



# FOOT FOCUS

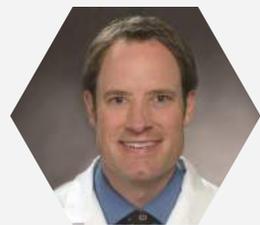
February 2016

## MEET THE DOCTORS

This month we asked our doctors: What's the one thing you wish people knew about their feet?

*"Your feet don't have to hurt."*

-Dr. Hatcher



*"That feet are supposed to be happy!"*

-Dr. Woelffer

*"Pain in your feet isn't normal."*

-Dr. Boehm



*"1/4 of the bones in the body are down in your feet. When these bones are out of alignment, so is the rest of your body!"*

-Dr. Meyers



## Don't Let Foot Pain Stop You In Your Tracks

Bunions are one of the more common painful foot problems. They look like bony bumps, either on the joint near your big toe or your little toe. Some people have both.

So how did I get that bunion, anyway? One cause of bunions is genetics: some people have foot shapes that make them more likely to develop bunions. But shoes that don't fit well only make things worse. Shoes that are too tight and don't fit properly, especially shoes with pointed toes, are the most likely culprits. Corns and calluses may form where shoes rub painfully on the toes and feet.

What can you do if you have a bunion, especially a painful one? There are a number of over the counter options that you can try. Pads and cushions help keep the toe in alignment and prevent irritation. They won't fix the problem but they can relieve the pain. You can find a variety of bunion pads, cushions, and guards at [www.raleighfootstore.com](http://www.raleighfootstore.com).

Custom-fit orthotics can also fix the alignment of the foot and relieve a painful bunion. In some situations, surgery may be necessary, especially if the bunion becomes worse and worse in a short period of time.

Remember: foot pain isn't normal and you don't have to live with it. Call Raleigh Foot & Ankle Center at (919) 850-9111 and make an appointment to have one of our podiatrists check out your painful bunions. Our doctors are happy to help you find the right solution to putting a stop to your foot pain.



# PRODUCT OF THE MONTH

## PediFix Bunion Sleeve



**Are your bunions rubbing painfully against the inside of your shoes?**

***Use PediFix Bunion Relief Sleeves to soothe and protect your painful feet!***

PediFix bunion sleeves are made with Visco-Gel, which is soft on the skin and cushions the bunion joint. The sleeves are designed to fit inside most footwear and they provide mild compression and relief from painful shoe pressure.

PediFix Bunion Sleeves are available in both of our offices and also our online store, [www.RaleighFootStore.com](http://www.RaleighFootStore.com). Visit our online store today to purchase PediFix products or learn more about them today.

## EMPLOYEE INSIGHT

### Paige's Sausage Tortellini Soup



#### Ingredients:

- 1 lb. mild Italian sausage (casings removed)
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1/4 tsp kosher salt
- 1/4 tsp fresh ground black pepper
- 1 cup water
- 2 cans beef broth
- 1/2 cup apple juice (not from concentrate)
- 2 cups sliced carrots
- 1 cup sliced celery
- 1 large can crushed tomatoes
- 1/2 tsp basil
- 1/2 tsp dried oregano
- 1/4 cup fresh parsley, chopped
- 1 green pepper, chopped
- 1 bunch of fresh spinach, stems removed
- 12 oz bag of fresh or frozen tortellini
- Fresh grated pecorino romano cheese

Brown sausage, breaking up into chunks over medium heat. Salt and pepper lightly. Remove extra fat. Add onion & cook for a couple of minutes. Then add garlic & cook until tender. Add all other ingredients except tortellini and spinach. Simmer 30-60 minutes or until veggies are desired tenderness. Add tortellini and spinach. Cook until tortellini is tender. Top with cheese and serve.

#### Foot Facts! Did you know...

- Toenails grow slowly—only about 1 millimeter per month. It can take 5 or 6 months for a new toenail to grow out.
- Most people, especially women, wear shoes that are too small for their feet
- Arthritis, diabetes, and circulatory problems often show their first signs in your feet, so pay attention and catch big problems early!

# HOW OLD ARE YOUR INSERTS?

Did you know that after three years, your orthotics begin to wear out and become less effective? If you wear orthotics, it's important to schedule a regular foot exam and replace those orthotics every three years, if not sooner. Don't wait until your orthotics are falling apart!

Custom orthotic inserts can ease the pain caused by flat feet, feet with high arches, pain in your feet and knees when standing, and with problems like plantar fasciitis and bunions. Orthotics support your feet and maintain proper alignment. They can be tailored to fit most shoes, even athletic and dress shoes.

Remember, if your orthotics are old and worn out, they're not going to be as effective for your foot pain as they should be. Call our office at (919) 850-9111 and make an appointment to be fitted for custom orthotics today.



## Get Social With Us

Raleigh Foot & Ankle Center on  
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@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).**

# SHOW YOUR FEET SOME LOVE

*Treat your feet this winter and pamper yourself with a trip to the pedicure salon at Raleigh Foot & Ankle Center.*

Winter is the time when many of us need a little extra foot care. Dry weather outdoors and constant heat pumping indoors dries out your skin. Boots and shoes designed to keep out the cold elements can cramp your toes.

You may think that you don't need any pampering—no one is going to see your feet in February, right? Wrong! Pamper yourself this winter with a trip to the pedicure salon at Raleigh Foot & Ankle Center. We have pedicure salons at both of our Raleigh offices. Our nail technicians are medically trained—this means they practice safe, sanitary techniques when they give you a pedicure. All instruments are sanitized in an autoclave. You never have to worry about the threat of bacteria or fungal infections when you get a pedicure at Raleigh Foot and Ankle Center.



Relax in one of our comfortable salon chairs, and turn on the massage feature if you like. Our nail technicians will soak your feet in a spa bath, trim any corns or calluses, cut and shape your toenails, and even polish the nails if you like. We also offer prosthetic nail applications for patients who have suffered an injury and would like a temporary nail replacement. Salon pedicures are by appointment only, so please call our office to schedule your pedicure at **(919) 850-9111**. You can also visit our website, [www.rfacnc.com](http://www.rfacnc.com), to fill out an appointment request form online or to learn more about our salon. Show your feet some love this winter. You'll be glad you did.



Check out our new sign at our Millbrook office, now that we've added Dr. Meyers!



**Raleigh Foot &  
Ankle Center**

*Always accepting new patients.*  
[www.rfacnc.com](http://www.rfacnc.com)

Visit us at either of our convenient  
Raleigh locations:

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