracts and plant oils!!!

**This service will be an additional \$10.00
up charge to your pedicure.**



COME, RELAX & ENJOY.

TOP TIP

This product stimulates senses that have never been touched before.

OUR VIONIC SHOE COLLECTION

Raleigh Foot & Ankle Center Vionic shoe collection is now available for purchase! You can come into our E. Millbrook location to buy these or call 919-850-9111 to hold a pair for 24 hours.



Adler Supple Suede \$99.95



Indulge Gemma Slipper \$59.95



Spark Minna Ballet Flat \$



Coast Valerie in Sand Stripe \$ 99.95

**Prices include tax*

Raleigh Diabetes Support Group

Announcement



Dr. Boehm was invited to speak again at the Raleigh Diabetes Support Group January 20th, 2018. Dr. Boehm is very passionate about educating people on the importance of taking care of your feet, especially to diabetic patients. This will be an event you do not want to miss. Please make sure to mark your calendars.

We appreciate your feedback on any of the following:

Google, Facebook, or Yelp and click "Write a review".



Go to Health Grades, or Rate MD's, and search for your specific podiatrist by last name (Hatcher, Woelffer, Boehm, or Meyers). Click "Write a Review".



We appreciate your feedback, thank you!

SAY HELLO

To Our Pedorthist!

Meet your **PEDORTHIST!**

In our ongoing effort to innovate and deliver the most comprehensive patient care available, we've added the services of a Certified Pedorthist to our practice.



Betha Ertzberger, C.Ped

Your Pedorthist, Betha Ertzberger, is a highly trained clinician with many years' experience. Her expertise is complementary to, and fits seamlessly with, the podiatric care you're already receiving.

What's a Pedorthist?

A Pedorthist is a healthcare professional trained in the science and practice of evaluating for, and then custom-fabricating, medical devices that prevent or improve painful or disabling foot and ankle conditions. The Pedorthist works under the direction of the Doctor to provide therapeutic devices and footwear that assist in:

- Accommodating foot deformities
- Correcting misalignment of the foot and ankle
- Reducing damaging motion that can cause pain and deformities
- Improving balance
- Mitigating fall risk



Your dedicated foot & ankle healthcare team looks forward to keeping you safe, independent and steps ahead for many years to come!



It's Time

for your next diabetic foot check-up

TO ENSURE YOUR FEET ARE HEALTHY AND IN GOOD CONDITION

Contact Us

Visit us at either of our convenient locations:

1418 E. Millbrook Rd. Raleigh, NC 27609

2605 Blue Ridge Rd. Suite 320 Raleigh, NC 27607

(919) 850-9111

Visit us on the web at www.rfacnc.com

Always accepting new patients!



Be a Winner! Enter here www.raleighfootandanklecenter.com/for-patients/contests

Get Social With Us!

Search for us on the following social media sites:

Raleigh Foot & Ankle Center or **@raleighfootdocs**



Meet the Doctors

This quarter we asked our doctors: "What was your most enjoyable moment this Summer?"



"45th wedding anniversary trip with my lovely wife."

-Dr. Hatcher



"Seeing my wife and kids back at home after they spent 2 weeks at Grandma's!! Jake the Dog and I missed them badly!"

-Dr. Woelffer



"Dropping my girls off at horse camp and walking around the farm with them as they showed me all the animals and how they took care of them. They were so excited to show me and I was so proud of them!"

-Dr. Boehm



"Watching my almost 4 year old push my 7 month old in the swing and hearing them both giggle the whole time!"

-Dr. Meyers